



Please write clearly in block capitals.

Centre number

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Candidate number

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# GCSE

## PHYSICAL EDUCATION

### (Full Course and Double Award)

Unit 3 Knowledge and Understanding for the Active Participant

Friday 20 May 2016

Afternoon

Time allowed: 1 hour 30 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 80.
- In **Questions 18(d)** and **19(d)** you will be assessed on your ability to
  - use good English
  - organise information clearly
  - use specialist vocabulary where appropriate.

**Answer these questions in continuous prose.**



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**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]**

- |                      |                          |
|----------------------|--------------------------|
| Personal survival    | <input type="checkbox"/> |
| Competitive swimming | <input type="checkbox"/> |
| Golf                 | <input type="checkbox"/> |
| Weight training      | <input type="checkbox"/> |

- 2** Which **one** of the following statements describes the term 'extension' at a hinge joint?

**[1 mark]**

- |   |                          |
|---|--------------------------|
| The movement of a limb away from the midline of the body    | <input type="checkbox"/> |
| The movement of a limb which decreases the angle at a joint | <input type="checkbox"/> |
| The movement of a limb towards the midline of the body      | <input type="checkbox"/> |
| The movement of a limb which increases the angle at a joint | <input type="checkbox"/> |



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 ►



6 'Confidential pastoral support systems' are part of which core theme of the Healthy Schools Programme?

[1 mark]

Emotional health and well being

Healthy eating

Personal, social and health education

Physical activity

7 Why would an individual take part in physical recreation?

[1 mark]

For a trophy

For enjoyment

For fame

For money

8 Which **one** of the following results from a lack of water?

[1 mark]

Anorexia

Rickets

Obesity

Dehydration



9 'Utilising elite sport role models to inspire participation and mentor young people' is the main aim of:

[1 mark]

Sport England

The Dame Kelly Holmes Legacy Trust

The government

A local authority

10 Which **one** of the following activities would be **least** suitable for an 11 year old?

[1 mark]

Golf

Gymnastics

Weight training

Cross country running

10

Turn over for Section A – Part 2

Turn over ►



**Section A – Part 2****Short answer questions**Answer **all** questions in the spaces provided.**Total for this question: 4 marks****11 (a) (i)** What is meant by the term 'agility'?**[1 mark]**

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**11 (a) (ii)** Give **one** example from a named physical activity where a performer uses agility.**[1 mark]**

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**11 (b) (i)** What is meant by the term 'flexibility'?**[1 mark]**

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**11 (b) (ii)** Give **one** example from a named physical activity where a performer uses flexibility.**[1 mark]**

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4



**Total for this question: 3 marks**

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

**[1 mark]**

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

**[2 marks]**

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3

**Total for this question: 4 marks**

**13** Explain how muscles and bones work together to produce movement.

**[4 marks]**

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4

**Turn over ►**



**Total for this question: 4 marks**

**14 (a)** Using an example from a named physical activity, describe how following the rules can make participation safer.

**[2 marks]**

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**14 (b)** Other than terrain, state an environmental factor and describe how this may have a positive impact on an individual's performance in physical activity.

**[2 marks]**

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4

**Total for this question: 4 marks**

**15 (a)** What is a public sector sports facility?

**[2 marks]**

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**15 (b)** What is a private sector sports facility?

**[2 marks]**

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4





**Total for this question: 5 marks**

**16** The media can have a major influence on its audience.

Identify **one** type of media and explain **two** positive effects that it may have on an individual's performance.

**[5 marks]**

**Type of media:** \_\_\_\_\_

1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

<b>5</b>

**Turn over for the next question**

**Turn over ►**



**Total for this question: 6 marks**

**17**

State **two** different types of competition used in sport **and** identify **two** advantages of using each competition.

**[6 marks]**

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

<b>6</b>



**Section B****Questions based on the preliminary material**

These questions are linked to the scenario which was released before the examination and which is repeated below.

Answer **all** questions in the spaces provided.

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 800m and cross country champion and finished 3rd in the 800m 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**

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

**18 (a) (i)** Explain why a gambling company may not be an acceptable sponsor for Lucy.

**[2 marks]**

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**Turn over ►**



**18 (a) (ii)** Identify **two** benefits a sponsor would expect to receive as a result of sponsoring Lucy. **[2 marks]**

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

**18 (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 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

**[4 marks]**

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**18 (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 running.

**(Answer in continuous prose)**

**[8 marks]**

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20

Turn over ►



**Total for this question: 20 marks**

**19 (a)** The athletics track used by Murton Athletics Club can often be unsafe to use.

State and describe the procedure John should undertake before each training session to ensure that the track is safe for the club's athletes to use.

**[2 marks]**

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**19 (b)** A complete recovery process is essential after intense physical activity.

Describe **two** parts of the recovery process that Lucy needs to carry out to ensure that she is fully prepared for her next training session.

**[4 marks]**

1 \_\_\_\_\_

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2 \_\_\_\_\_

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**19 (c)** Murton Secondary School actively promotes physical activity amongst its students.

Explain **three** different ways that Murton Secondary School could help to improve the performance of Lucy and her friends in athletics.

**[6 marks]**

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Question 19 continues on the next page**

**Turn over ►**



