



GCSE – **NEW**

**3550U10-1**

**PHYSICAL EDUCATION – Unit 1**

**Introduction to Physical Education**

**WEDNESDAY, 16 MAY 2018 – MORNING**

**2 hours plus your additional time allowance**

**Surname** \_\_\_\_\_

**Other Names** \_\_\_\_\_

**Centre Number** \_\_\_\_\_

**Candidate Number** 0 \_\_\_\_\_

<b>For Examiner's use only</b>		
<b>Question</b>	<b>Maximum Mark</b>	<b>Mark Awarded</b>
<b>1</b>	<b>15</b>	
<b>2</b>	<b>16</b>	
<b>3</b>	<b>22</b>	
<b>4</b>	<b>23</b>	
<b>5</b>	<b>24</b>	
<b>Total</b>	<b>100</b>	

**INSTRUCTIONS TO CANDIDATES**

**Use black ink or black ball-point pen or your usual method.**

**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.**

**Answer ALL questions.**

**1. The DVD shows a 100 m sprinter.**

**(a) Name TWO MUSCLE GROUPS that cause movement at the knee joint of the sprinter. [2]**

**-** \_\_\_\_\_

\_\_\_\_\_

**-** \_\_\_\_\_

\_\_\_\_\_

- 1(b) (i) Analyse the movement taking place at the elbow joint of the sprinter. [3]

Tick (✓) ONE box only.

<b>MOVEMENT PATTERN</b>	<b>Tick (✓)</b>
<b>Pronation</b>	
<b>Extension</b>	
<b>Abduction</b>	
<b>Flexion</b>	

Tick (✓) ONE box only.

<b>PLANE</b>	<b>Tick (✓)</b>
<b>Transverse</b>	
<b>Sagittal</b>	
<b>Frontal</b>	

Tick (✓) ONE box only.

<b>AXIS</b>	<b>Tick (✓)</b>
<b>Frontal</b>	
<b>Sagittal</b>	
<b>Vertical</b>	

**1(b) (ii) Identify TWO functions of the skeletal system when sprinting. [2]**

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**(iii) Analyse the runner in the DVD clip to identify THREE bones involved in the arm action of the runner. [3]**

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- 1(b) (iv) Identify the type of joint at the shoulder.  
Tick (✓) ONE box only. [1]**

<b>TYPE OF JOINT</b>	<b>Tick (✓)</b>
<b>Hinge</b>	
<b>Ball and socket</b>	
<b>Saddle</b>	

- 1(c) (i) Name the component of fitness that can be defined as, 'being able to contract the muscles with speed and force in one explosive act'. [1]**
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2. The DVD shows individuals taking part in swimming for health benefits.
- (a) Identify the long term social, mental and physical benefits of exercise. (Give ONE example of each).

[3]

<b>BENEFIT OF EXERCISE</b>	<b>EXAMPLE</b>
<b>Social</b>	
<b>Mental</b>	
<b>Physical</b>	





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**2(c) (ii) Identify TWO risks to health (other than obesity) that can result from a sedentary lifestyle. [2]**

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3. The correct consumption of food is an important part of improving performance and maintaining energy stores while performing in sport.

(a) (i) Draw a line from the food group to the best description that represents its function. [3]

**FOOD GROUPS****DESCRIPTION****Fats****Tissue growth and repair****Carbohydrates****Energy****Protein****Energy and insulation**







**3(c) Identify TWO adherence strategies that an individual could use to maintain involvement in a training programme. [2]**

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**3(d) KNOWLEDGE OF RESULTS** means that the coach provides information that is specific to the outcome, and **KNOWLEDGE OF PERFORMANCE** is information about what the individual actually did that led to the outcome.

**(i) Place the examples of Knowledge of Performance and Knowledge of Results in the spaces provided below. [4]**

- A – You were about 3 inches from your mark.**
- B – You leaned back just a bit too far, so shift your weight forward.**
- C – 68% of your 1st serves were in.**
- D – You need to swing your arms to produce more momentum to your jump.**

<b>KNOWLEDGE OF PERFORMANCE</b>	<b>KNOWLEDGE OF RESULTS</b>





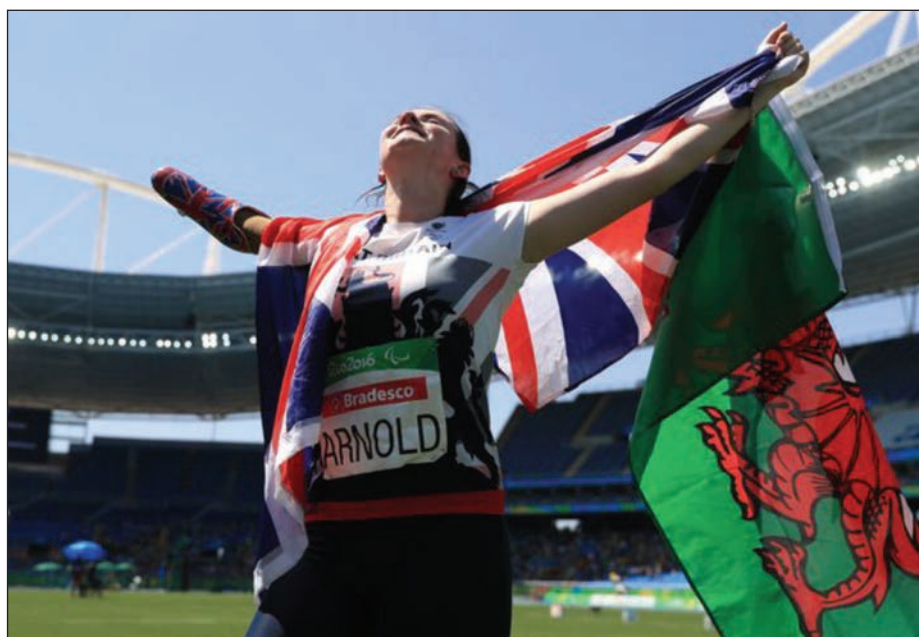
**The 2015 survey revealed:**

- **The numbers of young people taking part in sport or physical activity three or more times a week has risen from 40% in 2013 to 48% in 2015.**
- **93% of children enjoy physical education**
- **Boys (52%) were still more likely than girls (44%) to regularly participate in sport and physical activity. Though the figures for both have increased, the gap remains static.**









**Hollie Arnold is a Paralympic Javelin gold medalist and a double world champion.**

4(c) Discuss how the following barriers would limit participation in sport for people with disabilities.

[6]

<b>BARRIER</b>	
<b>Cost</b>	
<b>Access</b>	
<b>Role models</b>	

- 4(d) Athletes need to train efficiently and appropriately in order to 'peak' for major competitions.

Draw a line from the different training zone to the correct intensity. [3]

TRAINING ZONE	INTENSITY
Aerobic	85-100%
Anaerobic	60-75%
Weight loss	75-80%







5. Gareth Bale is regarded as one of the most skillful players in the world.



- (a) Using sporting examples, explain TWO characteristics of skilful performance. [4]

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- 5(c) (i) Identify ONE characteristic of an individual within each stage of learning. [3]

<b>STAGE OF LEARNING</b>	<b>CHARACTERISTIC</b>
<b>Cognitive</b>	
<b>Associative</b>	
<b>Autonomous</b>	







5(d) Identify FOUR types of funding available for elite athletes. [4]

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**END OF PAPER**



