GCSE PE Revision

Jenga Pairs

- On each table is a collection of revision cards

- Read out the either the top Keyword or the component words and your opponent must either guess the topic or component words

- If they get the answer wrong they must remove one brick from the Jenga Tower. If they get it correct then card reader must remove one brick

- Then swap roles

- The loser is the person who makes the tower fall over
Health
- Physical
- Social
- Well-being
- Happy

Fitness
- Environment
- Demands
- Healthy
- Fast

Exercise
- Work out
- Train
- Run
- Circuits

Stamina
- Endurance
- Sustained
- Periods
- Long

Endurance
- Stamina
- Sustained
- Periods
- Long

Strength
- Force
- Lift
- Heavy
- Strong

Flexibility
- Range
- Movement
- Joint
- Stretch

Speed
- Fast
- Distance
- Quickly
- Body

Power
- Explosive
- Strength
- Strong
- Speed

Agility
- Change
- Direction
- Quickly
- Body

Balance
- Hold
- Posture
- Gymnast
- Leg

Timing
- Moment
- Right
- Correct
- Judge

Endomorph
- Wide
- Dumpy
- Fat
- Pear

Mesomorph
- Broad
- Muscles
- Muscular
- Strong

Ectomorph
- Thin
- Tall
- Skinny
- Shape

Somatotyping
- Body
- Shape
- Type
- Build
Peptide H
Blood cells
Muscle growth
Abnormal growths

Blister
Friction
Bubble
Fluid
Burst

Skill
Learned
Ability
Certainty
Efficiency

Open skill
Environment
Varies
Changes
Goal keeper

Closed skill
Environment
Exactly
Same
Forward roll

Input
Information
Receive
Feel
See

Output
Action
Take
Brain
Decision

Feedback
Response
Output
Successful
Performance

Visual guidance
Demonstration
Video
See
Skill

Verbal guidance
Listen
Talk
Explain
Skill

Manual guidance
Feel
Touch
Skill
Move

Motivation
Effort
Intrinsic
Extrinsic
Succeed

Intrinsic
Satisfaction
Inside
Enjoy
Motivation

Extrinsic
Outside
Motivation
Money
Prizes

Arousal
Excitement
Optimum
Nervous
Sweaty

Anxiety
Arousal
High
Event
Nervous
Leisure
Free
Time
Relax
Sport

Recreation
Activity
Voluntarily
Relax
Play

Peer pressure
Friends
Similar
Behaviour
Encourage

Access
Disability
Far
Facility
Transport

Private
Facility
Profit
Money
Business

GCSE PE
Exam
Qualification
Subject
Course

IOC
International
Olympic
Committee
Sport

Amateur
Not
Paid
Money
Job

Professional
Paid
Money
Job
Expert

Sponsorship
Support
Athlete
Money
Gifts

Media
Television
Newspapers
Reporters
Magazines

Satellite
Media
Television
Company
Digital

Etiquette
Unwritten
Code
Conduct
Behaviour

Spectator
Person
Watches
Sport
Event

Hooliganism
Fighting
Football
Fans
Rival

Beliefs
Woman
Religion
Mistaken
Thoughts