Non-Negotiables: *GCSE PE – Paper 1*

1	**What are the five main functions of the skeletal system? Give a sporting example for one of them.** **Answer:** Protection, mineral storage, blood cell production, structural shape, and movement. For example, the cranium protects the brain during a header in football.
2	**Describe the difference between tendons and ligaments.** **Answer**: Tendons attach muscle to bone. Ligaments attach bone to bone and help provide joint stability.
3	**What type of joint movement occurs at the ankle when a gymnast points their toes?** **Answer:** Plantar flexion.
4	**Define an antagonistic muscle pair.** **Answer:** Muscles create movement by working in pairs. One muscle contracts to create the movement whilst the other relaxes to allow the movement to happen. When lifting the weight, the biceps are the agonist (contracting), and the triceps are the antagonist (relaxing).
5	**State what happens to the levels of oxygen and carbon dioxide in the blood as it passes through the capillaries in the lungs.** **Answer:** Oxygen diffuses from the alveoli into the blood, while carbon dioxide diffuses from the blood into the alveoli.
6	**State the formula used to calculate Cardiac Output.** **Answer:** Cardiac Output = Stroke Volume × Heart Rate.
7	**Identify the class of lever system operating at the ankle during plantar flexion and list its three main components.** **Answer:** Second-class lever. The components are - fulcrum (ankle), load (body weight), and effort (gastrocnemius).
8	**In which plane of movement and around which axis does a cartwheel occur?** **Answer:** Frontal plane and sagittal axis.
9	**Explain how a personal trainer would apply the principle of *Progressive Overload* to a weightlifting program.** **Answer:** Gradually increasing the workload (frequency, intensity, time, or type) over a period of time to ensure the body adapts without causing injury.
10	**Define *Cardiovascular Endurance*. State one fitness test used to measure this component.** **Answer: The ability of the heart, lungs, and blood vessels to supply oxygen to working muscles over long periods of time. Measured using the Cooper 12-minute run test or the Multi-Stage Fitness Test (Bleep Test).**

Non-Negotiables: *GCSE PE – Paper 2*

1	**How are skills classified on the Continuum of Environmental Influence?** **Answer:** Skills fall on a scale between **Open** (unpredictable and changing environment, e.g., a pass in rugby) and **Closed** (predictable and stable environment, e.g., a penalty shot in gymnastics).
2	**What is the difference between massed practice and distributed practice?** **Answer:** Massed practice involves continuous practice without breaks, which is ideal for fit or experienced athletes. Distributed practice includes intervals for rest or mental rehearsal, which is better for beginners to prevent fatigue.
3	**What does the acronym SMART stand for in goal setting?** **Answer: S**pecific, **M**easurable, **A**chievable, **R**ealistic (or Recorded), and **T**ime-bound.
4	**Give an example of visual guidance and state when it is most effective.** **Answer:** Visual guidance involves seeing the skill being performed—such as a video demonstration, coach's demonstration, or chart. It is most useful in the cognitive (beginner) stage of learning.
5	What is **intrinsic feedback**? **Answer:** Intrinsic feedback is sensory information that comes from within the performer regarding how the movement felt (e.g., a gymnast feeling that their legs are straight during a somersault).
6	**What is the difference between macronutrients and micronutrients?** **Answer: Macronutrients** are needed in large quantities to provide energy and build tissue (carbohydrates, fats, proteins). **Micronutrients** are required in small quantities to maintain bodily functions (vitamins and minerals).
7	Identify two long-term physical health consequences of a sedentary lifestyle. **Answer:** 1. Increased risk of **obesity** (excess body fat). 2. Increased risk of **coronary heart disease** (CHD).
8	**How can television and media positively impact sport?** **Answer:** It increases the sport's profile, provides revenue through broadcasting rights, and allows performers to become professional through lucrative sponsorship deals.

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9	**What is the difference between sportsmanship and gamesmanship?** **Answer: Sportsmanship** involves playing by the rules, showing respect for opponents, and fair play. **Gamesmanship** is bending the rules to gain an unfair advantage without actually breaking them (e.g., time-wasting in football).
10	**What is the definition of physical health and wellbeing?** **Answer:** A state where all body systems are working well, free from illness and injury, enabling a person to meet the demands of everyday life.