S3 National 5 P.E. Questions 3

Name 6 sub factors of the PHYSICAL factor (6)

1. Describe CRE (3)
2. Describe the bleep test (4)
3. Explain the advantages of using the bleep test (4)
4. Name 5 activities were good CRE can have a positive impact on performance (5)
5. Choose 1 of these activities and EXPLAIN why good CRE can have a positive impact on performance (2)
6. Pick 1 other sub factor of the PHYSICAL factor and describe how it impacts YOUR performance in ANY activity. *“Because I have good* ***SPEED*** *I can* ***run past defenders*** *in* ***football****. This means I can* ***g***
7. ***et into space*** *which* ***gives me more time*** *and* ***makes it easier*** *for me to* ***pass or shoot*** *towards goal.”* (4)
8. Pick 1 other factor (either Mental, Emotional or Social) and describe 1 positive and 1 negative impact on YOUR performance in ANY activity. *“ Social- Positive- I* ***trust*** *my teammates to* ***pass me the ball*** *when I am in a* ***good position*** *in basketball which means I will not* ***become demotivated*** *and will* ***keep making runs forward.”***