



Park
Academy
West London

PE Theory Workbook 1

**Aim to complete by
4th June 2020**

1. Physical activity sessions should always start with a warm up. Which of the following describes the order of activities you would expect in a warm up? (1 mark)
 - A) Jogging, stretching, main activity
 - B) Flexibility exercises, intense practice, stretching
 - C) Jogging, stretching, practices associated with main activity
 - D) None of the statements A, B or C match the question

2. Which of the following identifies a benefit of a warm up? (1 mark)
 - A) Removes lactate to reduce chance of muscle soreness
 - B) Slows reduction in heart rate
 - C) Reduces likelihood of injury
 - D) None of the statements A, B or C identifies a benefit of a warm up

3. Faye is a gymnast and is developing her balance. Which of the following is a test of balance? (1 mark)
 - A) Sergeant jump test
 - B) Cooper's 12 minute run
 - C) Sit and reach flexibility test
 - D) Standing stork test

4. Paul is a weight lifter and is developing his muscular strength. Which one of the following is a test of strength? (1 mark)
 - A) Hand grip test
 - B) Harvard step test
 - C) Sergeant jump test
 - D) Three ball juggle

5. Which **one** of the following is **not** an aspect of the FITT principle? (1 mark)
 - A) Frequency
 - B) Interesting
 - C) Time
 - D) Type

6. Which one of the following statements would give the correct threshold of training for a 16 year old swimmer? (1 mark)
 - A) Maximum heart rate (220bpm) multiplied by 60% and 80%
 - B) 204bpm multiplied by 60% and then 80% divided by swimmers age (16)
 - C) Resting heart rate multiplied by 60%, giving a range of 100 – 200bpm
 - D) 60% to 80% of the swimmer's maximum heart rate (220 - age)

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<p style="text-align: center;">A</p> <p style="text-align: center;">Cooper's 12 minute run</p>	<p style="text-align: center;">B</p> <p style="text-align: center;">Illinois agility run test</p>	<p style="text-align: center;">C</p> <p style="text-align: center;">30 metre sprint</p>	<p style="text-align: center;">D</p> <p style="text-align: center;">Standing broad jump</p>

Figure 1.

7. The most relevant fitness test from those shown above, to measure cardiovascular fitness is... (1 mark)

- A) Cooper's 12 minute run
- B) Illinois agility run test
- C) 30 metre sprint
- D) Standing broad jump

8. The most relevant fitness test from those shown above, to measure speed is... (1 mark)

- A) Cooper's 12 minute run
- B) Illinois agility run test
- C) 30 metre sprint
- D) Standing broad jump

9. The most relevant fitness test from those shown above, to measure power is... (1 mark)

- A) Cooper's 12 minute run
- B) Illinois agility run test
- C) 30 metre sprint
- D) Standing broad jump

10. Jade and Hope have active lifestyles and both participate in circuit training regularly.

Describe three advantages of circuit training (3 marks)

- 1.....
.....
- 2.....
.....
- 3.....
.....

11. Jade is a long distance runner. Hope is a sprinter.

How might their circuits differ? (1 mark)

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12. Name another method of training each girl might use to improve her fitness for her event. (2 marks)

Jade (long distance runner)

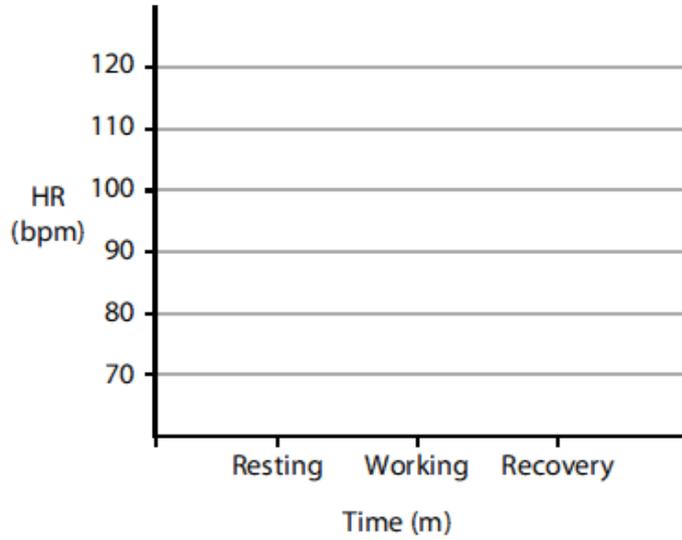
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Hope (sprinter)

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As part of his Personal Exercise Programme (PEP) Joe measures his heart rate to check on his fitness levels.

13. The heart rate monitors in **Figure 2** show three different heart rate values. Re-order these heart rate values and plot a graph to show Joe's resting, working and recovery heart rate. (2 marks)



14. Explain why you have plotted the values in this order. (2 marks)

I placed this value as working heart rate because

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.....
.....

I placed this value as recovery heart rate because

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