



GCSE

3550U10-1

WEDNESDAY, 15 MAY 2019 – MORNING

PHYSICAL EDUCATION – FULL COURSE

Unit 1: Introduction to Physical Education

2 hours plus your additional time allowance

Surname _____

Other Names _____

Centre Number _____

Candidate Number 0 _____

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 or your usual method.

Write your name, centre number and candidate number in the spaces provided on the front cover.

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

- 1(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	

1(a) (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	

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

	MOVEMENT	MUSCLE
A	Extension	
B	Flexion	
C	Abduction	



A

B

C

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]

2(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]

19



A

B

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 opposite.

[2]

	CLASSIFICATION OF LEVER
A. Neck	
B. Knee	

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

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

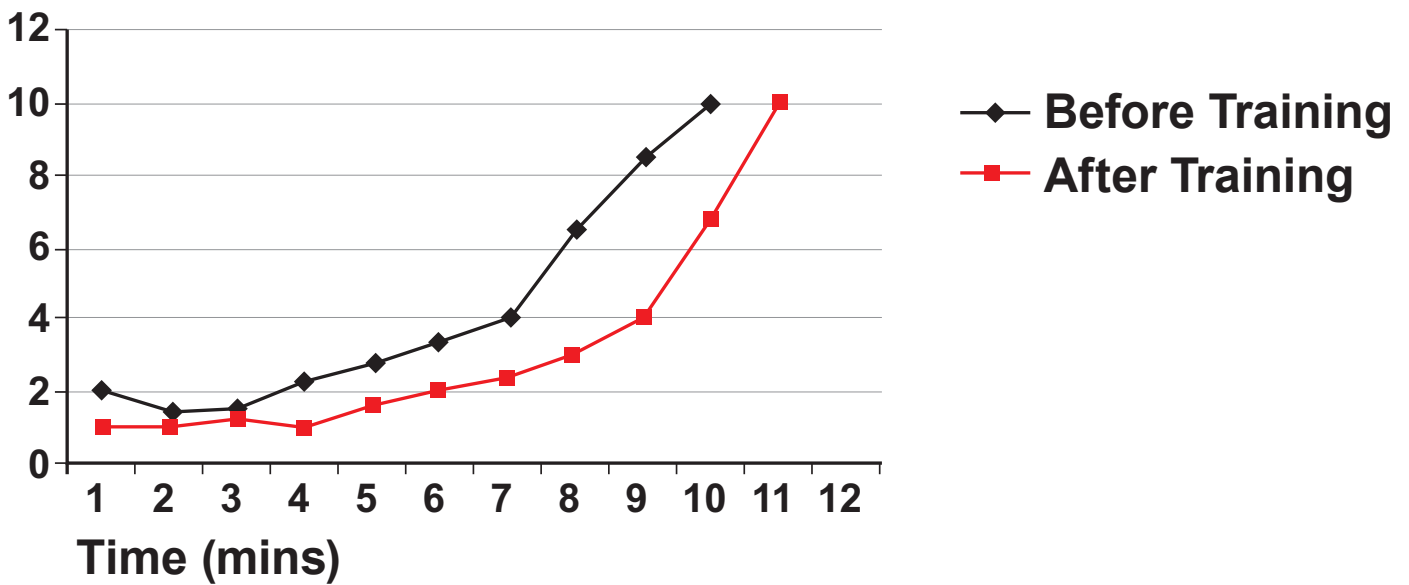
	TICK (✓) ONE BOX ONLY
Aerobic	
Anaerobic	

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

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

LACTIC ACID CURVE

Lactate
mmol/L



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

One negative impact of commercialisation is the increase in deviance.

3(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]

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.

4(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?**

20

C

A

B



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 picture opposite. [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]

- 5(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]

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

Speed: _____

Strength: _____
