

GCSE PE - 6 mark questions

1.1.1 Healthy Active Lifestyles and how they could benefit you

Tom has recently joined a local football club, explain some of the reasons behind Tom's decision to become more physically active and how this may contribute to his health.

1.1.2 Influences on Your Healthy Active Lifestyle

Chloe is a good all round sports performer and could represent her school in many different sports.

Evaluate the potential influence of different factors on Chloe's choice of physical activities.

1.1.3 Healthy Active Lifestyles

Louise is a good sprinter and long jumper and represents her school in both these events. She is also doing GCSE PE and wants to use her Personal Exercise Programme to help improve her performance in both events in order that she can make the qualifying standards for the National Schools Championships.

Analyse both of her events and choose three important skill related fitness requirements that she will need to improve and explain how she applies them in her events.

1.1.4 Physical Activity as part of your Healthy, Active Lifestyle

Describe the characteristics of circuit training and explain how it could be used to improve an individuals health and fitness?

1.1.5 Your personal health and wellbeing

Anita is a long distance runner who trains regularly and competes to a high standard.

Explain the importance of a balanced diet on Anita's performance and consider how her dietary requirements may be altered prior to an important race.

1.2.1 Physical Activity and your healthy mind and body

Describe and classify the following body types, and explain how they are suited to their sport or physical activity?



1.2.2 Healthy active lifestyle and your cardiovascular system

Describe and explain, using examples, both the immediate effects, and the long term effects of regular exercise on the cardiovascular system

1.2.3 Healthy active lifestyle and your respiratory system

Describe and explain, using examples, both the immediate effects, and the long term effects of regular exercise on the respiratory system

1.2.4 Healthy active lifestyle and your muscular system

Describe and explain, using examples, both the immediate effects, and the long term effects of regular exercise on the muscular system

1.2.5 Healthy active lifestyle and your skeletal system

Describe and explain, using examples, both the immediate effects, and the long term effects of regular exercise on the skeletal system

1.2 Your Healthy, Active Body

Louise is a sprinter and long jumper and she is taking GCSE Physical Education and has to plan, perform, monitor and evaluate her own personal exercise programme (PEP) during her PE course. Although she plans to do some specialist training to improve her sprinting and long jumping, she also plans to include some circuit training in order to maintain and improve her all round fitness. Two of the exercises she has included are press ups and step ups onto a bench.

Identify and describe which specific aspect of Health-Related Exercise this will improve. Then identify, describe and explain - making sure that you use the correct terminology - which muscles are working and how they work together during each exercise.