

YR 11 PDHPE TASK 2 2024  
Friday 7th June Period 1 in the YAL

**3 marks - You will be asked 2 of these on the day**

1. Label the major bones involved in movement. Outline how one specific bone influences movement.
2. Label the major muscles involved in movement. Outline how one specific muscle influences movement.
3. Describe a sports scenario where good agility would help to predict performance.
4. How could the FITT principle be applied to improving aerobic endurance during training sessions for an under 13's soccer or under 13's netball team?

**5 marks - You will be asked 1 of these on the day**

5. Explain the action of an overarm throw, outlining the bones involved and the joint action, as well as the muscles involved and the types of contraction.
6. Describe how a modification in apparel or equipment using the principles of fluid mechanics has allowed for increases in performance.

**8 marks - You will be asked 2 of these on the day**

7. Analyse the movement of blood through the body and the influence of the circulatory and respiratory systems on movement efficiency and performance.
8. Analyse how the respiratory system influences and responds to movement.
9. Analyse the immediate physiological responses to training.
10. Discuss the use of aerobic and anaerobic training for two sports of your choice.