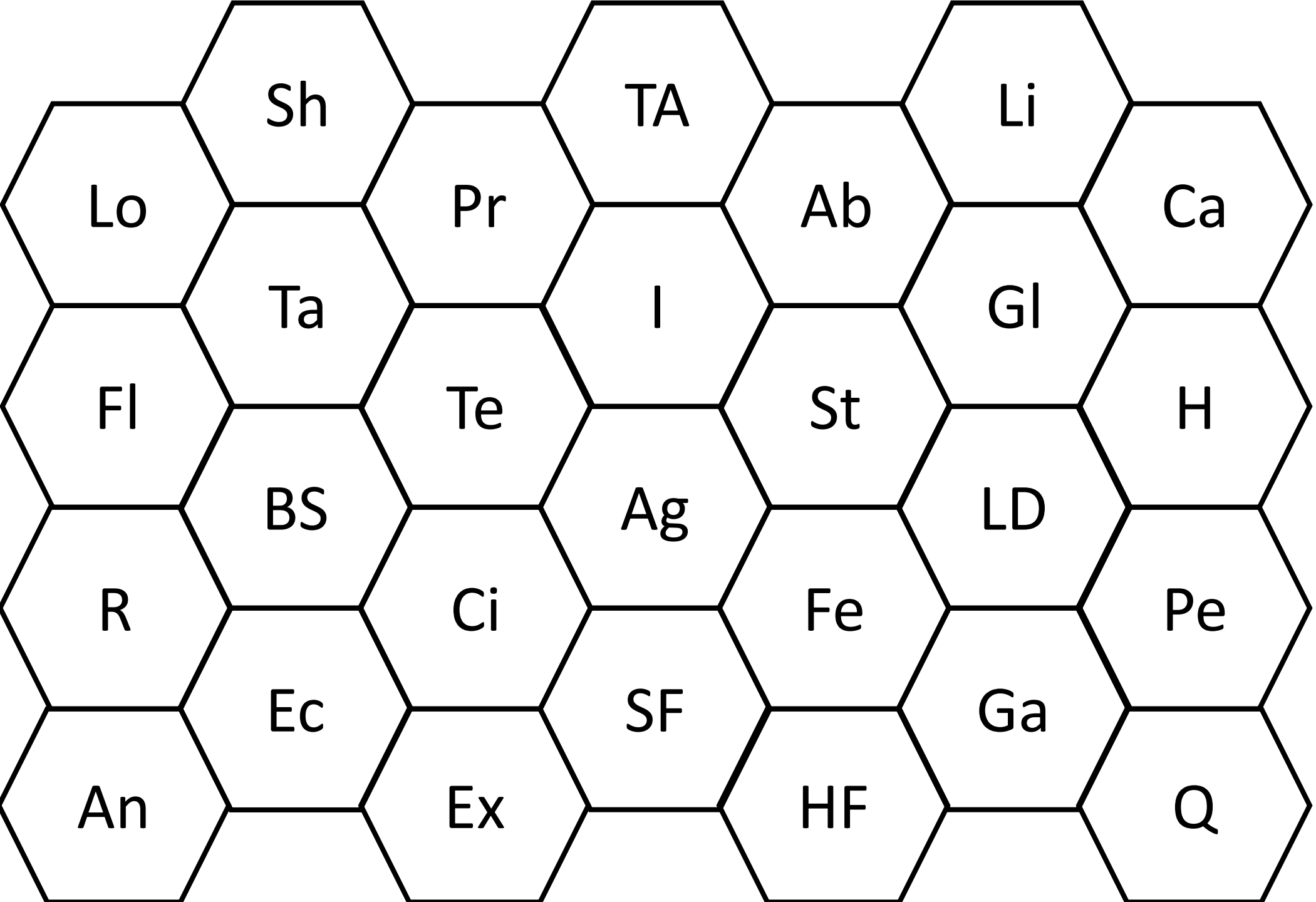


# Blockbusters

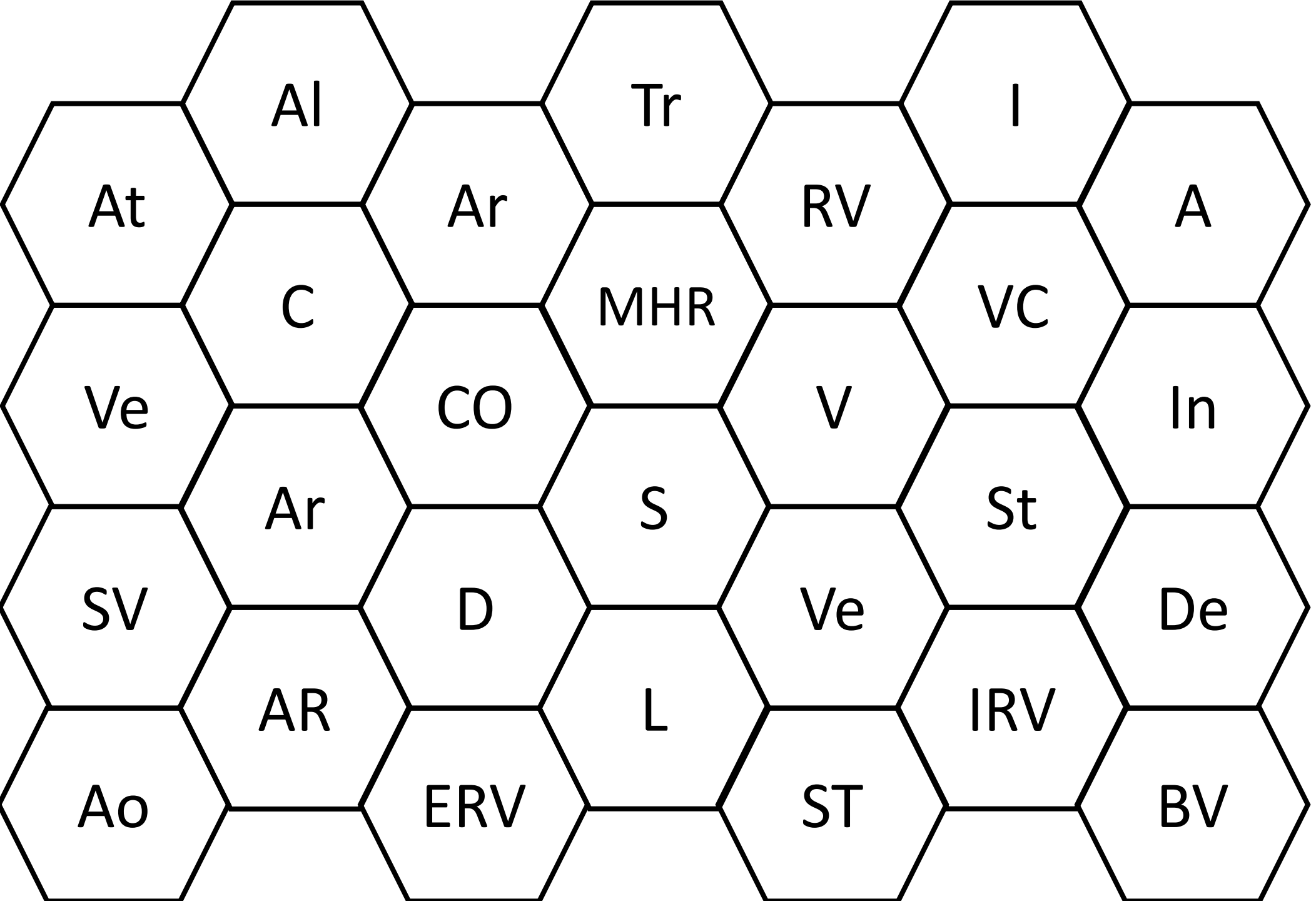
## GCSSE PE: Paper 1



Gross movements are created by these type of bones	Fine and precise movements are created by these type of bones	The ribs provide this function to the lungs	This muscle works antagonistically with the gastrocnemius	This is known as the movement of a limb away from the midline of the body
<b>Lo</b>	<b>Sh</b>	<b>Pr</b>	<b>TA</b>	<b>Ab</b>
This is a muscle contraction where the muscle length stays the same	This bone is also known as the chest bone	This muscle works antagonistically with the hip flexor	This is located at the end of the bones to prevent friction	These attach bone to bone
<b>I</b>	<b>St</b>	<b>GI</b>	<b>Ca</b>	<b>Li</b>
These attach muscle to bone	Name the joint located at the ankle	An upward phase of the bicep curl is known as which type of movement?	Name the joint located at the hip joint	This is known as the contracting muscle
<b>Te</b>	<b>Ta</b>	<b>FI</b>	<b>BS</b>	<b>Ag</b>
This is known as the relaxing muscle	A pirouette in ice skating would be known as which type of movement?	Name the longest bone of the body	This muscle works antagonistically with the deltoid	This bone is located in the upper arm
<b>An</b>	<b>R</b>	<b>Fe</b>	<b>LD</b>	<b>H</b>
A downward phase of a bicep curl is known as which type of muscle contraction?	This is known as a circular movement of a limb	This movement is defined as the increasing angle of a joint	This provides lubrication at a joint	This muscle is located in the chest
<b>Ec</b>	<b>Ci</b>	<b>Ex</b>	<b>SF</b>	<b>Pe</b>
Which muscle creates flexion at the hip?	Which muscle creates plantar flexion at the ankle?	Which muscle creates extension at the knee?		
<b>HF</b>	<b>Ga</b>	<b>Q</b>		

# Blockbusters

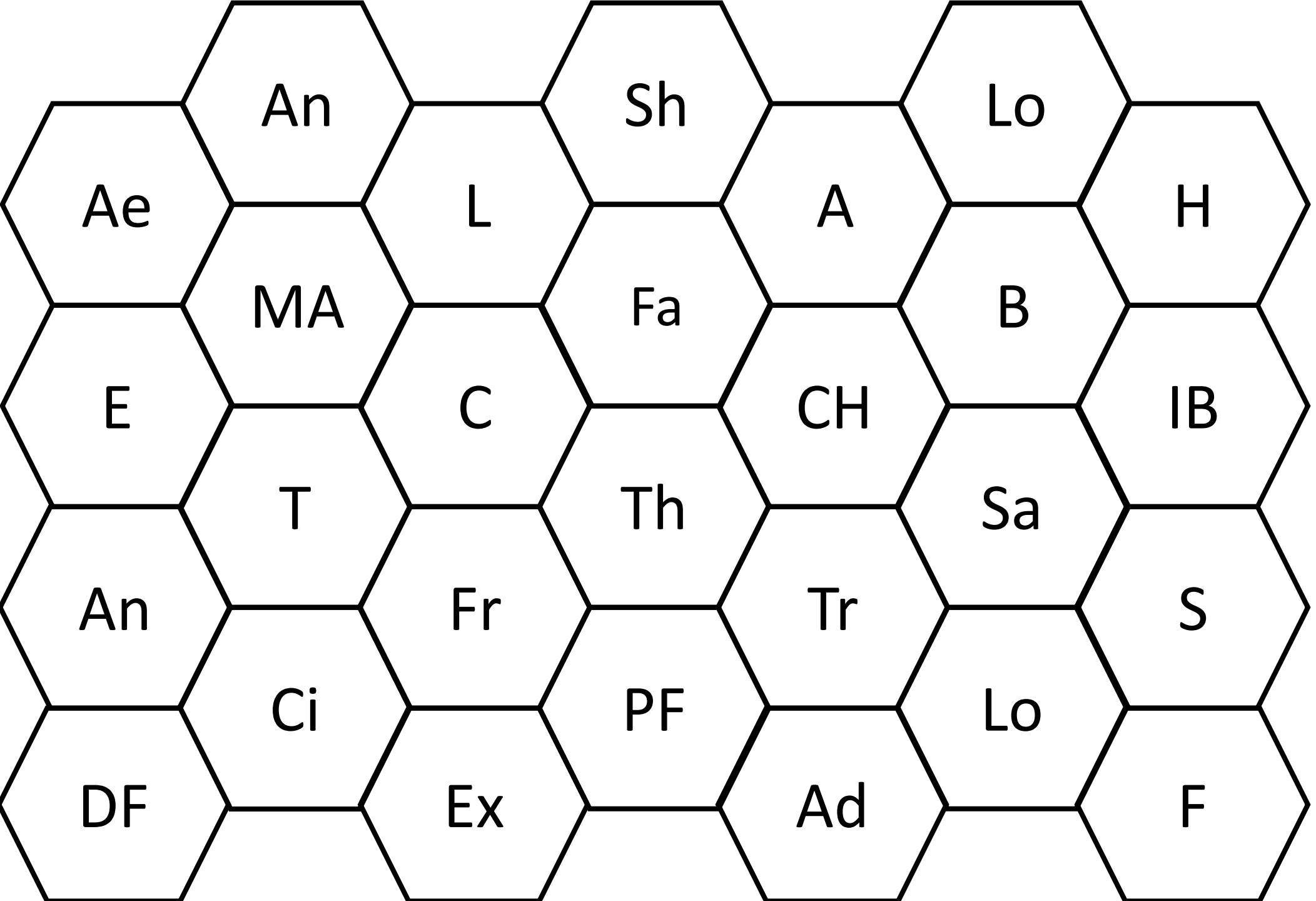
## GCSE PE: Paper 1



Name the top chambers of the heart <b>At</b>	Where does gaseous exchange take place? <b>Al</b>	Name the blood vessel that carries blood away from the heart? <b>Ar</b>	What is another name for the windpipe? <b>Tr</b>	This is the volume of air left in the lungs after maximum expiration <b>RV</b>
This is known as the widening of the arteries lumen to allow a higher volume of blood to the working muscles <b>V</b>	Name the artery which transports blood to the body <b>Ao</b>	Name the vein which transports blood back into the right atrium <b>VC</b>	During exercise the rib cage is pulled down quicker to force air out by the use of which muscle? <b>A</b>	What happens to tidal volume during exercise? <b>I</b>
$220 - \text{AGE} = ?$ <b>MHR</b>	Stroke volume X heart rate = ? <b>CO</b>	Moist thin walls and one cell thick are the characteristic of which blood vessel? <b>C</b>	Name the bottom chambers of the heart <b>Ve</b>	Thick outer wall and narrow lumen are characteristics of which blood vessel? <b>Ar</b>
Thin outer wall and wide lumen are characteristics of which blood vessel? <b>Ve</b>	The heart ejecting blood is known as which key term? <b>S</b>	The heart refilling with blood is known as which key term? <b>D</b>	This is the known as the slight rise in heart rate caused by the release of adrenalin <b>AR</b>	The volume of blood pumped out of the left ventricle per heart beat is known as which key term? <b>SV</b>
This muscle assists with inhalation during exercise <b>St</b>	The rib cage moves up and out during which phase of the breathing process? <b>In</b>	What happens to the size of the lungs when expiration takes place? <b>De</b>	Arteries, capillaries and veins are all types of? <b>BV</b>	This is known as the amount of extra air breathed in after tidal volume. <b>IRV</b>
This is known as the amount of extra air breathed out after tidal volume <b>ERV</b>	Where can alveoli be found? <b>L</b>	Tidal volume, residual volume and IRV & ERV can all be recorded on what? <b>ST</b>		

# Blockbusters

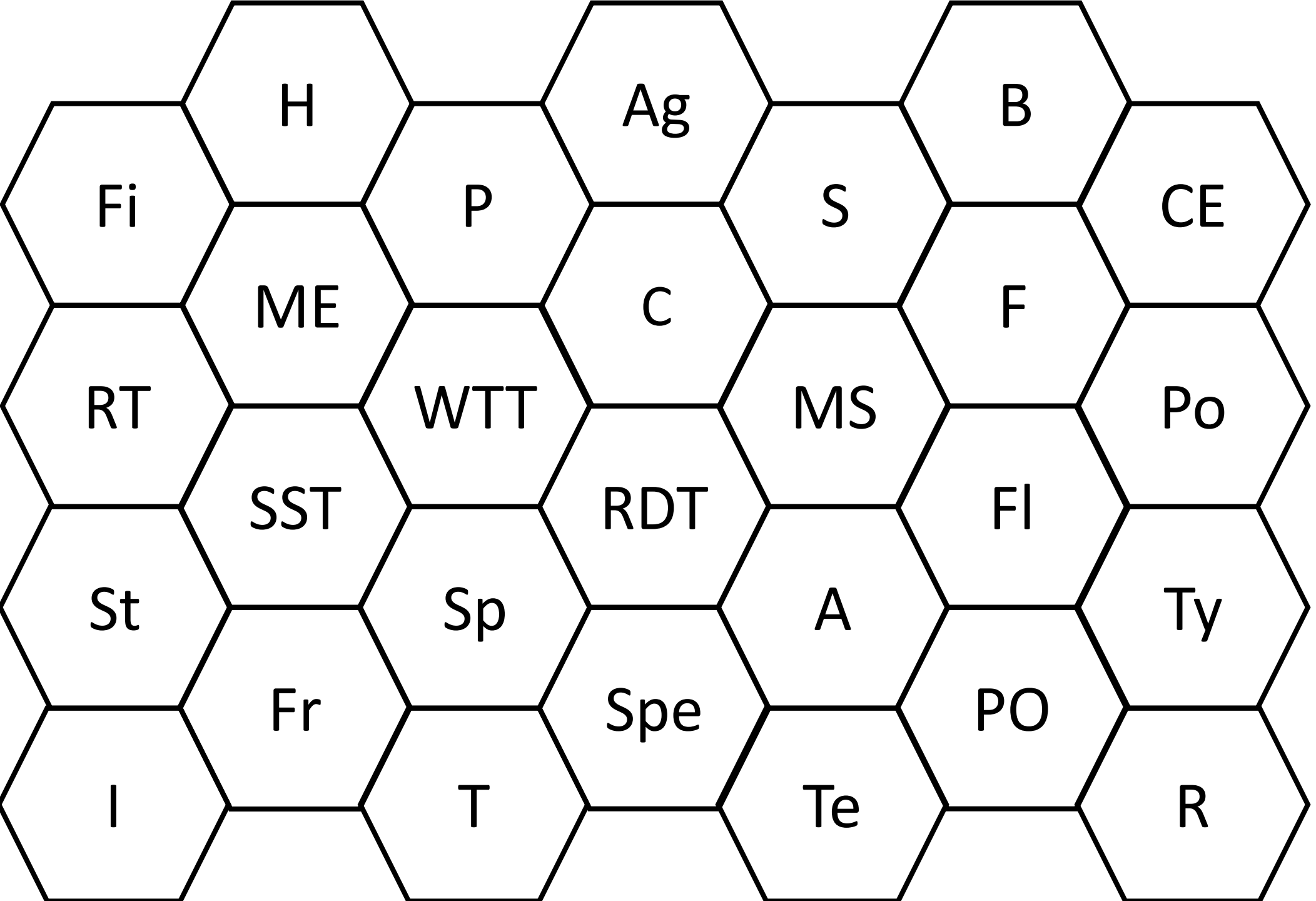
## GCSE PE: Paper 1



GEL is the equation for what type of exercise?	GO CEW is the equation for what type of exercise?	Aerobic exercise could be described as what duration?	Anaerobic exercise could be described as what duration?	EPOC occurs during which type of exercise?
<b>Ae</b>	<b>An</b>	<b>L</b>	<b>Sh</b>	<b>A</b>
Increase in the size of the heart is also known as?	Lower resting heart rate is also known as?	This is a recovery process which involves reducing the amount of muscle tears	Anaerobic exercise could be described as what intensity?	Aerobic exercise could be described as what intensity?
<b>CH</b>	<b>B</b>	<b>IB</b>	<b>H</b>	<b>Lo</b>
This is a short term effect of exercise and is known as tiredness	Which food group should be consumed during the recovery process?	Effort arm / resistance arm = ?	A first class lever system occurs at the elbow joint but what is the movement?	Which joint operates as a second class lever?
<b>Fa</b>	<b>C</b>	<b>MA</b>	<b>E</b>	<b>An</b>
When performing a somersault in trampolining which axis is involved in this movement?	When performing in a marathon which plane is movement brought about?	When performing a star jump which plane is movement brought about?	When performing the hammer throw which plane is movement brought about?	Which lever system operates at the knee joint?
<b>Tr</b>	<b>Sa</b>	<b>Fr</b>	<b>T</b>	<b>Th</b>
When performing a cartwheel which axis is involved in this movement?	When performing a spring turn in dance which axis is involved in this movement?	A cricket bowl would be classified as which movement?	Pointing the toes at the ankle joint is known as which type of movement?	Pointing the toes up at the ankle joint is known as which type of movement?
<b>S</b>	<b>Lo</b>	<b>Ci</b>	<b>PF</b>	<b>DF</b>
Decreasing the angle at the joint is known as what type of movement?	The movement of a limb towards the midline of the body is known as what type of movement?	Increasing the angle at the joint is known as what type of movement?		
<b>F</b>	<b>Ad</b>	<b>Ex</b>		

# Blockbusters

## GCSSE PE: Paper 1

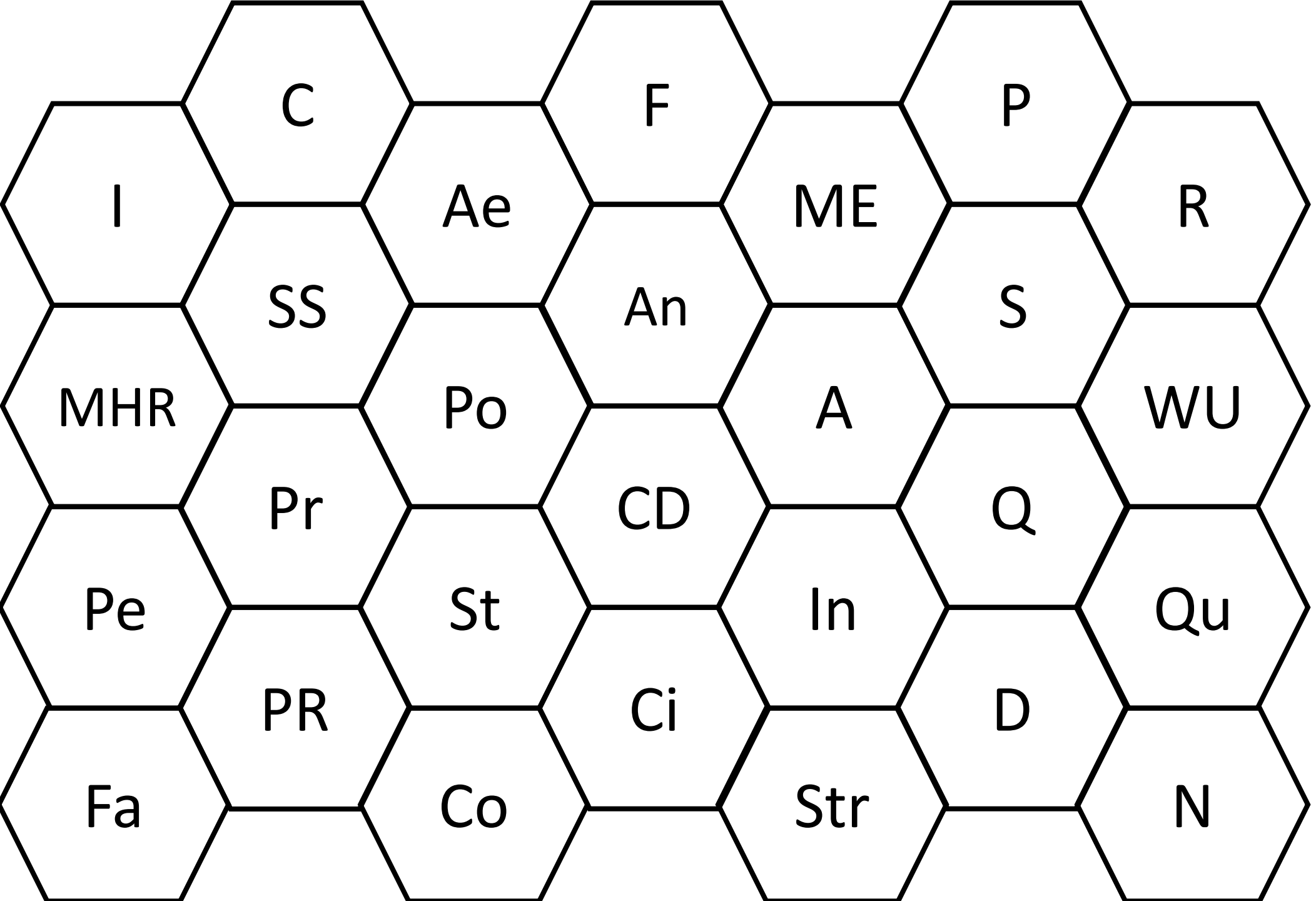


<p>The ability to cope with the demands of the environment is the definition for which key word?</p> <p><b>Fi</b></p>	<p>A physical, mental state of wellbeing not merely the absence of disease or infirmity is the definition for which key word?</p> <p><b>H</b></p>	<p>Strength X Speed = ?</p> <p><b>P</b></p>	<p>The ability to change direction at speed whilst maintaining control</p> <p><b>Ag</b></p>	<p>Distance / time = ?</p> <p><b>S</b></p>
<p>Ability of the muscles to undergo repeated contractions to the working muscles</p> <p><b>ME</b></p>	<p>The ability to use different parts of the body smoothly and efficiently</p> <p><b>C</b></p>	<p>The range of movement possible at a joint</p> <p><b>F</b></p>	<p>The ability of the heart and lungs to supply oxygen to the working muscles</p> <p><b>CE</b></p>	<p>The maintenance of the centre of mass over the base of support?</p> <p><b>B</b></p>
<p>The time taken to initiate a response to a stimulus</p> <p><b>RT</b></p>	<p>The ability to overcome a resistance</p> <p><b>St</b></p>	<p>This test measures balance</p> <p><b>SST</b></p>	<p>This test measures coordination</p> <p><b>WTT</b></p>	<p>This test measures reaction time</p> <p><b>RDT</b></p>
<p>The 30m sprint test measures which component of fitness?</p> <p><b>Sp</b></p>	<p>The Illinois agility test measures which component of fitness?</p> <p><b>A</b></p>	<p>The sit and reach test measures which component of fitness?</p> <p><b>FI</b></p>	<p>The vertical jump test measures which component of fitness?</p> <p><b>Po</b></p>	<p>The one rep max test measures which component of fitness?</p> <p><b>MS</b></p>
<p>What does S stand for in the acronym SPORT</p> <p><b>Spe</b></p>	<p>What does F stand for in the acronym FITT</p> <p><b>Fr</b></p>	<p>How hard you train is know as which key word?</p> <p><b>I</b></p>	<p>How long you train is known as which key word?</p> <p><b>T</b></p>	<p>Another word for boredom is?</p> <p><b>Te</b></p>
<p>When training stops and fitness levels revert back to their original state</p> <p><b>R</b></p>	<p>What does the last T stand for in the acronym FITT</p> <p><b>Tv</b></p>	<p>What does PO stand for in the acronym SPORT?</p> <p><b>PO</b></p>		



# Blockbusters

## GCSSE PE: Paper 1



Periods of work followed by period of rest is which training method?	This type of training would most likely be used by marathon runners	This type of training involves varying intensities and terrain	This type of training improves power and involves jumping/bounding	This type of training would be used by a gymnast to increase their flexibility
<b>I</b>	<b>C</b>	<b>F</b>	<b>P</b>	<b>SS</b>
Low weight and high reps would improve which component of fitness?	80-90% OF MHR is known as which training zone?	60-80% of MHR is known as which training zone?	220 – AGE = ?	This training method involves stations
<b>ME</b>	<b>An</b>	<b>Ae</b>	<b>MHR</b>	<b>Ci</b>
A number of times a weight is lifted is known as which key word?	A group of repetitions is known as which key word?	What should be completed before participating in any form of exercise to prevent injury?	Which type of training sees an increase in red blood cells	This is known as a particular season where rest should occur
<b>R</b>	<b>S</b>	<b>WU</b>	<b>A</b>	<b>Po</b>
What should be performed after any form of exercise to prevent injury?	What is the second phase of a warm up known as?	What is the first phase of a warm up known as?	This is also known as the competitive/playing season	This is known as a particular season where general fitness and skills are improved
<b>CD</b>	<b>St</b>	<b>PR</b>	<b>Pe</b>	<b>Pr</b>
This type of training would most likely be used by sprinters	Interviews and observations are known as which type of data?	Questionnaires and interviews are known as which type of data?	Quantitative data deals with?	Qualitative deals with?
<b>In</b>	<b>Qu</b>	<b>Q</b>	<b>N</b>	<b>D</b>
A games player would most likely use which type of training?	This type of training involves working for long periods of time without rest	High weight and low reps would improve which component of fitness?		
<b>Fa</b>	<b>Co</b>	<b>Str</b>		