

Surname	Centre Number	Candidate Number
Other Names		0



**GCSE**

3555U10-1



**PHYSICAL EDUCATION (Short Course)**

**Unit 1: Introduction to Physical Education**

WEDNESDAY, 15 MAY 2019 – MORNING

1 hour

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1a	11	
1b	6	
1c	3	
2a	6	
2b	6	
2c	4	
2d	4	
3a	6	
3b	4	
<b>Total</b>	<b>50</b>	

**INSTRUCTIONS TO CANDIDATES**

Use black ink or black ball-point pen.

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

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

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

**INFORMATION FOR CANDIDATES**

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

You are reminded of the necessity for good English and orderly presentation in your answers.

Answer all questions.

1. The following is an image of a high jumper clearing the bar.



(a) (i) Identify the component of fitness shown by the high jumper in the image above.

Tick (✓) **one** box only.

[1]

Strength

Flexibility

Agility

Muscular Endurance

(ii) Justify your reasons for choosing the component identified in part 1 (a)(i) above.

[3]

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(iii) Name a recognised fitness test to measure the component of fitness identified in part 1 (a)(i) on the opposite page. [1]

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(iv) Discuss the reasons for using a variety of methods to monitor health and fitness levels. [3]

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(v) Explain why **plyometric training** could be a suitable method of training for a high jumper. [3]

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(b) (i) Identify **three** functions of the human skeletal system. [3]

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- .....
- .....

(ii) Explain why a high jumper would need to warm up before competing. [3]

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(c) Athletes use different energy systems to create the energy needed to train and compete. Draw a line to match the energy system to the correct description. [3]

Name of energy system	Description
Aerobic	Produces the majority of energy for high intensity activities for up to 1-2 minutes.
Creatine Phosphate	Supplies energy for about 10 seconds and is used in explosive events.
Lactic Acid	Provides energy over a long period of time.

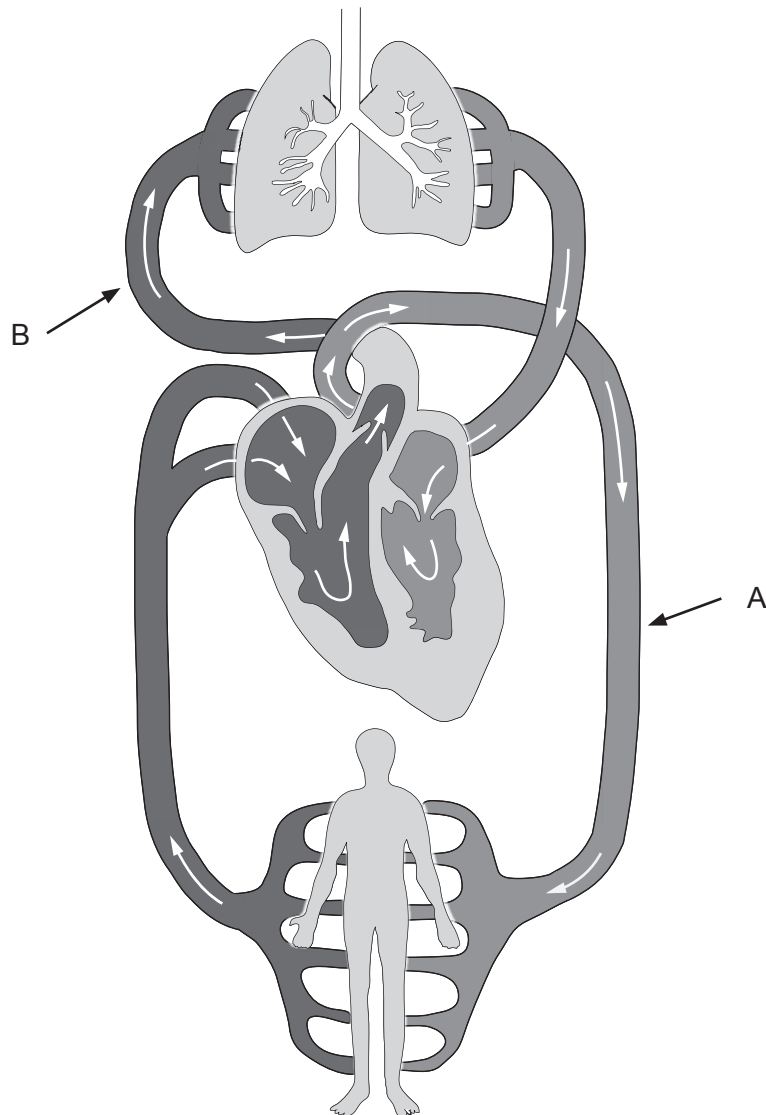
2. The following is an image of a downhill skier turning at a gate.



- (a) (i) Name **two** fitness components required by the skier in order to perform effectively. [2]
- .....
  - .....
- (ii) Define each of the fitness components identified in part 2 (a)(i) above. [2]

Fitness component	Definition
1.	..... .....
2.	..... .....

Below is a diagram of the circulatory systems.



- (iii) Using the diagram as a guide, name the circulatory systems identified by completing the table below. [2]

	Name of Circulatory System
A.	.....
B.	.....



(c) Using specific sporting examples, evaluate how sports people could use modern technology in order to improve their performance. [4]

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(d) Explain how modern technology can help officials in sport. [4]

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