



# PE CET Assessment Revision



This document contains the key information that you will need for your KS3 Creative Education Trust Assessment.

## **Some strategies to help maximise how you use this pack:**

- Copy out information to help you learn.
- Test yourself on information (Look-Cover-Test-Check).
- Read through the pack silently to deepen your understanding.

## **Some additional tasks that could help you:**

- Research a wide range of sports.
- Do things that take you out of your comfort zone. (Answer questions in class, offer to demonstrate in lessons, take part in PE club).
- Which sport suits your personality: [Take the test: Which sport suits your personality? - BBC Teach](#)

**The Hart School nor The Creative Education Trust take responsibility for content of external weblinks. Use them at your discretion.**

## 1. Phases of a warm-up

- Pulse Raiser
- Mobility Exercise
- Stretches
- Sport specific/Game related activity

## 4. Warm up – purpose and importance

The warm up gradually raises body temperature and heart rate and improves the delivery of oxygen from haemoglobin. A warm up is essential to:

- prevent injury
- improve performance
- practise skills before the event, match or game
- prepare psychologically for the event.

A warm up should provide a smooth transition from rest to the intensity of the main activity or competitive situation. For example, in football the first sprint should be during the warm up, not the match! This applies equally to all games, players and athletes.

8. [Practical Sports Fact Files](#) – Click on this link to find out about rules, skills and techniques in sports that you have covered in PE.

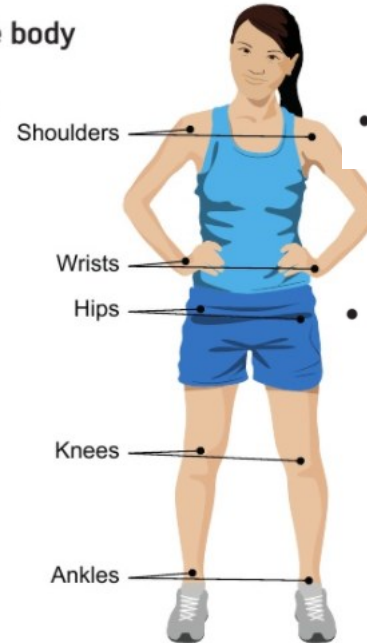
## 3. Mobility Exercises

Moves the joint through it's full range of movement.

### Main joints of the body

The main joints that need to be mobilised in the body include:

- shoulders
- wrists
- hips
- knees
- ankles.



- Shoulders – with bent elbows, circle the shoulders backwards and then forwards, then straighten the arms, circling arms forwards and backwards.

- Pelvis – hip circles, moving the pelvis round in one direction and then back in the other direction.

## 2. Stretching

Stretching forms the second phase of the warm up.

There are two main sorts of stretching:

- static stretching – easy, on-the-spot stretches that are held without straining
- dynamic stretching – stretches that use movements specific to a sport, gradually increasing your reach and speed.

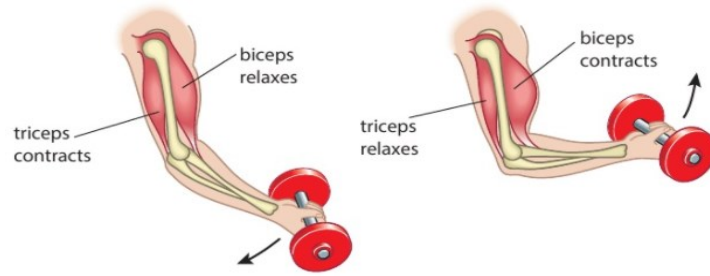
Dynamic stretching will also help you with your emotional/psychological preparation for the game/competition ahead and will also help to prevent injury as they are more like the game situation.

### Exam-style question

Complete the table below, giving an example of an activity associated with each phase of a warm up that would be suitable before a basketball game (or a game of your choice). **(3 marks)**

Phase	Example activity
Increase heart rate	
Stretching	
Drills (more intense exercise)	

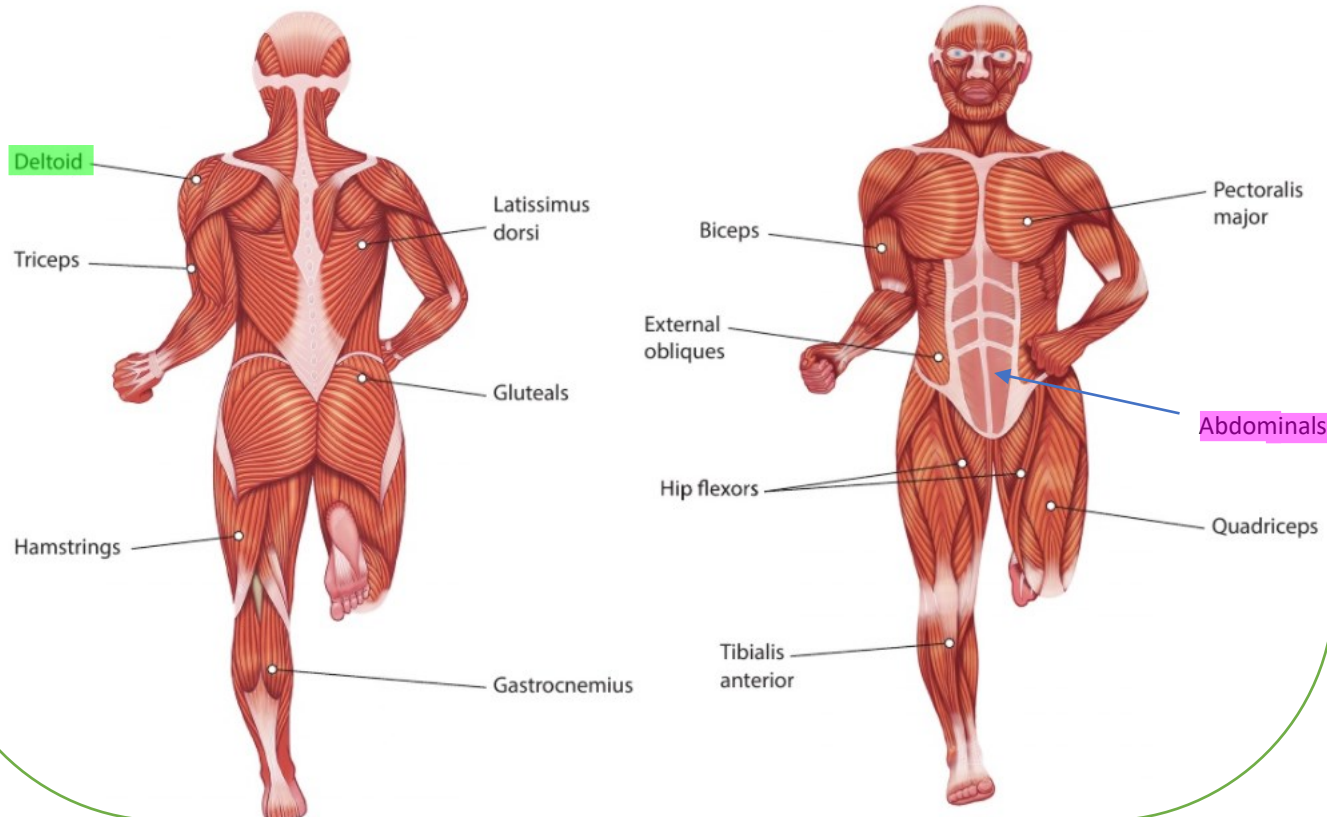
## 5. Muscles



**Figure 1.11** Two antagonistic pairs of muscles: the biceps and triceps

### Exam-style question

- 1 Give an example of an antagonistic pair of muscles. **(1 mark)**
- 2 For the pair you have chosen, explain how they function together to perform a specific action. **(3 marks)**



## Components of fitness

### 6. Health Related Fitness/Physical Fitness

- **cardiovascular fitness** – your ability to exercise your whole body for long periods of time, sometimes called stamina or aerobic endurance
- **muscular strength** – your ability to exert force, such as when you lift a weight
- **muscular endurance** – your ability to use voluntary muscles repeatedly without getting tired
- **flexibility** – the range of motion of your joints or the ability of your joints to move freely
- **body composition** – the percentage of body weight that is muscle, fat or bone.

### 7. Skill Related of Fitness

**Agility:** the ability to control the movement of the whole body and change position quickly.

**Balance:** being able to keep the body stable, while at rest or in motion.

**Co-ordination:** the ability to use two or more body parts together.

**Power:** the ability to undertake strength performances quickly.

**Reaction time:** the time between the presentation of a stimulus and the onset of movement.

**Speed:** the rate at which an individual can perform a movement or cover a distance.

- **A** – Agility
- **B** – Balance
- **C** – Co-ordination
- **P** – Power
- **R** – Reaction Time
- **S** – Speed



# Physical Education Revision Links



Topic	Task
Phases of a Warm-up Mobility Exercises  Stretching	Follow the links to learn more about each topic area:  <a href="#">The effects of the warm up and cool down process - Methods and effects of training - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize</a>  <a href="#">Effects of warm up and cool down - Methods and effects of training - WJEC - GCSE Physical Education Revision - WJEC - BBC Bitesize</a>
Muscles  Components of Fitness  Teaching Points and Rules	Follow the links to learn more about each topic area:  <a href="#">Voluntary muscles - Muscular system - WJEC - GCSE Physical Education Revision - WJEC - BBC Bitesize</a>  <a href="#">The 11 components of fitness - Keeping fit and healthy through sports - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize</a>  <a href="#">Sporting scenarios - useful examples - Rules and regulations in organised sports - Eduqas - GCSE Physical Education Revision - Eduqas - BBC Bitesize</a>



# Physical Education Revision Links



Topic	Task
Methods of Training	Follow the links to learn more about each topic area: <a href="#">The different methods of training - Methods and effects of training - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize</a>
Fitness Testing	<a href="#">Fitness tests for different components of fitness - Keeping fit and healthy - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize</a>