

0 3

Which **one** of these bones is located at the shoulder joint?

[1 mark]

A Radius

☐

B Scapula

☐

C Talus

☐

D Ulna

☐

0 4

A sprinter includes speed work in their training.

Which **one** of these principles of training are they using?

[1 mark]

A Progressive overload

☐

B Reversibility

☐

C Specificity

☐

Turn over for the next question

Turn over ►



Aqa Gcse Pe Past Papers

Matthew Penny, Ray Shaw



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AQA GCSE PE Performance Analysis: Student Companion Matthew Penny, Ray Shaw, 2021-03-05 A comprehensive step by step guide for teachers and students on how to plan and complete a Performance Analysis as part of the AQA GCSE PE course It can be used to both plan delivery and to support independent work by students throughout the course Written by experienced PE teachers and examiners Includes all the information needed to help students plan their Performance Analysis with examples of how to develop a successful piece of coursework Clear step by step instructions provided for each task along with comprehensive examples Exam style questions relate to both practical tasks and PE theory Revisit reflect revise feature encourages students to look back and evaluate their work throughout Key words are highlighted and defined throughout Approved activity lists answers to practice exam questions and a summary of theoretical content are provided as part of a comprehensive Appendix

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Folens GCSE P.E. Julie Walmsley, 2003 Bright and lively textbook written specifically for the AQA GCSE P E Specification A course with the aim of helping lower achieving students Grade C D and below obtain a better grasp of each P E topic and improve their examination performance

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