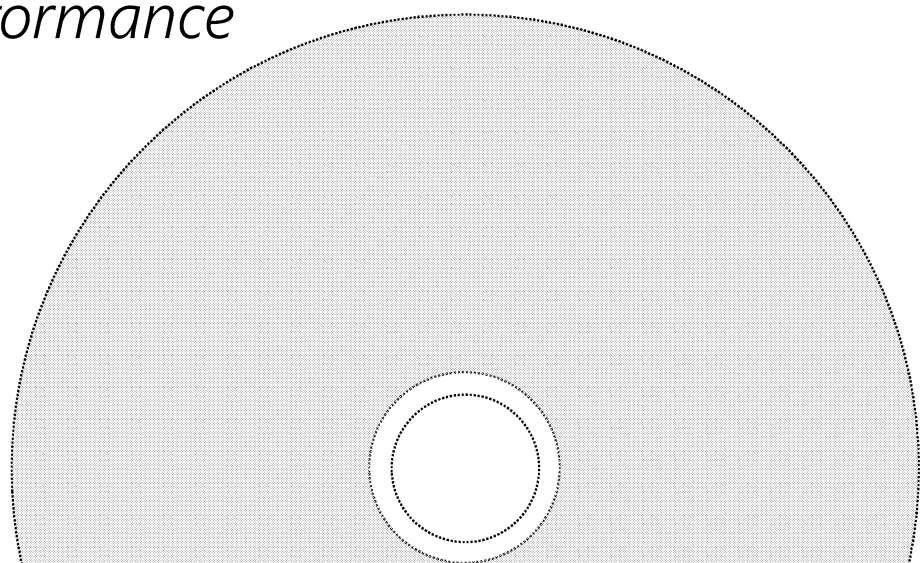




2016 specification
first exams in 2018

Keyword Activities for OCR GCSE PE

Paper 1: Physical Factors Affecting Performance



BF9/
6992

POD
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Summary of Topics

	Topic Title	Spec Reference
1	Anatomy & Physiology: Bones	1.1a
2	Anatomy & Physiology: Functions of the Skeletal System	1.1a
3	Anatomy & Physiology: Synovial Joints & Their Movements	1.1a
4	Anatomy & Physiology: The Muscular System	1.1b
5	Anatomy & Physiology: Movement Analysis	1.1c
6	Anatomy & Physiology: Cardiovascular System 1	1.1d
7	Anatomy & Physiology: Cardiovascular System 2	1.1d
8	Anatomy & Physiology: Respiratory System 1	1.1d
9	Anatomy & Physiology: Respiratory System 2	1.1d
10	Anatomy & Physiology: Aerobic & Anaerobic Exercise	1.1d
11	Anatomy & Physiology: Short-term Effects of Exercise	1.1e
12	Anatomy & Physiology: Long-term Effects of Exercise	1.1e
13	Physical Training: Components of Fitness	1.2a
14	Physical Training: Fitness Testing	1.2a
15	Physical Training: Principles of Training & Elements of FITT	1.2b
16	Physical Training: Training Types	1.2b
17	Physical Training: Warm-ups & Cool-downs	1.2b
18	Physical Training: Prevention of Injury	1.2c

Teacher's Introduction

Overview

This resource has been produced to support teaching and learning of the GCSE OCR PE specification **J587– Paper 1**. The learning content is covered by the following sets of keywords with matching descriptions, which cover all of the Learning Aims for the topic:

Anatomy & Physiology	<i>Short-term Effects of Exercise</i>
<i>Bones</i>	<i>Aerobic & Anaerobic Exercise</i>
<i>Functions of the Skeletal System</i>	<i>Long-term Effects of Exercise</i>
<i>Synovial Joints & Their Movements</i>	Physical Training
<i>The Muscular System</i>	<i>Components of Fitness</i>
<i>Movement Analysis</i>	<i>Fitness Testing</i>
<i>Cardiovascular System 1</i>	<i>Principles of Training & Elements of FITT</i>
<i>Cardiovascular System 2</i>	<i>Training Types</i>
<i>Respiratory System 1</i>	<i>Warm-ups & Cool-downs</i>
<i>Respiratory System 2</i>	<i>Prevention of Injury</i>

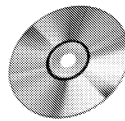
For each set, there are a number of different keyword activities on CD designed to give you a range of different options for classroom, homework and revision. This variety enables you to take a different approach to different topics – such as using the Crosswords as homework for one topic, and the Match Up as a starter for another.

Alternatively, differentiate the activity for a given topic; for example, you might want to give your stronger students the **Crosswords** early on while you start weaker learners on the **Match Up** (where terms and definitions are both available). **Domino** and **Bingo** activities add an element of fun and reinforcement, as well as potential for pair and group work. Finally, the **Flash Cards** come into their own for revision and the **Table Fill** and **Write Your Own Glossary** allow students to test their understanding by correctly filling in keywords or definitions.

For more information about the different activities included, see overleaf →

Digital Format!

All of the activities are provided electronically on the accompanying CD. To use on a school network, the entire contents of the CD needs to be copied and pasted into an accessible location.



Providing easy access to the activities are two HTML menus:

1. Access All Menu

Location: [index.html](#)

This menu, designed primarily for teacher use, includes links to everything on provided on the CD – allowing you to easily select what you need when preparing your lessons.

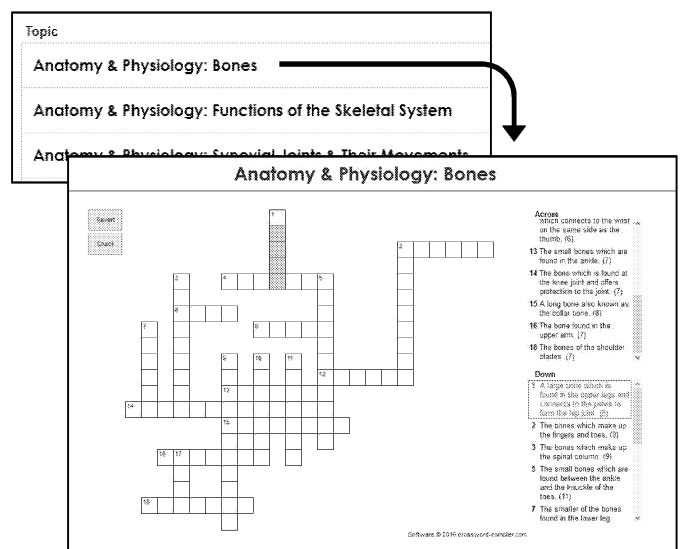
If you intend to give learners access to this menu, then be aware that it does include links to the solutions.



2. Interactive Crossword Menu

Location: [interactive-crosswords/index.html](#)

This menu, which can be accessed via the *Access All* Menu is included to allow learner access to just the interactive crosswords (without the answers).



Free Updates!

Register your email address to receive any future free updates* made to this resource or other PE resources your school has purchased, and details of any promotions for your subject.

* resulting from minor specification changes, suggestions from teachers and peer reviews, or occasional errors reported by customers

[Go to zzed.uk/freeupdates](http://zzed.uk/freeupdates)

Activity Types

All activities are provided as PDF files, allowing for easy printing and sharing on your school's internal network or VLE. In addition, each of the single-page activities (*crosswords, match up and table fill*), as well as the solutions, are provided on paper too.

The activities included in this resource are as follows:

Bingo

Each student is given a different bingo card containing a selection of words from the set. The teacher reads the definitions using the Keyword Answers and the student must match the definition to the words on their card to complete rows, columns, and the full bingo card. The bingo activity is available for sets with 12 or more words.

✓ PDF

Crosswords

These traditional keyword activities are equally effective as lesson or homework activities – and are also an excellent way to ease students into their revision programme.

✓ PDF ✓ PAPER



In addition to the photocopiable worksheets and pdf, the crosswords are provided in interactive format on the accompanying CD-ROM. These are web-based (HTML5) and will run straight from your Internet browser.

Dominoes

This is essentially another match-up activity, but this one is designed to be used in a more active way to engage students. It is recommended that students work in pairs or small groups.

✓ PDF

Half of each card contains a keyword, and the other contains a description. To complete the activity, students must align all the cards in the correct order. There is a 'Start' and a 'Finish', meaning that if any cards are left outside of the chain, then students have gone wrong somewhere.

Match Up

Students match descriptions to their keyword by drawing lines between them. Because there are similar descriptions and keywords, students are likely to make the odd mistake while completing the activity, so it is recommended that they use a pencil to start with! By eliminating the keywords that they are familiar with, students can then think about and learn the ones that they are less confident with.

✓ PDF ✓ PAPER

Flash Cards

These are a helpful revision tool. To make the cards, fold the page in half, then cut each card and stick together so the keyword is on one side and the definition the other. In addition, students could use these to play a game of pairs. Cut each card in two and place face down on the table. Students will then take it in turns to turn over two cards with the aim of matching up a keyword to its definition. Matched up cards are removed and the game is finished when all the cards have been matched.

✓ PDF

Table Fill

Nothing fancy – students simply write the keyword which is being described, without any other help. Because this activity tests the students' own knowledge, it is best used as a homework activity at the end of each topic or during revision. This then acts as a check that they have grasped the key terminology for each topic. Alternatively, they could be given to students at the beginning of the topic, to see what they already know.

✓ PDF ✓ PAPER

Write Your Own Glossary

Like the Table Fill, this activity can be used to test pupils before learning a topic, or as a revision tool after learning a topic. Students are given a list of the keywords and need to produce their own definitions. Using Table Fill and Write Your Own Glossary, lessons can be differentiated for all levels of learner.

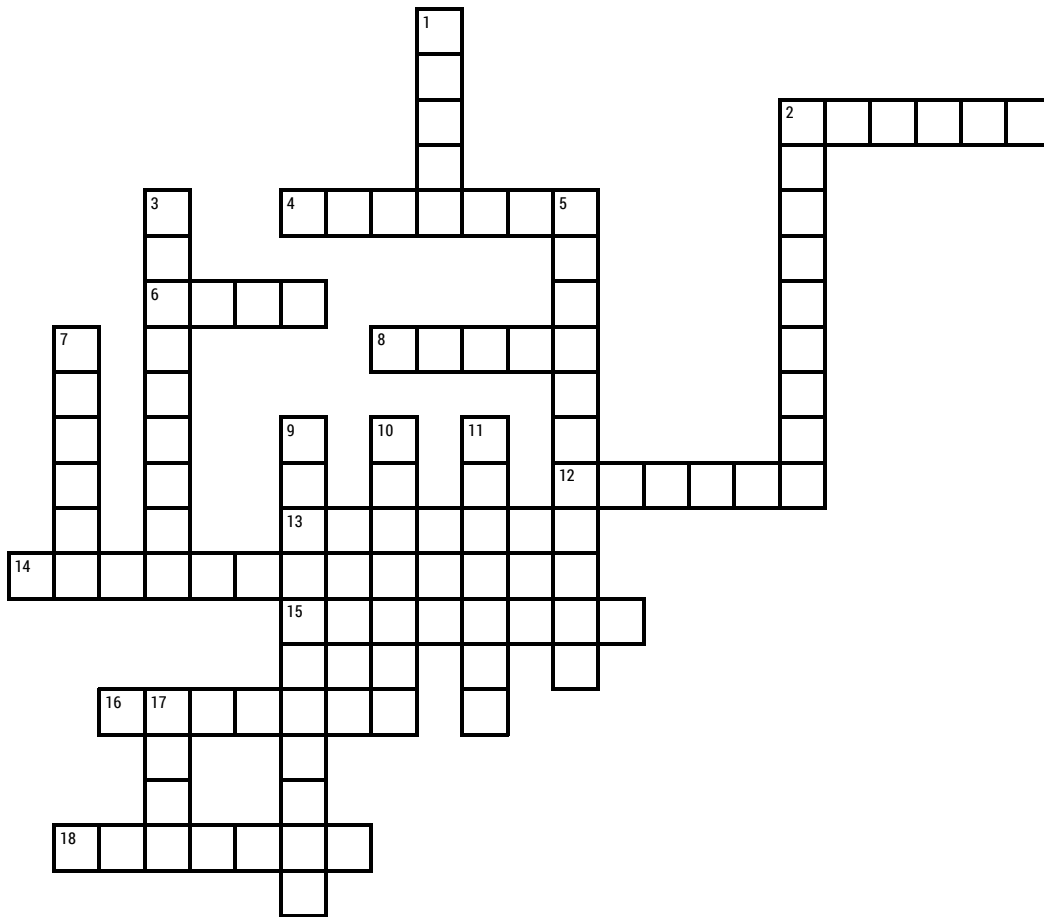
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Selected Activities and Completed Glossary Page

This sample shows one example of several activities.
The whole resource contains approximately 130 activities –
6 or 7 activities for each of the 18 topics.

The resource covers 277 key terms.

Anatomy & Physiology: Bones



Across

- 2 A bone in the centre of the body which the upper legs connect to. (6)
- 4 A flat bone found in the centre of the ribcage. (7)
- 6 The bones which provide protection for organs such as the heart and lungs. (4)
- 8 The larger of the bones found in the lower leg which is found on the inside of the leg. (5)
- 12 A bone in the forearm which connects to the wrist on the same side as the thumb. (6)
- 13 The small bones which are found in the ankle. (7)
- 14 The bone which is found at the knee joint and offers protection to the joint. (7)
- 15 A long bone also known as the collar bone. (8)
- 16 The bone found in the upper arm. (7)
- 18 The bones of the shoulder blades. (7)

Down

- 1 A large bone which is found in the upper legs and connects to the pelvis to form the hip joint. (5)
- 2 The bones which make up the fingers and toes. (9)
- 3 The bones which make up the spinal column. (9)
- 5 The small bones which are found between the ankle and the knuckle of the toes. (11)
- 7 The smaller of the bones found in the lower leg which is found on the outside of the leg. (6)
- 9 The small bones between the wrist and the knuckles. (11)
- 10 The small bones found in the wrist. (7)
- 11 Flat bone that makes up the skull and protects the brain. (7)
- 17 A bone in the forearm which connects to the wrist on the same side as the little finger. (4)

Anatomy & Physiology: Bones *(Table Fill)*

Flat bone that makes up the skull and protects the brain.	
A long bone also known as the collar bone.	
The small bones between the wrist and the knuckles.	
The small bones found in the wrist.	
The bones which make up the spinal column.	
The bones of the shoulder blades.	
The bone found in the upper arm.	
The bones which provide protection for organs such as the heart and lungs.	
A flat bone found in the centre of the ribcage.	
A bone in the forearm which connects to the wrist on the same side as the thumb.	
A bone in the forearm which connects to the wrist on the same side as the little finger.	
A bone in the centre of the body which the upper legs connect to.	
A large bone which is found in the upper legs and connects to the pelvis to form the hip joint.	
The larger of the bones found in the lower leg which is found on the inside of the leg.	
The smaller of the bones found in the lower leg which is found on the outside of the leg.	
The bone which is found at the knee joint and offers protection to the joint.	
The small bones which are found in the ankle.	
The small bones which are found between the ankle and the knuckle of the toes.	
The bones which make up the fingers and toes.	

Anatomy & Physiology: Bones *(Match Up)*

A bone in the centre of the body which the upper legs connect to.
A bone in the forearm which connects to the wrist on the same side as the little finger.
A bone in the forearm which connects to the wrist on the same side as the thumb.
A flat bone found in the centre of the ribcage.
A large bone which is found in the upper legs and connects to the pelvis to form the hip joint.
A long bone also known as the collar bone.
Flat bone that makes up the skull and protects the brain.
The bone found in the upper arm.
The bone which is found at the knee joint and offers protection to the joint.
The bones of the shoulder blades.
The bones which make up the fingers and toes.
The bones which make up the spinal column.
The bones which provide protection for organs such as the heart and lungs.
The larger of the bones found in the lower leg which is found on the inside of the leg.
The small bones between the wrist and the knuckles.
The small bones found in the wrist.
The small bones which are found between the ankle and the knuckle of the toes.
The small bones which are found in the ankle.
The smaller of the bones found in the lower leg which is found on the outside of the leg.

<i>Cranium</i>
<i>Clavicle</i>
<i>Metacarpals</i>
<i>Carpals</i>
<i>Vertebrae</i>
<i>Scapula</i>
<i>Humerus</i>
<i>Ribs</i>
<i>Sternum</i>
<i>Radius</i>
<i>Ulna</i>
<i>Pelvis</i>
<i>Femur</i>
<i>Tibia</i>
<i>Fibula</i>
<i>Patella</i>
<i>Tarsals</i>
<i>Metatarsals</i>
<i>Phalanges</i>

Anatomy & Physiology: Bones

