WORKBOOK

AQA GCSE (9–1)

PE

- Full topic coverage
- Over 300 questions
- Answers free online

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Contents

Paper 1: The human body and movement in physical activity and sport

Paper 2: Socio-cultural influences and wellbeing in physical activity and sport

About this book

1 **This workbook** will help you to prepare for AQA GCSE (9–1) PE.

2 **AQA GCSE (9–1) PE** is assessed by:

- **Paper 1: The human body and movement in physical activity and sport.** This paper lasts for 1 hour and 15 minutes and covers: Applied anatomy and physiology; Movement analysis; Physical training; and Use of data. Paper 1 is worth 30% of the GCSE. The paper has a mixture of multiple-choice / objective-test, short-answer and extended-answer questions totalling 78 marks.
- **Paper 2: Socio-cultural influences and wellbeing in physical activity and sport.** This paper lasts for 1 hour and 15 minutes and covers: Sports psychology; Socio-cultural influences; Health, fitness and wellbeing; and Use of data. Paper 2 is worth 30% of the GCSE. The paper has a mixture of multiple-choice / objective-test, short-answer and extended-answer questions totalling 78 marks.
- **Non-exam assessment: Practical performance in physical activity and sport.** You will be assessed in your practical performance in three different physical activities in the role of player / performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity). You are also required to analyse and evaluate your performance to bring about improvement in one activity. This assessment is worth 40% of the GCSE and totals 100 marks.

3 For each topic in this workbook there are:

- stimulus materials, including key terms and concepts
- short-answer questions that build up to exam-style questions
- spaces for you to write or plan your answers
- questions that test your data skills.

4 **Answering the questions** will help you to build your skills and meet the assessment objectives AO1 (knowledge and understanding), AO2 (application) and AO3 (analysis and evaluation).

5 **Example student answers** are included throughout the questions to help you understand how to gain the most marks.

6 Icons next to the question will help you to identify:


where your calculations skills are tested


where questions draw on synoptic knowledge, i.e. content from more than one topic.

7 **You still need** to read your textbook and refer to your revision guides and lesson notes.

8 **Marks available** are indicated for all questions so that you can gauge the level of detail required in your answers.

9 

Timings are given for the exam-style question sections to make your practice as realistic as possible.

10 Answers are available at: **www.hoddereducation.co.uk/workbookanswers**

Paper 1 The human body and movement in physical activity and sport

Topic 1 Applied anatomy and physiology

Applied anatomy and physiology considers how the body systems work and adapt to meet the demands of sport and physical activity. This topic looks at, among other things, how the musculoskeletal system (muscles and bones) produces movement; how the cardio-respiratory system (heart, lungs and blood vessels) supplies oxygen to working muscles; the difference between aerobic and anaerobic exercise; and the effects of exercise over different time periods.

The structure and functions of the musculoskeletal system

Practice questions

AO1: Knowledge and understanding

1 State **two** bones that make up the hip joint. **2 marks**

1 .....

2 .....

2 Which type of bone is responsible for gross movement? **1 mark**

.....

3 Protection is one function of the skeleton. State **two** other functions of the skeleton. **2 marks**

1 .....

2 .....

4 Describe the role of a ligament in a synovial joint. **1 mark**

.....

.....

5 Identify **two** ball and socket joints in the body. **2 marks**

1 .....

2 .....

AO2: Application

6 Explain how the skeleton's ability to store minerals **and** produce blood cells helps a performer in an association football match. **2 marks**

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7 Explain how **two** named flat bones protect a boxer during a fight. **4 marks**

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Example student answer

The ribs are flat bones located in the chest. During a fight, they will protect the heart and lungs from impact injuries if the fighter takes any body shots.

The cranium is made up of flat bones protecting the brain. Should the fighter be punched in the head, or clash heads with their opponent, the cranium will limit the impact on the brain, reducing the damage caused.

AO1: The candidate clearly meets the demands of the question by naming two different flat bones in the body. They also ensure they use the terminology in the specification, referring to the cranium and not the skull.

AO2: The candidate names these bones and applies their knowledge of them specifically to boxing, as required by the question. General statements such as 'the ribs protect the heart from impact' would not be credit worthy. To avoid this mistake, candidates should try to mirror the key language from the question in their answer.

8 Name the muscle that causes abduction at the shoulder. **1 mark**

.....

9 State which joint action is produced when an isotonic concentric contraction occurs in the tibialis anterior muscle. **1 mark**

.....

AO3: Analysis and evaluation

10 Analyse the role of short bones in the success of a bowler in cricket. **3 marks**

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11 Analyse how the different joint actions available at the shoulder can help a tennis player hit an effective serve. **2 marks**

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12 Analyse how the musculoskeletal system operating at the knee allows a performer to perform a squat. **6 marks**

Fill in the blanks to complete this model answer:

The knee is a ..... joint made up of the ..... and ..... with the patella, the kneecap, positioned in front of it. When ..... occurs at the knee joint during the upwards phase of a squat, the main agonist is the .... while the .... are the antagonist. As the .... contract isotonic ..... they pull on a ..... , which is inelastic. This in turn pulls the tibia to ..... the angle at the joint.

During the downwards phase of the squat, as ..... occurs at the knee joint, the .... is still the agonist. This is because it is now contracting isotonic ..... to control the speed of a downwards movement being caused by ..... . The .... is again the antagonist.

The ..... the quadriceps group is, the more force it will be able to apply and, therefore, the ..... the weight the performer could move. If the performer underwent a period of ...., completing 5 sets of 3–6 reps at 80–90% of their one rep max, muscular ..... would occur. This would further increase the weight that could be lifted.

Exam-style questions

Topic 1: Extended answer

16 Evaluate whether manipulation of diet or a cool down would be more important for a performer who had just completed a vigorous game of rugby. **6 marks** 20

You can use the lines below to plan your answer, before writing it out in full on a separate piece of paper.

17 Analyse how the cardio-respiratory system of an elite athlete allows them to run a 5000-m race faster than an untrained person. **9 marks**

You can use the lines below to plan your answer, before writing it out in full on a separate piece of paper.