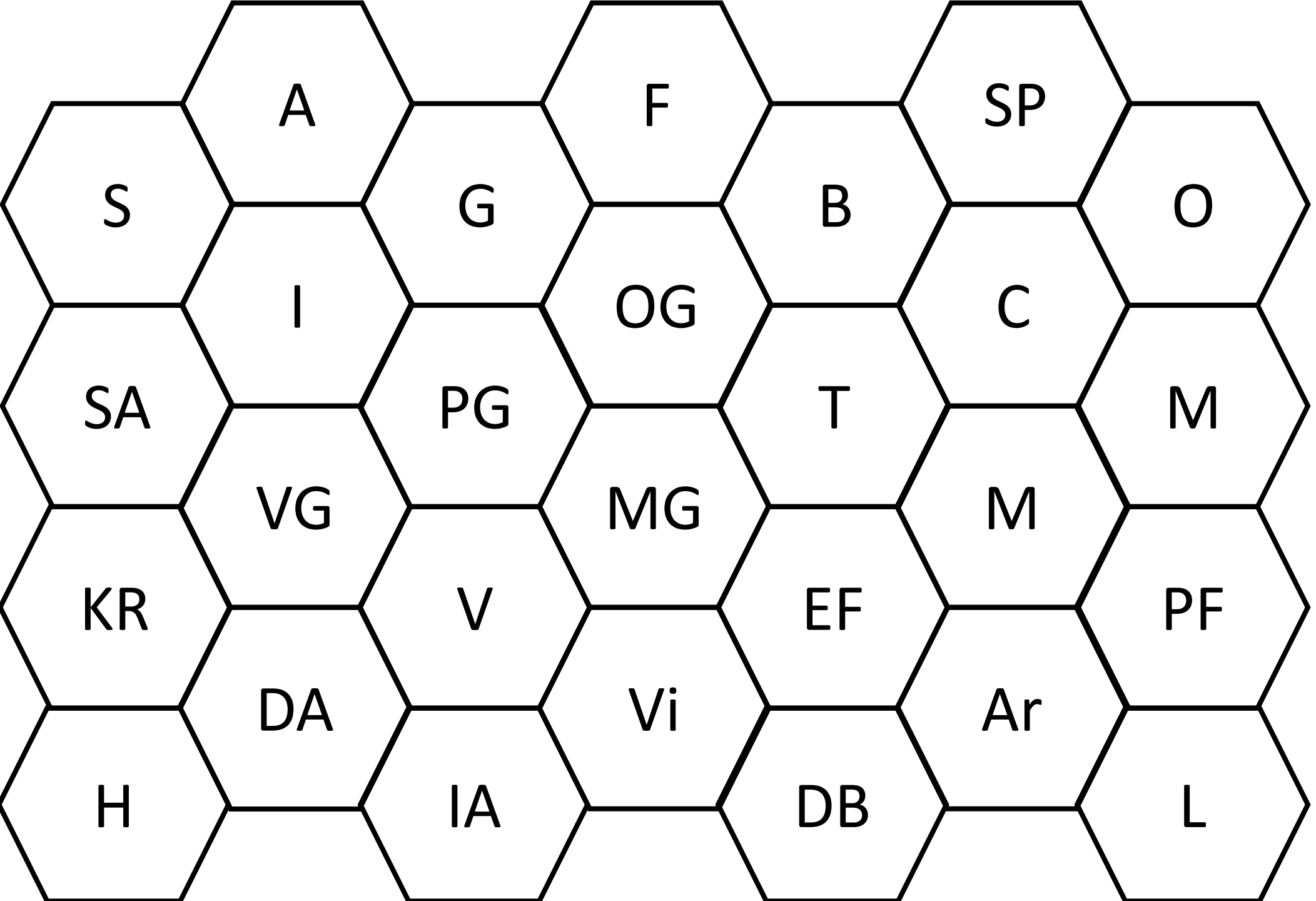


Blockbusters

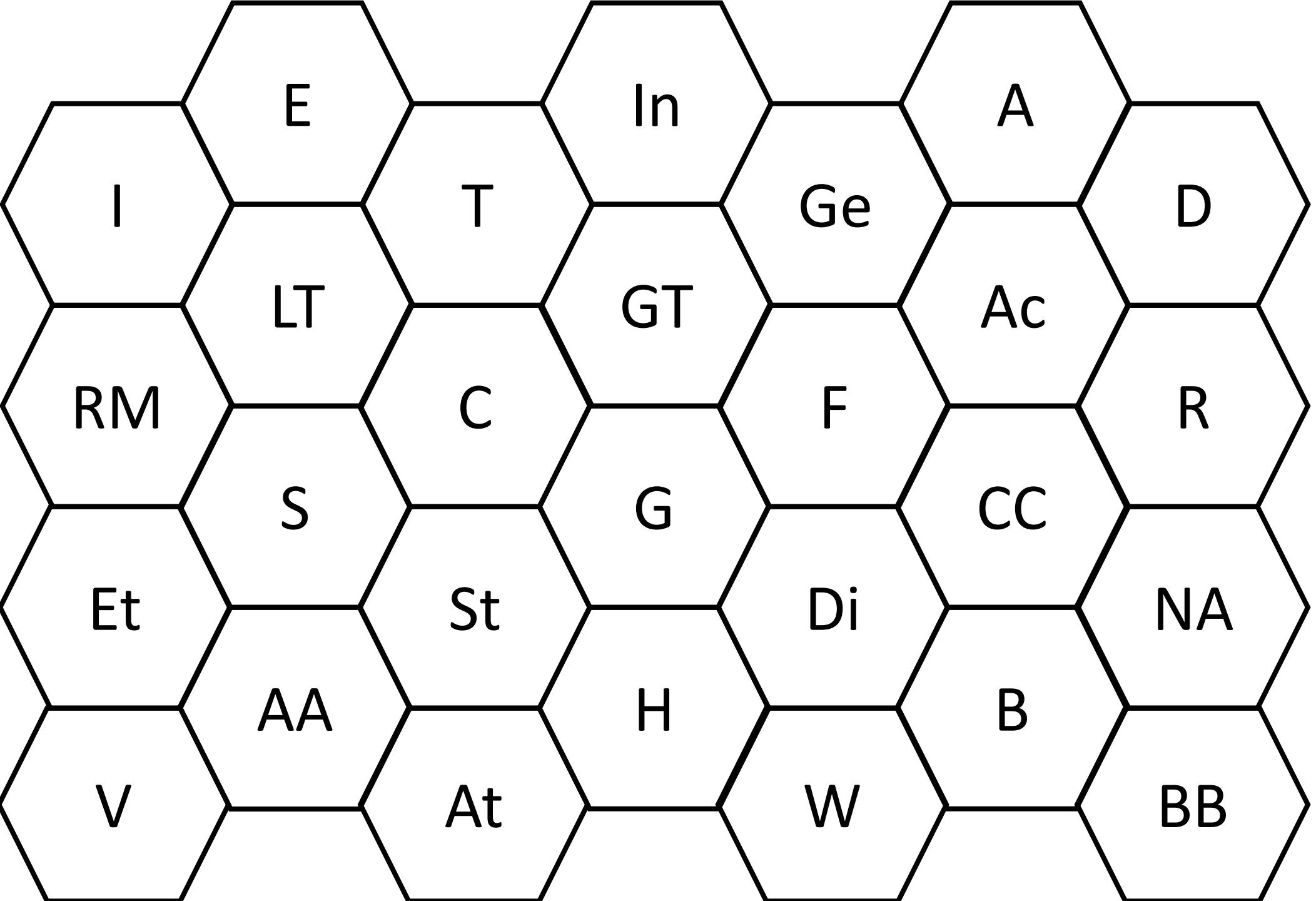
GCSE PE: Paper 2



A learnt action/behaviour with the intention of bringing about predetermined results	Inherited traits that determine an individual's potential to learn	Large muscle groups used to perform big movements	Fine, precise movements classify this skill	Walking would be an example of this skill
S	A	G	F	B
M in the acronym SMART stands for?	This is based on the end result	This skill is not effected by the environment or performers	A football pass would be classified as this skill	High jump would be an example of this skill
M	OG	C	O	SP
Dipping at the end of a 100m sprint is an example of what?	T in the acronym SMART stands for?	The first stage of the information processing model	This takes place in the input stage	A performer watching their coach demonstrate the correct technique
PG	T	I	SA	VG
Winning the league	A round of applause	Physically moving a performer into the correct position	Using a trampoline harness	Key teaching point spoken
KR	EF	M	MG	V
Most commonly used with beginners	A physical an mental state of alertness	Gross skills would require which level of arousal?	A snooker player will require which level of arousal for optimum performance?	Name a stress management technique
PF	Ar	H	L	DB
Another term for mental rehearsal	Aggressive act which involves physical contact with others	A smash shot in badminton is an example of?		
Vi	DA	IA		

Blockbusters

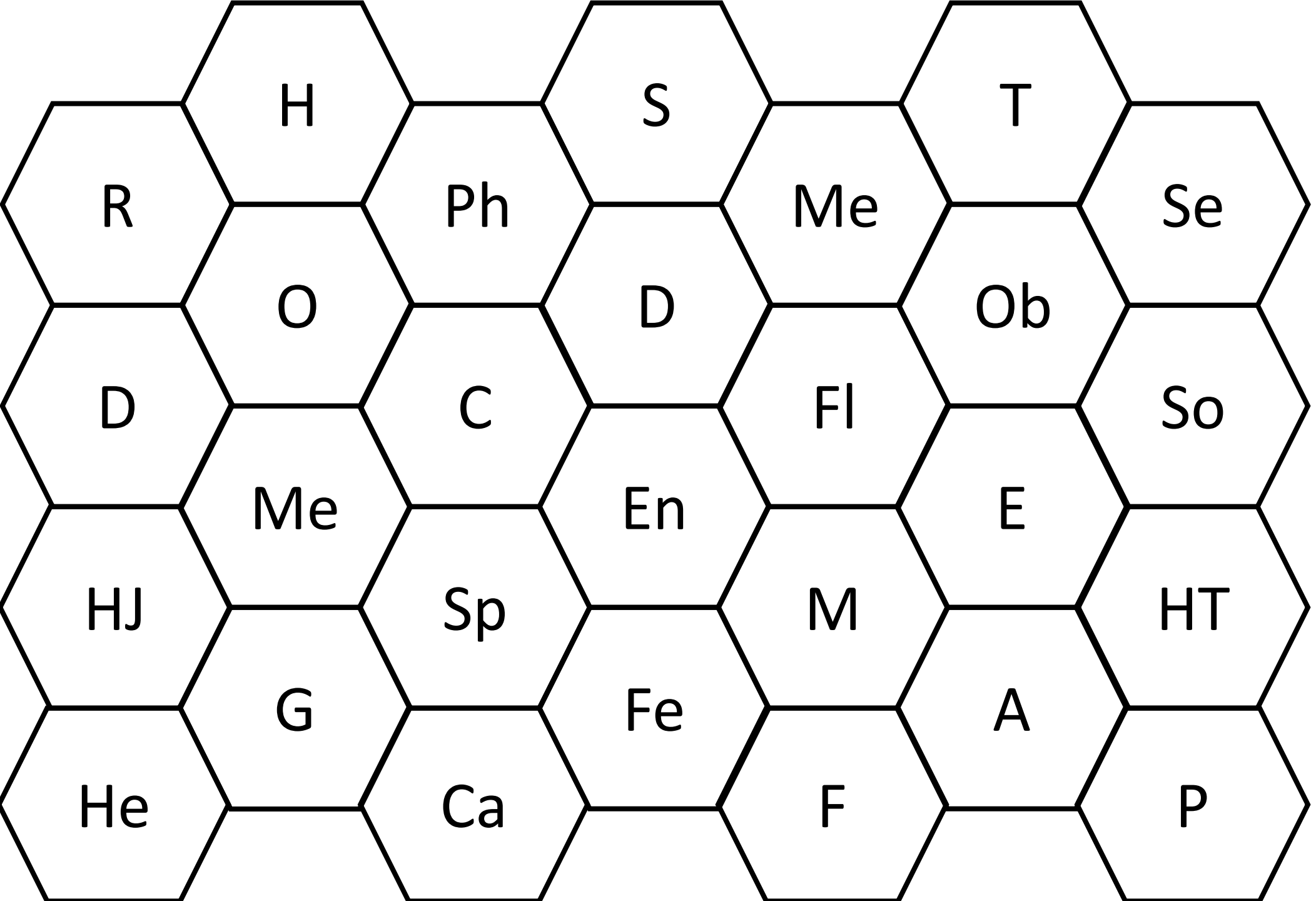
GCSSE PE: Paper 2



Shy, quiet and enjoys their own company are characteristics of? I	Outgoing, enthusiastic and sociable are characteristics of? E	Certificates, medals and trophies T	Praise, feedback and applause In	A social group Ge
A person looked up to by others RM	Also known as free time LT	Location of facilities may cause a barrier to participation, what is this key term for this? Ac	A third social group D	A second social group A
To manage or exploit an organisation in a way designed to make profit C	Sport, media and sponsorship make up this GT	Type of sponsorship F	Type of media R	The unwritten rules of a sporting activity Et
Unwritten agreement to follow and abide by the written and unwritten rules of the game CC	Stretching the rules to gain an advantage G	Conforming to the rules, etiquette and spirit of the game S	This PED increases alertness St	This PED masks pain NA
This PED increases muscle mass AA	This PED flushes out other substances and stimulates weight loss Di	A side effect of blood doping V	This PED reduces the effect of adrenaline and lowers HR BB	A physiological advantage of taking PED's W
A physiological disadvantage of taking PED's	Advantage of spectators at a sporting event	Disadvantage of spectators at a sporting event		

Blockbusters

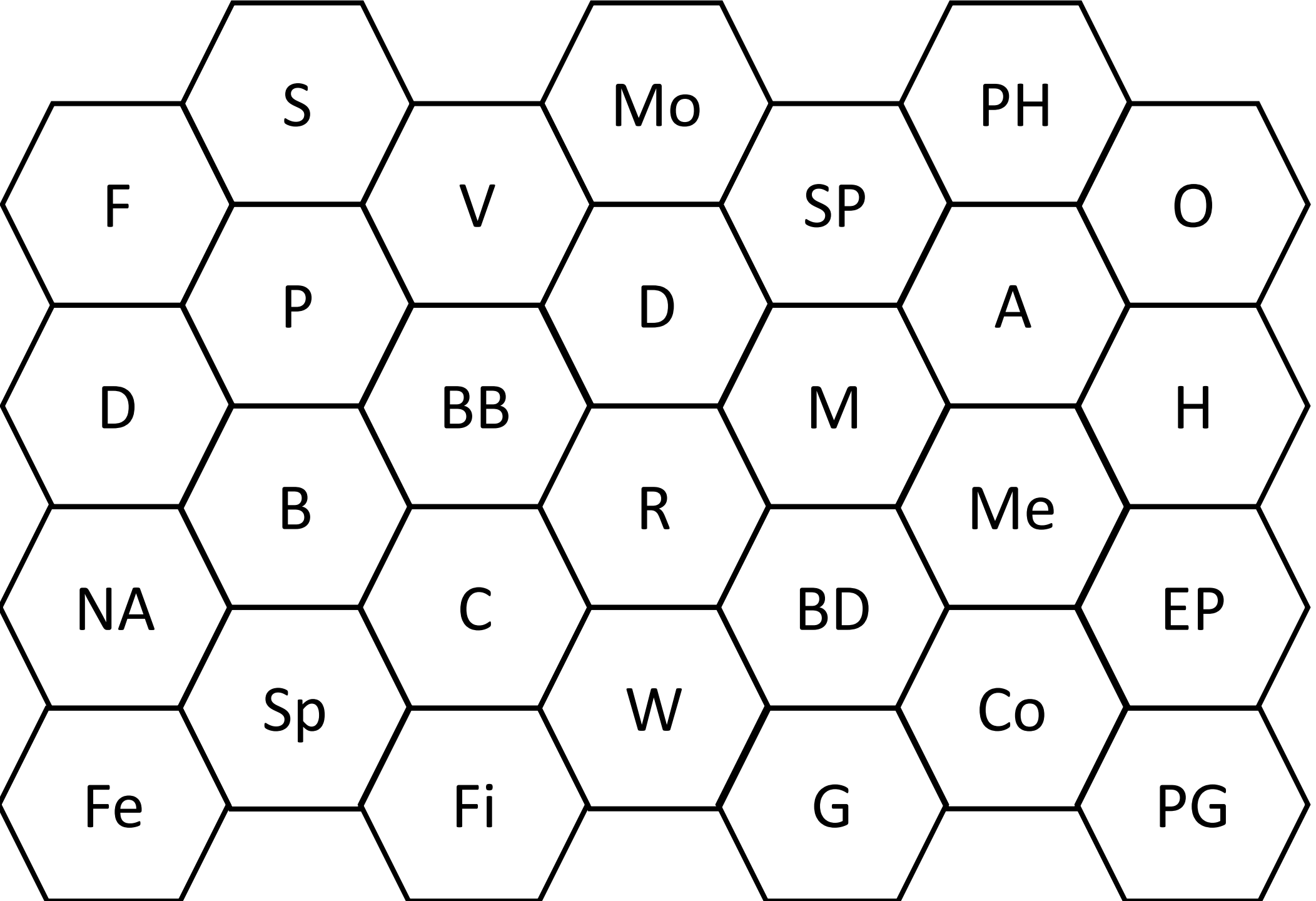
GCSSE PE: Paper 2



Reason for hooliganism	Disorderly, aggressive and often violent behaviour by spectators at sporting events	Strategy to combat hooliganism	Improved heart function is a benefit of exercise for which health and well-being strand?	Release of feel good hormones is a benefit of exercise for which health and well-being strand?
R	H	S	Ph	Me
Name a social health and well-being example of taking part in exercise	Leading an inactive lifestyle if the definition for which key term?	A consequence of leading an inactive lifestyle	A second consequence of leading an inactive lifestyle	A BMI of 30 and over is the definition for which key term?
T	Se	D	O	Ob
Obesity can lead to physical ill health, name an example	Obesity can lead to mental ill health, name an example	Obesity can lead to a number of components of fitness decreasing, name an example	Inability to leave the house is a cause of obesity, but which strand does this fall under?	Tall, thin, narrow shoulders and hips are characteristics of which body type?
C	D	FI	So	E
Broad shoulders, narrow hips and large muscle mass are characteristics of which body type?	Large fat content and wide hips are characteristics of which body type?	A sports performer who is tall, thin with narrow hips would be most suited to which athletics event?	A sports performer with broad shoulders, narrow hips & large muscle mass would be most suited to which athletics event	A sports performer with a large fat content and wide hips would be most suited to which athletics event?
Me	En	HJ	Sp	HT
2,500kcal is the recommended calorie intake for who?	2,000kcal is the recommended calorie intake for who	Calorie intake can be dependent on...	Calorie intake can be dependent on...	Calorie intake can be dependent on...
M	Fe	A	G	He
A balanced diet should consist of 55-60% of ?	A balanced diet should consist of 25-30%	A balanced diet should consist of 15-20%		
Ca	F	P		

Blockbusters

GCSSE PE: Paper 2



This is an energy source but only at a low intensity F	This helps with muscle growth and repair P	These help with the efficiency of the body systems and general health V	These also help with the efficiency of the body systems and general health M	Also known as a body type S
The skill is started when the performer decides to start it SP	Drugs that stimulate the production of natural hormones which increase the red blood cell count PH	A skill which is performed in a certain way to deal with a changing or unstable environment O	The drive to succeed Mo	Consuming water to restore hydration R
Excessive loss of water interrupting the function of the body D	Having enough water to enable normal functioning of the body H	A deliberate intent to harm or injure another person, which can be physical or mental A	A snooker player would use these type of PEDs to increase performance BB	A Tour De France cyclist would use this prohibited substance to increase performance BD
A boxer would use these type of PEDs to increase performance NA	A jockey would use these type of PEDs to increase performance D	A unit which measures heat or energy production in the body C	Referee blowing the whistle to start a football match is classified as which skill? EP	Information a performer receives about their performance Fe
Triple jump would be classified as this skill Co	This skill would be learnt as a beginner B	An individual or group that provides financial support to an event, activity, person or organisation Sp	Sport, sponsorship and ? all make up the golden triangle Me	Physical, mental and social ? W
A darts throw would be classified as this skill	110m hurdles would be classified as this skill	Personal standards to be achieved		