

# GCSE PE Challenge – Paper 1 (100)

1. Name the articulating (moving) bones in the following joints [4]

*Shoulder:*

*Knee:*

*Elbow:*

*Hip:*

2. Identify 5 Functions of the Skeleton [5]

3. Identify 2 types of Joint & Example [2]

4. Name the 6 Ranges of Movement with directional arrows [6]

5. Identify a Role of a Tendon [1]

6. Identify a Role of a Ligament [1]

7. Name 11 Main Muscles [11]

8. Name an Antagonistic Pair [1]

9. For each of the levers, identify their use in sport [3]

1,2,3...FLE

10. What are the 3 planes of movement and axis of rotation that match [6]

11. What are the 2 systems of the double circulatory system? [1]

12. What are the 3 different types of blood vessels? [3]

13. List the pathway of blood through the heart [5]

*Lungs →*

14. What is the formula for cardiac output? [1]

*CO =*

15. Identify the role of blood cells [2]

*White:*

*Red:*

16. Link the pathway of air through the respiratory system [2]

*Nasal Passage*

*Red Blood Cells*

17. Describe the differences between Aerobic & Anaerobic Exercise with practical examples [2]

Aerobic

Anaerobic

18. Identify 3 Short Term Effects of Exercise [3]

19. Identify 3 Long Term Effects of Exercise [3]

20. Name 10 Components of Fitness [10]

21. Identify 5 Fitness Tests [5]

22. Identify the Training Principles – SPORT & FITT [2]

23. Identify the 7 Training Methods [7]

24. What are the 5 components of a warm up [5]

25. Give 2 Reasons to Warm up [2]

26. Give 2 Reasons to Cool Down [2]

27. Identify 2 effects of Lactic Acid on Performance [2]

28. Identify 2 Hazards & 2 ways to Reduce Risks [2]

**TOTAL =      /100**

**TIME =**