

## **Sixth Form Entrance 2018**

## PHYSICAL EDUCATION

## 1 hour

60 marks

Answer all questions

NAME:	
CURRENT SCHOOL:	
Mark:	Percentage

1. In sport, what is meant by the term 'Aerobic Exercise'?	
[1]	
2. Describe the SMART principle of goal setting to improve performance in physical activities.	
	•••••
	. [5]
3. (ii) A games player requires many skills. Many of these skills are known as open skills.	
Name a game and give <b>one</b> example of an open skill.	
Game:	
[1].	
4. Using practical examples, describe <b>three</b> different characteristics of skilful movement.	
1)	

•••••		
3)		
••••••		••••••
5. Nam	one training principle that should be included in an exercise programme.	
	ibe <b>three</b> long-term effects of exercise on the heart and <b>three</b> long-term effects of exercise on the lungs.	
	m effects of exercise on the heart	
1)		
2)		•••••
2)		
3)		
•••••		•••••
Long-te	rm effects of exercise on the lungs	
0		
1)		
2)		
2)		

(i) Identify $t\mathbf{wo}$ other functions of the skeleton that are important to the performer.
1
2
[2]
(ii) Explain the importance of these two other functions of the skeleton and relate to the performer.
[2]
ng a practical example, explain how antagonistic pairs work.
[2
ine health.
[1]

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

	Physical activity:
	Fast twitch:
	Slow twitch:
	[2]
1. Di	ifferent types of feedback in practice situations can often improve performance in physical activity.
I	dentify <b>two</b> different types of feedback and briefly explain how each may help improve performance in physical activity.
	[3
2. W	hat is the role of a ligament?
•••••	[1]

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

13. Rachel wanted to improve her physical fitness. She decided to devise an Interval Training programme.
What is Interval Training?
[2]
14. 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]
.5. Flex	ibility is the amount or range of movement that you can have around a joint.
Iow car	an athlete improve their flexibility?
	[2]
. <b>6.</b> The	following data is taken from a 20-year-old male taking the Cooper's 12-minute run test.
	September 2015- ran 2,400 metres
	December 2015- ran 2,500 metres
۱. In wł	nich main component of fitness is he showing improvement?

3. Describe another test for this component.
[3]
7. Describe plyometrics as a principle of training method and state what this type of training seeks to achieve.
[4]
8. Using a specific sporting example, describe an effective warm-up before performing a sports activity.
[5]

9. What are the physical benefits that an athlete can gain from cooling-down effectively?
[5]

[Total Marks 60]