

Surname	Centre Number	Candidate Number
Other Names		0



GCSE

3550U10-1



PHYSICAL EDUCATION – FULL COURSE

Unit 1: Introduction to Physical Education

WEDNESDAY, 15 MAY 2019 – MORNING

2 hours

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1	17	
2	19	
3	26	
4	20	
5	18	
Total	100	

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

You will be shown two video clips.

The clips for Question 1 and Question 2 will each be shown three times, during which time you may answer the questions and make notes.

Firstly the two clips will be shown.

Clip for Question 1 will be shown a second time. There will be five minutes after the clip to answer the questions.

Clip for Question 2 will be shown a second time. There will be five minutes after the clip to answer the questions.

Both clips will then be shown for a third and final time.

You will then have the rest of the examination time to complete questions 1 and 2 and the remaining questions.



MAY193550U10101

Answer all questions.

1. In the DVD Jade Jones performs a variety of different kicks.

- (a) (i) Identify the main component of fitness needed to execute the high kicks seen in the clip. [1]

Tick (✓) **one** box only.

	Tick (✓)
Body composition	
Frequency	
Flexibility	
Cardiovascular endurance	

- (ii) Identify the appropriate test that measures the component of fitness named in question 1(a)(i). [1]

Tick (✓) **one** box only.

	Tick (✓)
Ruler Drop Test	
Sit and Reach	
1 rep max	
30m Sprint	



(iii) Analyse the movements involved in the high kick as seen in the clip, by identifying the correct muscle to the appropriate movement. [3]



	Movement	Muscle
A	Extension	
B	Flexion	
C	Abduction	

(b) (i) Explain why it would be important to warm up before performing a high kick, as seen in the clip. [2]

.....

.....

.....

.....

.....

.....



(ii) Explain why it is important for the athlete to be mentally prepared for the competition. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(iii) Explain why a cool-down would benefit the athlete after competition. [2]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



(c) (i) Explain the effect of **one** short term response of exercise on the body. [2]

.....

.....

.....

.....

.....

.....

(ii) Assess how the long term adaptations to the heart, enable individuals to follow an active and healthy lifestyle. [2]

.....

.....

.....

.....

.....

.....

3550U101
05

17



2. 'Physical Skills + Confidence + Motivation + Lots of Opportunities = Physical Literacy.'

(a) (i) Outline **two** reasons why some children are missing out on opportunities to develop physical literacy in their early childhood. [2]

-
-

(ii) Describe the impact that not taking part in regular physical exercise might have on the young individual seen in the clip. [3]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(b) Describe how you could use extrinsic motivation to encourage a young person to follow an active and healthy lifestyle. [3]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



(c) Identify **three** variables that could affect the classification of skill within physical activity. [3]

-
-
-

(d) Teaching a new skill can be placed on a basic/complex continuum.



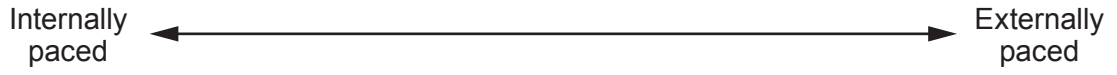
(i) Justify why the arrow has been placed at this point on the continuum when teaching a young individual. [2]

-
-
-
-
-
-

3550U101
07



(ii) Identify a skill of your choice and place it on the internally/externally paced continuum. [2]



Justify your answer.

.....

.....

.....

.....

.....

.....

(e) Compare the characteristics of a skilled performer to that of an unskilled performer. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



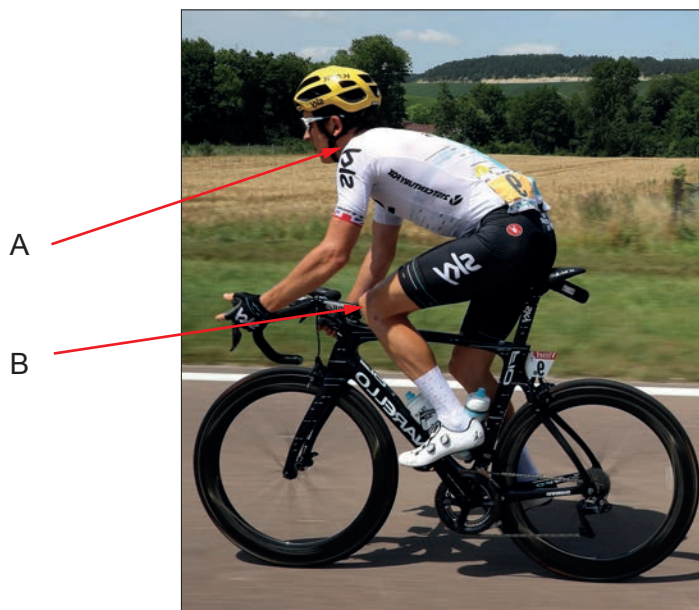
BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**

3550U101
09



3. In 2018, Geraint Thomas became the first Welshman to win the Tour de France.



(a) (i) Identify the classification of lever seen at point A and point B in the image above. [2]

Classification of lever	
A. Neck	
B. Knee	

(ii) Assess the difference between the classification of the two levers. [2]

.....

.....

.....

.....

.....

.....



- (b) (i) Identify the main energy system when cycling at moderate intensity for a long period of time. [1]

	Tick (✓) one box only
Aerobic	
Anaerobic	

- (ii) Describe when a cyclist would use the anaerobic energy system. [2]

.....

.....

.....

.....

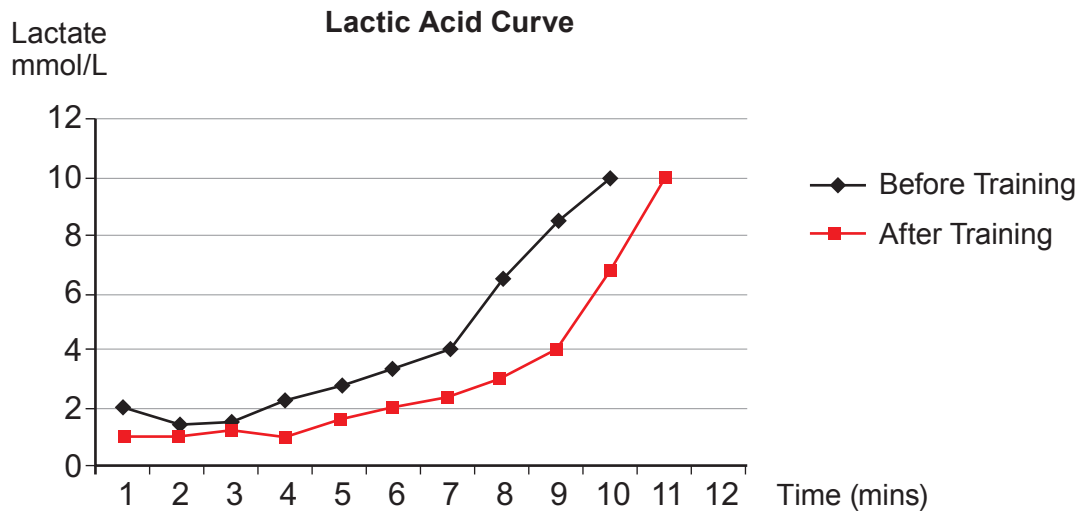
.....

.....

3550U101
11



Elite cyclists follow a structured training programme to develop exceptional levels of fitness.



(c) Using the data from the graph above, analyse the effects of training on the cyclist. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Elite cyclists dedicate years of their life to prepare physiologically and psychologically for their event.

(d) Evaluate **two** possible mental preparation techniques a cyclist might use prior to a race. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

One negative impact of commercialisation is the increase in deviance.

(e) (i) Identify **one** example of deviance in sport. [1]

-



(ii) Identify **two** positive impacts of the increase in commercialisation in sport. [2]

-
-

(f) 'Performance enhancing drugs should be legalised in sport.' Discuss. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

26



BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**



4. Suzy Drane started playing netball in primary school in North Wales. She has since represented Wales at U17/U19/U21 and senior team level.



A player like Suzy Drane continuously makes quick decisions whilst playing netball.

- (a) Complete the information processing model for a netball player by placing the following terms in to the correct boxes. [4]

Input

Output

Decision Making

Feedback

Choose the better
passing option.

Two supporting players
are in space.

Pass to a supporting
player.

Has the pass been
successful?



(b) Using sporting examples, explain why feedback is important when learning a new skill. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

One initiative to increase participation and motivation in females is walking netball.

(c) Assess why walking netball could be a suitable activity for a sedentary individual. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



.....

.....

.....

.....

.....

.....

.....

.....

(d) Explain why goal setting can help to develop an individual's self-confidence to follow an active lifestyle. [2]

.....

.....

.....

.....

.....

.....

(e) Analyse using appropriate examples, how technology might be used as a motivational tool for non-elite athletes. [4]

.....

.....

.....

.....

.....

.....

.....

.....



Examiner
only

.....

.....

.....

.....

20



5. Jonathan Davies, who was awarded the Lions player of the tour in 2017, is regarded as a powerful and skillful player.



(a) Identify the movement at A,B,C in the above picture. [3]

	Movement
A. Elbow	
B. Knee	
C. Shoulder	

(b) Using the principles of training evaluate how a player like Jonathan Davies could improve their performance. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

- (c) If Jonathan Davies was running in a straight line towards the try line, identify in which plane of movement he would be travelling. [1]

Plane of movement	Tick (✓) one box only
Sagittal	
Frontal	
Transverse	
Vertical	

- (d) Using practical examples, explain why speed and strength are important components of fitness in team games. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



.....
.....
.....
.....

(e) (i) Identify the recognised tests that measure: [2]

Speed:

Strength:

(ii) Explain why fitness tests need to have validity and reliability. [2]

.....
.....
.....
.....
.....
.....

END OF PAPER

18



BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**



Question number	Additional page, if required. Write the question number(s) in the left-hand margin.
	<p>A large rectangular area with horizontal dotted lines, intended for writing answers.</p>

Examiner
only