

The Kibworth School

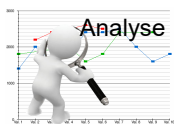


GCSE PE

Command Word Flash Cards



Identify



Analyse



Compare



Describe



Calculate



Discuss



Explain



Evaluate

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## Explain

Make (an idea or situation) clear to someone by describing it in more detail



For explain why questions use the conjunction **because**.  
For explain how questions use **through or by**. **Apply it**.

**Example question** - Explain why Cardiovascular endurance is important to a footballer (3 marks).

E.g. Cardiovascular endurance is important to a footballer **because** they must be able to continuously exercise for 90 minutes without tiring, in order to maintain a high level of performance.

## Describe/Outline

Set out characteristics



### Example questions

Describe 2 roles of ligaments within joints when performing a physical activity (2 marks).

Ligaments connect bone to tissue (1 mark).

Ligaments are able to protect joints/bones because of their elasticity (1 mark).

## Identify

Recognise, list, or name characteristics of a topic/concept.



**Example question** - Identify a suitable test that can be used to assess the stamina/Cardiovascular endurance of a marathon runner (1 mark)

**Answer** - Multi-stage fitness test/Cooper's 12 minute run.

## Evaluate

Make a judgement taking into account different factors/evidence and reach a conclusion.



**Example question** - Evaluate the effectiveness of using plyometrics training to improve cardiovascular endurance (4 marks)

Plyometrics training involves hopping and jumping. It also involves rapid stretching and contracting of the muscles and aims to improve an individual's power. Therefore, plyometrics training would not be effective in increasing an individual's cardiovascular endurance as it does not stress the aerobic system. A more suitable type of training to improve cardiovascular endurance would be continuous training.

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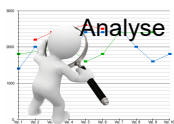


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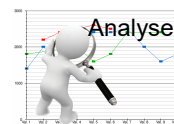


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## Discuss

Present key points about different ideas or strengths and weaknesses of an idea.

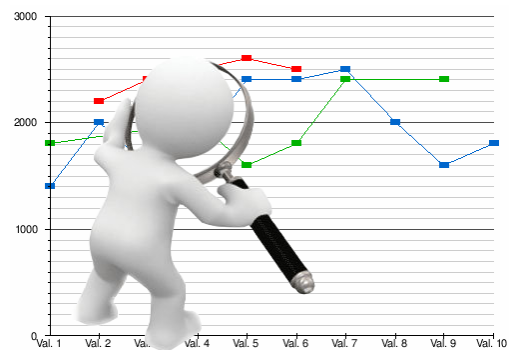


**Example question** - The vertical jump test measures power. Discuss the suitability of this test for a football player (3 marks)

Leg power is required by footballers to perform specific skills. This test measures an individual's ability to jump up. It is appropriate to a footballer as they are required to jump up in a game to head the ball. However, It could be argued that other components of fitness are more important to a footballer, such as, cardiovascular endurance. The multi-stage fitness test may be more suitable for a football player.

## Analyse

Separate information into components and identify their characteristics



Discuss the pros and cons of a topic or argument and make reasoned comment.

You will need to analyse data, such as, players' fitness levels in training and recovery.

## Compare

Identify similarities and differences



**Example question-** Compare continuous training and fartlek training (2 Marks)

Fartlek training involves running and sprinting on different terrains whereas continuous training is continuous running with no variation.

Words to use to help you make comparisons:

In comparison - Whereas

In contrast - On the contrary

## Calculate

Work out the value of something



**Example:**

September 2015- ran 2,400 meters

December 2015- ran 2,500 meters

E.g calculate percentage increase.

$2500-2400=100$ .  $100 \div 2400 \times 100= 4.16/4.2$  if rounded up to one decimal place.