

1) **Figure 1** (below) shows Mr Britain giving active lifestyle classes for mothers. He is running a weight training class and explains to the participants the importance of following the correct technique.

(a) Look at **Figure 1** below and complete the following statements.



(Source: Action Images/Sport England)

Figure 1

(i) In order to maintain the correct technique the arms should be _____ at the elbow. (1)

(ii) The muscles that are working in the upper arm to allow the participant to achieve this aspect of the technique are the _____ . (1)

(iii) This type of regular training as part of an active, healthy lifestyle should lead to increased _____ in the muscles being exercised. (1)

(b) Aside from the physical benefits of leading an active, healthy lifestyle. Give two ways that the mothers' health and wellbeing is improved.

1 _____

2 _____

(2)

2) As part of an active lifestyle week, Hope and Bradley volunteered to run some exercise sessions for Year 7. In the first session they ran a circuit.

(a) As one of their safety considerations, they made sure that each station had a different activity and was working on a different area of the body, such as the deltoid and trapezius. Why is this considered 'good practice'?

(2)

(b) Three of the stations that Hope and Bradley used are named below. Identify the main muscle being worked at each station.

(i) Sit-ups_____

(ii) Press-ups_____

(iii) Step-ups (when stepping up onto a bench)_____

(3)

- 3) **Figure 2** (below) shows participants in an exercise class, stretching their muscles, including their gastrocnemius as part of their warm up.



(Source: Action Images/Sport England)

Figure 2

State why it is important to warm-up.

(1)

| Question number | Answer | Number marks | Edexcel specification reference | New or existing content |
|-----------------|--|--|---------------------------------|-------------------------|
| 1(a)(i) | Flexed | 1 | Topic 1.2.5 (page 16) | New |
| 1(a)(ii) | Biceps | 1 | Topic 1.2.4 (page 15) | New |
| 1(a)(iii) | Strength | 1 | Topic 1.2.4 (page 15) | Existing |
| 1(b) | <ul style="list-style-type: none"> • Socially – meeting new friends • Mentally – relieving stress/increased confidence | 1 per point on the left or equivalent for maximum of 2 | Topic 1.1.1 (page 7) | Existing |
| 2(a) | <ul style="list-style-type: none"> • Prevent overuse of one particular muscle/overworking • Allows recovery time to maintain performance | 1 per point on the left or equivalent for maximum of 2 | Topic 1.2.4 (page 15) | Both |
| 2(b)(i) | Abdominals | 1 | Topic 1.2.4 (page 15) | New |
| 2(b)(ii) | Pectoral/triceps (accept biceps) | 1 | Topic 1.2.4 (page 15) | New |
| 2(b)(iii) | Quadriceps | 1 | Topic 1.2.4 (page 15) | New |
| 3 | To reduce the risk of injury | 1 | Topic 1.2.1 (page 13) | Both |