



GCSE PE 6 Mark Question Examples

Structure

Brief introduction

AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. **Make a point.**

AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. **Give an example.**

AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. **Explain why & criticise.**

Repeat
4
times

Brief conclusion

Imagine the arrow down the side of the paper or draw one with a pencil so that you get your points in order.

Now try a few!!

Past Paper Questions

1. Describe the characteristics of circuit training and explain how it could be used to improve an individual's health and fitness.

In your answer you may consider:

- characteristics of circuit training
- improvement in health
- improvement in fitness
- any other relevant information.

2. A healthy, active lifestyle will have an impact on the body systems.

Describe some of the effects of participation on the body's cardiovascular and muscular systems.

In your answer you may consider:

- the immediate and short-term effects of participation on each system
- the effects of regular participation and long-term effects on each system.

3. Eshan is inspired by performers in the run up to the London 2012 Olympic and Paralympic Games, and is determined to improve his performance. He decides to set SMART targets as a first step to achieving his long-term goal.
Discuss the use of target setting to improve performance. You must make reference to examples in your answer.
4. The ability to identify and reduce risks associated with physical activity is essential to minimise injury.
For a physical activity of your choice, explain how to reduce a variety of risks associated with that activity in order to maintain physical health.
5. Discuss the relative importance of agility and reaction time to a badminton player and a sprinter.
6. Extreme body types (somatypes) are classified as endomorph, mesomorph or ectomorph. Discuss whether an extreme mesomorph would be the ideal body type for endurance activities such as long distance running.
7. Discuss, using examples, how the principles of training can improve the fitness of a group of GCSE PE students.
8. Discuss the use of steroids to enhance performance in athletic events.
9. You need to be skilful and fit to play a game well. Discuss whether circuit training would be the most effective method of training to improve performance in games.
10. Discuss why an elite sports performer will make sure they eat a balanced diet.

11. Explain how the skeletal and muscular systems work together to bring about a kicking action in football.
12. Describe how you would evaluate and help to improve someone's performance in physical activity.
13. Describe how schools influence young people to get involved in physical activity as part of a healthy, active lifestyle.
14. Describe, using practical examples, performance and outcome goal setting when trying to improve performance in physical activity.
15. Explain how the media influences those who participate in physical activities.
16. Describe why young people may give up participating in physical activities when they leave school.
17. Describe the main characteristics of a balanced, healthy lifestyle.
18. Over-eating and under-eating can both affect the performance of physical activities. Explain how over-eating and under-eating can have negative effects when performing physical activity.
19. Physical activities can be learned by using a variety of methods. Describe, using practical examples, methods that assist in the learning of physical activity skills.
20. Describe what is meant by sportsmanship when participating in physical activities.

21. Explain, using practical examples, how an active lifestyle can be good for the health of muscles.
22. Explain the long term and short term effects that regular exercise has on the heart.
23. Describe an exercise programme which includes the training principles of overload, specificity, progression and reversibility.
24. Explain the effects of reduced funding and sponsorship on participation in physical activities.
25. Identify the components of the SMART principle of goal setting. Give a practical example for each to improve performance in physical activities.
26. Using practical examples, explain how you might reduce the risk of injury when performing physical activities outdoors.
27. Explain how overeating can affect a person's participation in physical activity.
28. Describe the vascular shunt mechanism and identify three other short term effects of exercise on the body.
29. Using practical examples, explain how you might motivate a young person to participate in physical activity.
30. Describe the long term effects of exercise on the skeletal and muscular systems.

