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| **EXTENTION QUESTION:** Think of a hinge joint in the human body, name what bones are connected to this synovial joint. (hint, knee/elbow) (2) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** What does cartilage do? (1) |
| **EXTENTION QUESTION:** What is the main jobs of ligaments? (1) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** What is the main job of tendons? (1) |
| n  ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** What movement occurs at the shoulder joint? (2) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** Give a sporting example that demonstrates flexion at the elbow (1) |
| ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** What is the role of flat bones in the body, give a sporting example. (3) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** What is the role of short bones in the body, give a sporting example. (3) |
| ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** Discuss, using examples, how the principles of training can improve the fitness of a group of GCSE PE students (6) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** Identify an exercise activity that will result in an increase in bone density. (1) |
| ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** What would be the most likely **training method** for a 100m sprinter to use, on the track, to improve his performance? (1)  How does this method of training match the needs of the sprinter? (1) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** Which **Component of Fitness** would be most important to a rower 8 minutes into a 12-minute race and why (3) |
| ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** Ben and Jake are cross country runners. They both take part in a series of fitness tests.  After completing the Harvard Step Test, Ben recovers to his resting heart rate quicker than Jake.  Give **one** reason why this may be a good test to assess fitness for cross country. (1) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** The shoulder is an example of a ball and socket joint. One possible range of movement at a ball and socket joint is flexion to extension.  State the other **two** ranges of movement possible at a ball and socket joint. (2) |