

## GCSE PE sample questions

1. Identify 4 reasons why it is important to follow an active , healthy lifestyle (4 marks)
2. Discuss why old age might affect participation in Physical activity (6 marks)
3. Giving an example, explain why carbohydrates are so important for those who participate in an active healthy lifestyles (4 marks)
4. Analyse reasons why teenagers often give up on participating in physical activity and following an active healthy lifestyle (6 marks)

(20 marks)