



The PE Classroom

Edexcel GCSE PE

Command Words

Sentence Starters:

The definition of...
An example of this is...

TOP TIP:

Make sure to use the
correct terminology in
your definitions!

Command Word	Description
Define	Specify meaning
Describe	Accurately recall some facts, events or processes.
Give	Produce an answer from recall
What/When/Where/Which	Used for direct questions
Identify	Name or otherwise characterise
Label	Provide appropriate names on a diagram
Name	Identify using a recognised technical term
State	Express clearly and briefly

Q: State two advantages of using circuit training to increase fitness. (2 marks)

Possible Answers:

Equipment is not expensive
Can be used with large groups
Can be designed to focus on any component of fitness
Can include aerobic and anaerobic activities
Can include a variety of exercises to prevent boredom



AO1 Questions

Based on knowledge and understanding

Generally worth 1/2 marks

Demonstrate knowledge and understanding

Q: Give an example from the skeleton of where a ball and socket joint can be found. (1 mark)

Answer: Hip OR Shoulder



Q: Define what is meant by cardiac hypertrophy. (1 mark)

Answer: An increase in the size of the heart

Knowledge in isolation

Q: Which one of the following fitness tests should be used to measure flexibility? (1 mark)

- a) Grip Dynamometer
- b) Harvard Step Test
- c) Sit and reach test
- d) Vertical Jump Test

Give it a go!



Give it a go!

Q: Describe Fartlek training. (3 marks)

Even though this question is worth 3 marks, it is still AO1 as the answer requires pure knowledge on what Fartlek training is.

What 3 points can you use to describe what Fartlek training is?

