



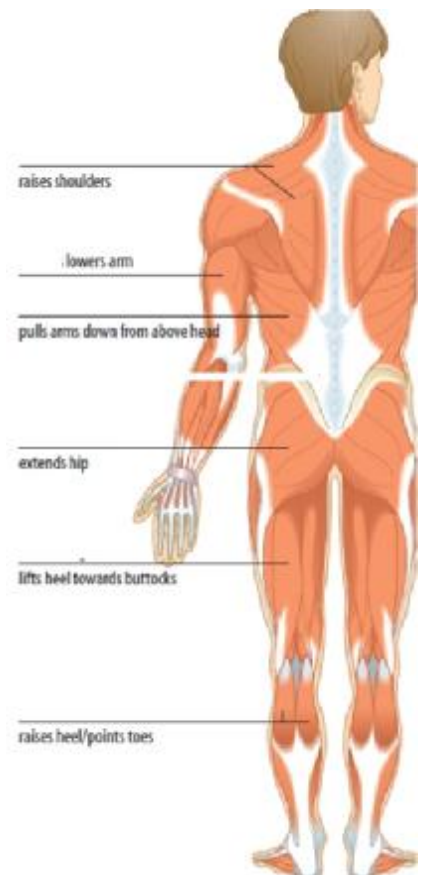
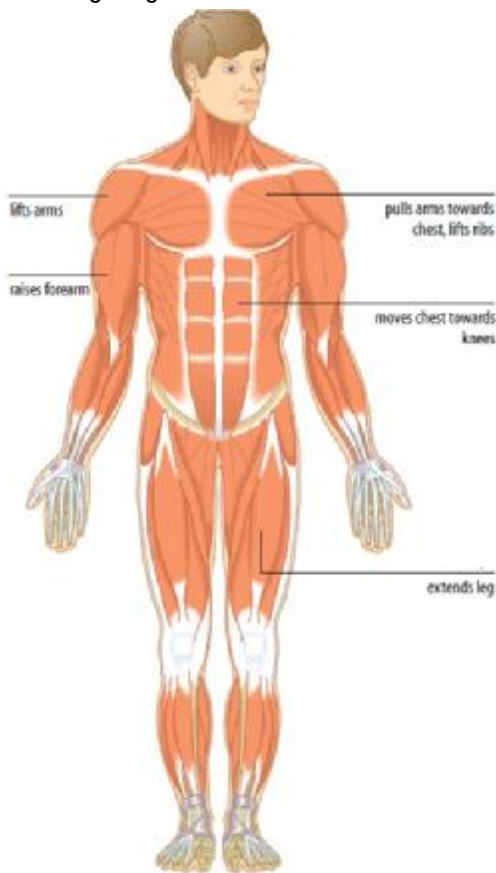
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Edexcel GCSE  
Physical Education  
2 – Muscles Work Sheet



1. What are muscles used for?

- a.
- b.
- c.
- d.

2. Label the following diagram



3. What are the 3 types of muscle?

- a.
- b.
- c.

4. Explain in simple terms how muscles move bones & limbs



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5. How are muscles attached to bones?
6. What does 'agonist' in muscle movement mean?
7. What does 'antagonist' in muscle movement mean?
8. What are the two types of muscle fibre & how does each effect sport?
  - a.
  - b.
9. Which muscle fibre works without oxygen & what is the process called?
10. What type of muscle fibre do long distance runners use & what process is this called?
11. What is 'muscle tone' ?
12. What are the 3 types of muscle contraction?
  - a.
  - b.
  - c.
13. Give examples of muscle use for 12 above, but not examples used in the slides
  - a.
  - b.
  - c.



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14. What does 'Point of Origin' & ' Point of Insertion' mean?
  
15. You are a trainer at an athletics club. List three useful things that you should explain to your athletes about their muscles and how they work. For each one write how that would be helpful to the athlete.
  
16. You coach a shot putter and a 10,000 metre runner, what differences would there be in their muscles and how the muscles work when the athletes are competing?\*