



The PE Classroom

Edexcel GCSE PE

Command Words

Senetence starters:

This is because...
An example is...



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
Name	Identify using a recognised technical term
Explain	Give reasons for/against

Q: Give one example of a sport or activity where blood doping may occur. (1 mark)

Possible Answers: Tour de France/
Long distance running/
Marathon/Triathlon/Cross-country running



TOP TIP:

Make sure you elaborate on key points so you are applying your the knowledge adequately

AO2 Questions

Apply knowledge and understanding to make connections between theory and practical examples

Generally worth 2-4 marks



Q: Name a component of fitness and outline why it is important for a Netball player. (2 marks)

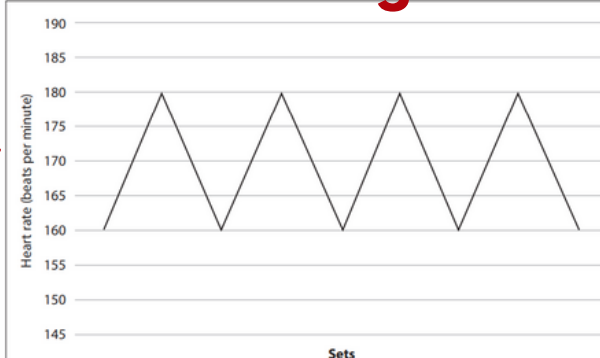
Answer:
Cardiovascular Fitness (AO1). A Netball match lasts for 60 mins and during this time the cardiovascular system is required to provide the working muscles with oxygenated blood (AO2).

Q: Name one example of a games player working aerobically in their sport. (1 mark)

Answers: Jogging/walking back to position/When they are recovering during a break in play .

Analysis of data -
Apply your knowledge of interval training to analyse the data

Give it a go!



Q: Explain one reason why the heart rate trace in Figure 6 is from an interval training session. (2 marks)

Q: Explain why the role of ligaments is important to games players. (2 marks)

Answer: Ligaments join bone to bone/connect bones (AO1) reducing the risk of dislocation/injury during play (AO2).

These questions can be split into two parts to gain 2 marks:

- 1) Requires some knowledge (AO1).
- 2) Apply knowledge to the example in the question (AO2).

