

**Command Words**

Analyse	Separate information into components and identify their characteristics.
Apply	Put into effect in a recognised way.
Calculate	Work out the value of something.
Compare	Identify similarities and or differences.
Complete	Finish a task by adding to given information.
Consider	Review and respond to given information.
Define	Specify meaning.
Describe	Set out characteristics.
Discuss	Present key points about different ideas or strengths and weaknesses of an idea.
Evaluate	Judge from available evidence.
Explain	Set out purposes or reasons.
Identify	Name or otherwise characterise.
Illustrate	Present clarifying examples.
Interpret	Translate information into recognisable form.
Justify	Support a case with evidence.
Outline	Set out main characteristics.
Suggest	Present a possible case/solution.
State	Express clearly and briefly.

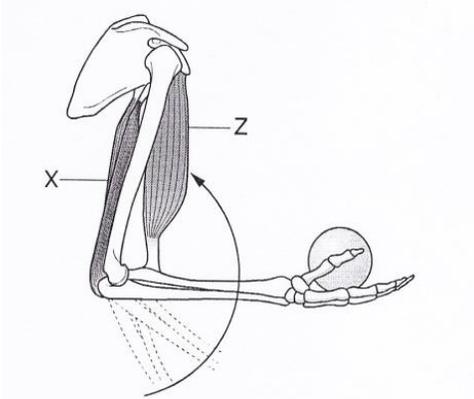
**Name / state / identify / Give**

Command word	What you have to do	In simple terms
State /Name/ Give	Express clearly and briefly.	Simple short answer with no description or explanation. Be guided by number of marks as with all questions.
Identify	Name or otherwise characterise.	

**Chair analogy: State what is on the table?**

**A chair is on the table**

Using the diagram of an elbow joint:



- (i) Name muscle X [1]
- (ii) Name muscle Z [1]
- (iii) Identify which muscle is the agonist [1]
- (iv) Identify which muscle is the antagonist [1]

*Four marks max for identifying and naming*

- (i) *X = Tricep*
- (ii) *Z = Bicep*
- (iii) *Agonist is the biceps (brachii)/Z*
- (iv) *Antagonist is the triceps (brachii)/X*

7. Name the **two** bones that form the shoulder joint. [2]

9. Name the **three** bones that form the ankle joint and state the type of synovial joint found at the ankle. [4]

13. Name the muscles that cause movements at the ankle. [2]

1. When we breathe in, air enters our nose and mouth. Identify the other structures through which air passes before entering our lungs. [4]

2. State the type of blood vessels that carry blood away from the heart. [1]

3. State the term used to describe the narrowing of small arteries to re-distribute blood? [1]

4. Give **three** short term effects of exercise on the heart. [3]

1. State the type of exercise that the equation 'glucose → energy + lactic acid' summarises. [1]

1. The diagram represents the lever system operating at the elbow joint during the extension phase of a throw



(i) State the class of lever that operates at the elbow during extension. [1]

(ii) Identify which parts of the lever system at the elbow that labels A and B represent. [2]

2. Identify the plane and axis involved in a cartwheel. [2]

1. Identify **two** components of fitness required by a shot putter. [2]

5. Other than frequency, what are the other components of the FITT principle? [3]

## Define

Command word	What you have to do	In simple terms
Define	Specify meaning.	Use the key term or definition

### Chair analogy: Define a chair

**A piece of furniture, usually with 4 legs, designed to support someone's weight. Sometimes called a seat.**

6. Define tidal volume and state its average value. [2]

*A. Amount / volume of air entering lungs during normal breathing*

*B. 500 mls / 0.5 litres*

7. Define health. [1]

8. Define fitness. [1]

9. Define agility [1]

## Describe

Command word	What you have to do	In simple terms
Describe	Set out characteristics.	A basic sentence. What it looks like or does or with an example. NOT WHY.

### Chair analogy: Describe the chair?

**The chair has 4 legs, made of metal / plastic seat/ quite light weight/ rounded back / hole in the back/ holds a person's weight**

1. Describe the main functions of the skeletal system that keep the body healthy and active. [4]

*Four marks for 4 from:*

- A. *Bones give shape/support / cranium is the shape of the head/ ribs support the heart*
- B. *Bones/ bone marrow produces blood cells/ bone marrow (red)*
- C. *Bones produce or store minerals / calcium in the femur*
- D. *Bones provide protection / ribs protect lungs*
- E. *Bone enable us to be able to move/keep moving/being mobile/leverage / femur involved in running*

4. Describe, using an example of a named hinge joint, the structure of a synovial joint. [4]

10. Describe the route taken by deoxygenated blood from when it enters the heart until it becomes oxygenated. [4]

2. Describe **four** long term effects of exercise on muscles. [4]

11. Describe how flexibility can help you lead a healthy lifestyle. [4]

12. Describe plyometrics. [3]

13. Describe the sit and reach test for flexibility. [2]

14. Describe **four** ways in which continuous training can improve performance in physical activities. [4]

15. Describe **two** advantages and **two** disadvantages of circuit training. [4]

3. Describe how ice baths speed up recovery. [2]

16. Describe the benefits of altitude training. [4]

## Explain

Command word	What you have to do	In simple terms
Explain	Set out purposes or reasons.	Say HOW or WHY. Use key connectives like BECAUSE, THEREFORE, THIS MEANS...

### Chair analogy: Explain the structure and function of the chair?

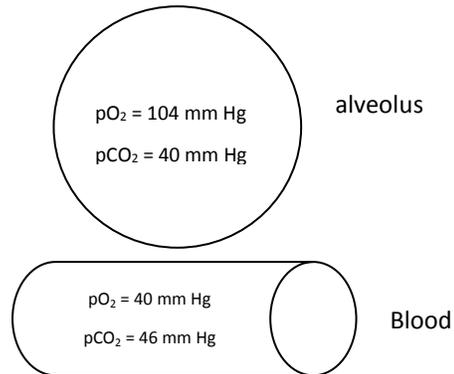
**The chair has 4 legs SO THAT it can balance. It is made of metal WHICH IS strong enough to hold a person's weight but light enough to carry. It has a plastic seat WHICH IS comfortable enough for a 1 hour lesson but quite cheap to manufacture.**

6. Explain, using a practical example for each, what is meant by abduction and adduction. [4]

*Four marks for:*

- A. Adduction - movement towards mid line of body*
- B. E.g. leg / arm action in breast stroke – during the end of the leg kick the femur moves back towards the midline – hip adduction.*
- C. Abduction - movement away from mid line of body*
- D. E.g. - splits / crucifix – both arms and legs go away – shoulder and hip abduction*

17. The diagram shows the concentrations of oxygen ( $pO_2$ ) and carbon dioxide ( $pCO_2$ ) in the alveoli and lung capillaries. Use the information in the diagram to explain how these gases move. [3]



18. Using a practical example, explain why a warm up is important before exercise. [4]

## Justify

### Chair analogy: Justify the function of the chair?

The chair is strong enough to support the weight of students in school. It is exceptionally rare a chair ever breaks. The chair is light and easy to move. Students are often able to move chairs around the room, even younger students who are smaller. Older students can carry several chairs at once at the end of assembly. It does not take the caretakers long to set out hundreds of chairs for assembly.

Command word	What you have to do	In simple terms
Justify	Support a case with evidence.	Make an argument. Strengths. Back up your answer with facts.

19. Do footballers need cardio-vascular endurance? Justify your answer. [2]

- A. *Cardio-vascular endurance – ability to supply oxygen to muscles*
- B. *Needed by footballers because matches last 90 minutes*
- C. *Some players cover nearly 10 km in 90 minutes*
- D. *Especially important for midfield players who go forward to attack then come back to defend*
- E. *Not very important for a goalkeeper or if you play in the Liverpool team.*

20. Do swimmers need to be flexible? Justify your answer. [2]

21. Do tennis players need balance? Justify your answers. [2]

22. The sit and reach test measures flexibility. Justify whether this is a suitable test for a swimmer. [2]

## GCSE PE Extended questions

### Six mark responses:

Marks for these questions: AO1 = 1, AO2 = 2 and AO3 = 3

Level	Marks	Description
3	5–6	Knowledge is accurate and generally well detailed. Application to a performer is mostly clear and effective. Analysis is thorough, reaching valid and well-reasoned links. The answer is generally clear, coherent and focused, with appropriate use of terminology throughout.
2	3–4	Knowledge is evident but is more detailed for some stages than others. There is some appropriate and effective application to a performer, although not always presented with clarity. Any analysis is clear but reaches only some valid and well-reasoned. The answer lacks coherence in places, although terminology is used appropriately on occasions
1	1–2	Knowledge is limited. Application to a performer is either absent or inappropriate. Analysis is poorly focused or absent, with few or no reasoned links. The answer as a whole lacks clarity and has inaccuracies. Terminology is either absent or inappropriately used.
0		No relevant content.

### Nine mark responses:

Marks for these question: AO1 = 2, AO2 = 2 and AO3 = 5

Level	Marks	Description
3	7–9	Knowledge is accurate and generally well detailed. Application is mostly appropriate, clear and effective. Justification is thorough, reaching valid and well-reasoned conclusions. The answer is generally clear, coherent and focused, with appropriate use of terminology throughout.
2	4–6	Knowledge is evident but is more detailed for some aspects more than others. There is some appropriate and effective application, although not always presented with clarity. Any justification is clear but reaches valid and well-reasoned conclusions for some factors more than others. The answer lacks coherence in places, although terminology is used appropriately on occasions.
1	1–3	Knowledge is limited. Application is either absent or inappropriate. Justification is poorly focused or absent with few or no reasoned conclusions. The answer as a whole lacks clarity and has inaccuracies. Terminology is either absent or inappropriately used.
0		No relevant content.

1. Explain how long-term exercise may improve performance. [9 marks]

Marks for this question: AO1 = 2, AO2 = 2 and AO3 = 5