



GCSE

3550U10-1

WEDNESDAY, 22 MAY 2024 – AFTERNOON

PHYSICAL EDUCATION – FULL COURSE

Unit 1: Introduction to Physical Education

2 hours plus your additional time allowance

Surname _____

First name(s) _____

Centre Number _____

Candidate Number 0 _____

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1	21	
2	12	
3	26	
4	24	
5	17	
Total	100	

INSTRUCTIONS TO CANDIDATES

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

You may use a pencil for graphs and diagrams only.

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.

(Turn over)

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.

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

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

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.

Clip 1 – Gymnast vaulting

1. (a) (i)

Analyse Clip 1 to determine what movements take place at the KNEE when performing the vault.

[2 marks]

(ii) Identify the TWO muscles that allow the movements in 1(a)(i) to take place. [2 marks]

(Turn over)

1 (d) Identify TWO possible ways a performer could mentally prepare. [2 marks]

1. _____

2. _____

1 (e) FIGURE 1 – The open-closed continuum.



Justify why the vault has been placed at this point on the continuum. [2 marks]

Clip 2 – Kayaker

2. (a) (i)

Explain why flexibility is important to the kayaker.

[2 marks]

(ii) Identify a type of stretching that could be used to improve flexibility. [1 mark]

(iii) Identify a fitness test that measures flexibility.

[1 mark]

(Turn over)

2 (b) FIGURE 2 – The self (internally)/externally paced continuum.



Explain why kayaking has been placed at this point on the continuum. [2 marks]

2 (d) Analyse the clip to determine what type of practice a coach could use to improve the performance of the kayaker. [2 marks]

3. **FIGURE 3 – Sara Head of Wales competing for Great Britain at the London 2012 Paralympic Games.**



(a) **Assess how information processing differs from beginners to elite players like Sara Head.**

[6 marks]

(Turn over)

3 (b) Describe ONE component of fitness that is required by a table tennis player during a game.

[2 marks]

(Turn over)

3 (e) Outline your knowledge of training zones by using the information in TABLE A to complete TABLE B.

[8 marks]

TABLE A

Low	Anaerobic	Power walking	Cooling down
Short sprints	60–80%	High	50–60%

TABLE B

Training zone	Percentage (%) of maximal heart rate	Exercise intensity	Example
_____	80–100%	_____	_____
Aerobic	_____	Moderate	_____
Light Aerobic	_____	_____	_____

4. **FIGURE 4 – Elite 100 m/200 m sprinter
Christian Malcolm.**



(Turn over)

4 (b) Identify TWO possible benefits to an individual who leads a healthy active lifestyle. [2 marks]

Adherence to a training programme is important to both athletes and obese individuals.

4 (c) Explain how you could use SMART targets to adhere to a training programme. [4 marks]

4 (d) Explain the energy balance equation. [2 marks]

4 (e) Identify an illness that is associated with leading a sedentary lifestyle. [1 mark]

(f) Identify the muscle found at the shoulder of an athlete. [1 mark]

NAME OF MUSCLE Tick (✓) ONE box only.

- | | |
|----------------------|--------------------------|
| Deltoid | <input type="checkbox"/> |
| Quadriceps | <input type="checkbox"/> |
| Gastrocnemius | <input type="checkbox"/> |
| Gluteus | <input type="checkbox"/> |

5. **FIGURE 5 – Wales winger Rabbi Matondo says he is “proud” of how young players have used their public profiles to take a stand against racism.**



- (a) **Discuss factors that could influence participation in sports such as football. [6 marks]**

(Turn over)

5 (d) Draw a line to match the correct joint to the appropriate classification. [3 marks]

Joint**Knee****Shoulder****Neck****Classification****Pivot****Hinge****Ball and socket**

(Turn over)

5 (e) Identify TWO long term effects of exercise on the body. [2 marks]

END OF PAPER

