

Candidate Name	Centre Number	Candidate Number
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## GCSE

197/01\*266/01

### PHYSICAL EDUCATION – PAPER 1 AND PHYSICAL EDUCATION (SHORT COURSE)

A.M. THURSDAY, 14 May 2009

1½ hours

**(This includes five minutes  
reading time)**

For Examiner's use only		
Question	Maximum mark	Mark awarded
1	12	
2	12	
3	16	
4	30	
<b>Total</b>	<b>70</b>	
<b>QWC</b>	<b>3</b>	
<b>Final Total</b>	<b>73</b>	

#### ADDITIONAL MATERIALS

Video tape in VHS format or DVD.

#### INSTRUCTIONS TO CANDIDATES

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

Answer **all** the questions in the spaces provided in this question-and-answer booklet.

#### INFORMATION FOR CANDIDATES

The clips for Section A will be shown three times.

Before the clips are shown you will have five minutes to read the questions.

All three clips will be shown during which time you may answer the questions and make notes.

Each clip will be shown a second time and there will be five minutes after each clip to answer the questions.

The three clips will be shown for the third and final time.

There will then be approximately forty five minutes to complete Sections A and B.

The mark allocation for each part of a question is shown in brackets.

You will be awarded up to three marks for the quality of written communication.

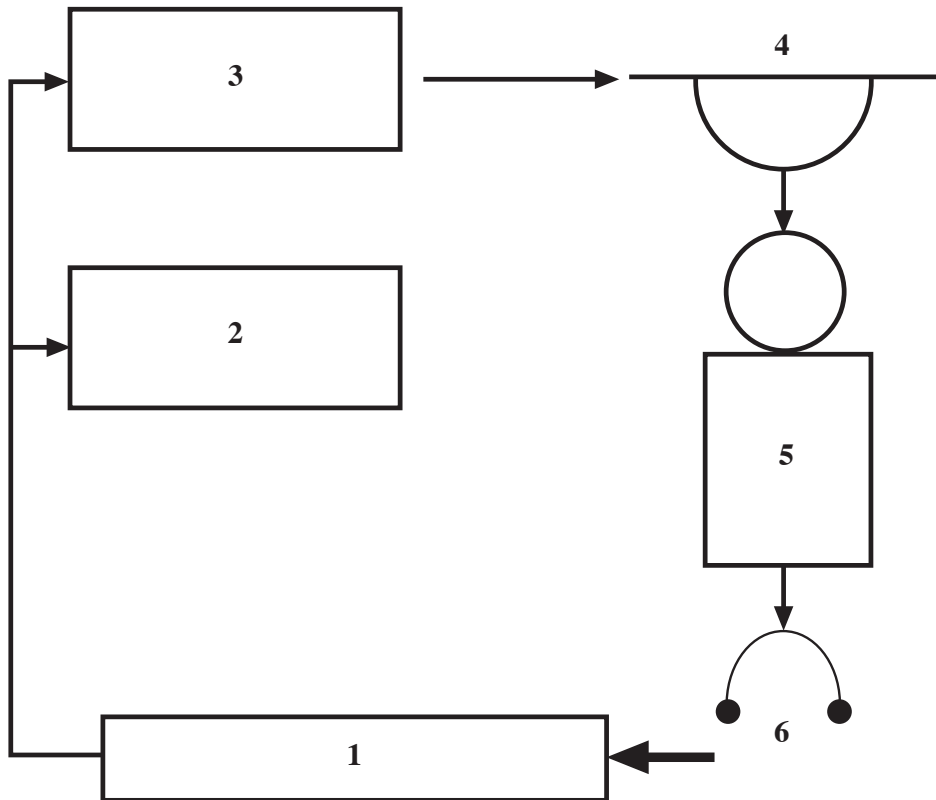
Answer **all** the questions in the spaces provided.

**SECTION A**

*Questions for clip 1*

1.

**Stations for Clip 1**



(a) What method of training is being demonstrated? (Tick (✓) one box).

[1]

CIRCUIT		WEIGHT TRAINING		FARTLEK	
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(b) (i) What are the main components of fitness being developed at stations 3 and 4?

[2]

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(ii) Define the component of fitness being developed at station 4. [1]

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(iii) Explain how this component of fitness is used in a sporting activity of your choice. [2]

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(c) How could the **activity** at station 5 be adapted to make it more difficult? [1]

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(d) Suggest **three** ways of making **this training method** more demanding. [3]

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(e) Identify **two** potential risks of injury in the activities shown in the video. [2]

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**Total Mark**

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**Questions for clip 2**

2. (a) What method of training is taking place? [1]

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(b) Name the component of physical fitness other than speed that is being developed. [1]

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(c) (i) Define this component of physical fitness. [1]

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(ii) When in this session does the athlete find time to recover? [1]

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(d) How could the session/activity shown in video clip 2 be adapted specifically for a sporting activity of your choice? [3]

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(e) Describe how this method of training could improve performance in a sporting activity of your choice. [3]

Name sporting activity .....

Description .....

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(f) Explain **two** precautions you would take to minimise the risk of injury in the method of training shown in the video. [2]

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**Total Mark**

**Questions for clip 3**

3. (a) What method of training is taking place? [1]

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- (b) Complete the following table. [2]

(i)	Number of reps	
(ii)	Component of fitness being developed	

- (c) Give **three** reasons to explain your answer in (b)(ii). [3]

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- (d) Suggest **four** ways in which the activity in the video could be made more demanding. [4]

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(e) Give reasons to explain why the physical fitness component being developed is needed in;

(i) a team game, [2]

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(ii) an individual activity of your choice. [2]

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(f) Explain how the principles of overload can be observed in the video clip. [2]

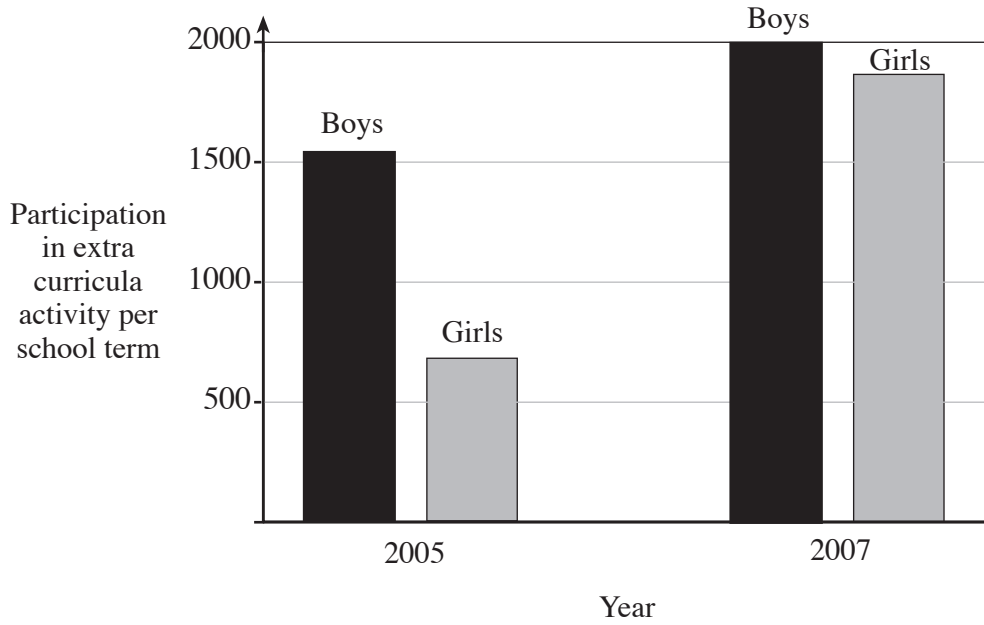
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**Total Mark**

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SECTION B

4.



(a) (i) Identify **two** changes in participation levels shown in the graph. [2]

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(ii) Give **two** factors that might explain the changes in participation levels shown on the graph. [4]

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(iii) What experiences in PE have encouraged you to participate in sport and physical activity? [4]

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(iv) State **two** reasons why participating in regular physical activity can help improve an individuals health. [2]

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(v) Suggest **two** ways in which the Government can help to promote healthy lifestyles. [2]

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