



Sixth Form Entrance 2015

PHYSICAL EDUCATION

1 hour

60 marks

Answer all questions

NAME:

CURRENT SCHOOL:

Mark: **Percentage**.....

1. In sport, what is meant by the term 'strength'?

.....

[1]

2. (i) A games player requires many skills. Many of these skills are known as open skills.

Name a game and give **one** example of an open skill.

Game:

.....

[1]

(ii) Briefly explain why this skill can be described as an open skill.

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.....

[2]

3. Name **one** training principle that should be included in an exercise programme.

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[1]

4. What is the role of the platelets in the blood?

.....

[1]

5. What is meant by the term 'leisure time'?

.....

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[1]

6. One function of the skeleton is that it supports and gives shape to the body which is important for the performer.

(i) Identify the **three** other functions of the skeleton that are important to the performer.

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[3]

(ii) Explain the importance of these three other functions of the skeleton and relate to the performer.

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[5]

7. Using a practical example, explain how antagonistic pairs work?

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[4]

8. (i) What would marathon runners eat leading up to a race?

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[1]

(ii) Define health.

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[3]

9. Explain why performers who have a physical disability can now more easily take part in physical activity.

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[3]

10. Explain how fast and slow twitch muscle fibres affect performance in a named physical activity.

Physical activity:

Fast twitch:

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Slow twitch:

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[4]

11. Different types of feedback in practice situations can often improve performance in physical activity.

Identify **two** different types of feedback and briefly explain how each may help improve performance in physical activity.

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[4]

12. What is the role of a ligament?

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[1]

13. Identify three different ways that schools can help to promote participation in games.

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14. The more skilful you are, the better your performance is likely to be.

For a named game, identify **three** different occasions when a skilful games player will outperform a less skilful games player.

Activity:

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[3]

15. Rachel wanted to improve her physical fitness. She decided to devise an Interval Training programme.

(i) What is Interval Training?

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(ii) Explain the advantages of participating in an Interval Training programme.

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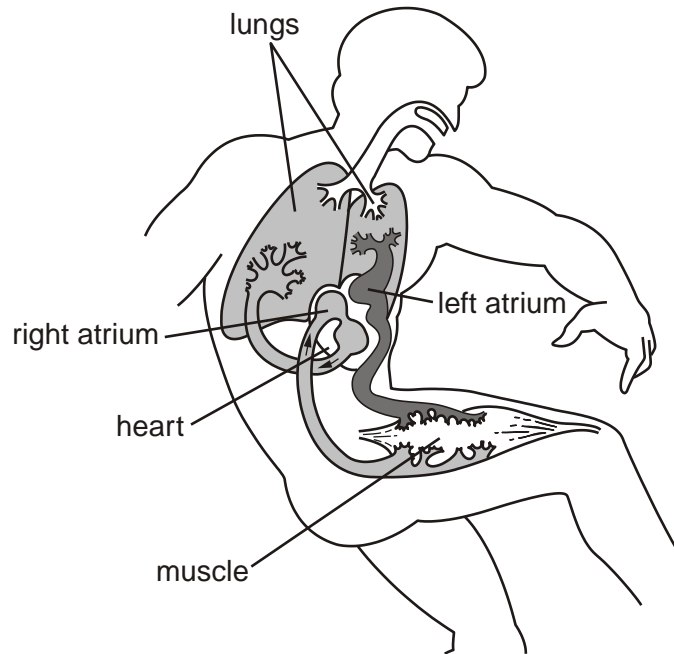
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[3]

16. The heart pumps blood around the body.



Starting at the heart, use the diagram to help you explain the effects of moderate exercise on both the composition and flow of blood around the body.

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[8]

PTO

17. Tracey is such a good Netball player that she was asked by a professional team to train with them. She found that the players always took part in a long warm up before each training session.

Explain why performers warm up at the start of training sessions.

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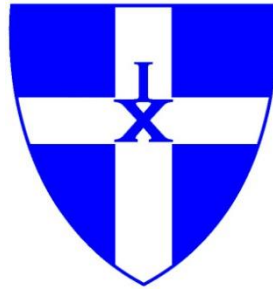
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THE KING'S SCHOOL, CANTERBURY



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2014-2015

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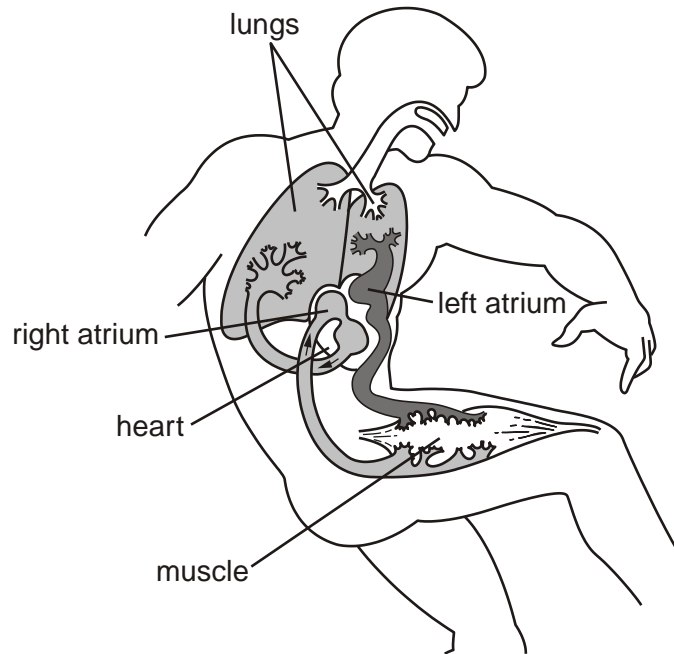
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