

GCSE PE Challenge – Paper 2 (100)

1. What is the Government Recommendations for Exercise? [2]

Adult –

Children –

2. What is a sedentary lifestyle [1]

3. What national organisation aims to increase sporting participation [1]

4. Which groups are less likely to participate in sports [3]

5. Give 4 factors affecting Participation [4]

6. What are the strategies to improve participation [3]

7. Give an Example of an NGB [1]

8. Name 3 National Campaigns to improve health [3]

9. What 3 areas make up the golden triangle? [1]

10. Identify 2 Positives & Negatives for Media on Sport [4]

Positive Negative

11. Give 2 positives and negatives of commercialisation on sport [4]

Positive Negative

12. Give an example of Sportsmanship [1]

13. Why is sportsmanship important [1]

14. What is gamesmanship and give an example? [2]

15. What is deviance and Give an example? [2]

16. Identify 4 reasons sports performers take drugs [4]

17. Give 2 other impacts of drugs on performers [2]

18. Give 2 reasons for player violence in sport [2]

19. Describe the classifications of the environmental continuum? [2]

Open –

Closed –

20. Describe the classifications of the difficulty continuum? [2]

Simple –

Complex –

21. Give a sporting example of each classification [4]

Open –

Closed –

Simple –

Complex –

22. Identify 5 Characteristics of Movement [5]

23. Give 2 reasons for goal setting [2]

24. Identify each part of the SMART Principle [5]

25. Why does mental preparation help performers? [2]

26. Identify 2 Methods of Mental Preparation [2]

27. Identify the 4 types of guidance [4]

28. Identify 4 types of Feedback [4]

29. Name the 7 Nutrients of a balanced diet with a food example [14]

30. Name the 6 Characteristics of Balanced Lifestyle [6]

31. Give 2 Physical benefits of an active lifestyle [2]

32. Give 2 Emotional benefits of an active lifestyle [2]

33. Give 2 Social benefits of an active lifestyle [2]

TOTAL = /100

TIME =