Please write clearly in block capitals.

Centre number
Surname
Forename(s)
Candidate signature

GCSE
PHYSICAL EDUCATION
(Short Course)
Unit 1 Knowledge and Understanding for the Active Participant

Friday 20 May 2016    Afternoon    Time allowed: 45 minutes

Instructions
- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information
- The marks for questions are shown in brackets.
- The maximum mark for this paper is 40.
- In Question 10(d) you will be assessed on your ability to
  – use good English
  – organise information clearly
  – use specialist vocabulary where appropriate.
  Answer this question in continuous prose.
Section A – Part 1

Multiple choice

Tick (✓) the correct box.

Answer all questions.

1. Which one of the following activities is in the ‘performing at maximum levels’ way of thinking group? [1 mark]

<table>
<thead>
<tr>
<th>Activity</th>
<th>Box</th>
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<tbody>
<tr>
<td>Personal survival</td>
<td></td>
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<tr>
<td>Competitive swimming</td>
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<tr>
<td>Golf</td>
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<td>Weight training</td>
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</table>

2. Which one of the following statements describes the term ‘extension’ at a hinge joint? [1 mark]

<table>
<thead>
<tr>
<th>Statement</th>
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<tbody>
<tr>
<td>The movement of a limb away from the midline of the body</td>
<td></td>
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<tr>
<td>The movement of a limb which decreases the angle at a joint</td>
<td></td>
</tr>
<tr>
<td>The movement of a limb towards the midline of the body</td>
<td></td>
</tr>
<tr>
<td>The movement of a limb which increases the angle at a joint</td>
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</tbody>
</table>
3 Which one of the following activities would be most suitable for an extrovert? [1 mark]

- Cheerleading
- Archery
- Cross country running
- Fencing

4 Which one of the following is not the responsibility of an official in a football match? [1 mark]

- Ensuring that the pitch is safe to play on
- Setting the start time of the event
- Keeping the correct score throughout the game
- Ensuring that the rules are applied throughout the game

5 Which one of the following would make an individual’s everyday lifestyle more active? [1 mark]

- Using the car to get to work
- Using a lift or escalator instead of taking the stairs
- Getting off the bus a stop early to walk the rest of the journey
- Employing a cleaner to do the housework

Turn over for Section A – Part 2
Section A – Part 2
Short answer questions

Answer all questions in the spaces provided.

Total for this question: 2 marks

6 (a) What is meant by the term 'agility'?

[1 mark]

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6 (b) Give one example from a named physical activity where a performer uses agility.

[1 mark]

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Total for this question: 3 marks

7 (a) What is meant by the term 'aggression' in sport?

[1 mark]

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7 (b) Explain how aggression can be used to improve performance in a named physical activity.

[2 marks]

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8 Explain how muscles and bones work together to produce movement. [4 marks]

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9 State two different types of competition used in sport and identify two advantages of using each competition. [6 marks]

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Murton Athletics Club was set up in 1977 by John Tinkler. John is still heavily involved as a coach and committee member but the club struggles to recruit volunteers to coach and officiate. John is looking to approach the National Governing Body for athletics for help to overcome this problem.

The club is based at a local council athletics track which is facing closure. The facilities have deteriorated over the last five years due to a lack of funding. Training often has to be cancelled in wet weather and the long jump pits have been out of use for over two years.

John has produced many successful athletes over the years at the club and his current star is 15-year-old Lucy. Lucy joined the club when she was eight years old after she attended a summer holiday athletics camp run by John.

Last year, Lucy became County 800 m and cross country champion and finished 3rd in the 800 m at the English Schools’ Championships. As a result of this success, John and Lucy have set a target of her becoming the national champion in two years’ time. Lucy is competing at higher level events all around the country, which is proving to be costly for her parents.

Lucy currently trains three evenings a week on the track for two hours each session throughout the whole year. When she is not competing at the weekend she also takes part in a local 5km parkrun as part of her training.

Lucy attends Murton Secondary School with some of her close friends from the athletics club and they all represent the school at athletics. The school has a history of sporting success and actively promotes physical activity and healthy lifestyles.

Total for this question: 20 marks

10 (a) Lucy is travelling further to compete at a higher level and is looking for sponsorship to help with the costs to her parents.

10 (a) (i) Explain why a gambling company may not be an acceptable sponsor for Lucy. [2 marks]

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10 (a) (ii) Identify **two** benefits a sponsor would expect to receive as a result of sponsoring Lucy.  

[2 marks]

1. 

2. 

10 (b) By taking part in physical activity Lucy has developed good agility and flexibility.

State **two** other components of physical fitness that Lucy would need when taking part in a cross country race and describe how each component could improve her performance.  

[4 marks]

1. 

2. 

10 (c) Explain how John could use training zones to help improve Lucy’s performance in an 800 m race.  

[4 marks]

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10 (d) As a cross country runner Lucy uses fartlek training as part of her training programme.

Explain how Lucy could apply the principles of training in her fartlek training sessions in order to improve her performance in cross country.

(Answer in continuous prose) [8 marks]

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