

**GENERAL CERTIFICATE OF SECONDARY EDUCATION
 PHYSICAL EDUCATION**

1071

Games (Short Course)

FRIDAY 16 MAY 2008

Morning
 Time: 1 hour

Candidates answer on the question paper

Additional materials: No additional materials are required



Candidate Forename

Candidate Surname

Centre Number

Candidate Number

INSTRUCTIONS TO CANDIDATES

- Write your name in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use blue or black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure that you know what you have to do before starting your answer.
- Answer **all** the questions.
- Do **not** write in the bar codes.
- Write your answer to each question in the space provided.

INFORMATION FOR CANDIDATES

- The number of marks for each question is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **50**.
- You will be assessed on the quality of written communication in **Section B, questions B1 and B2**.
- **Four** marks will be available for the quality of written communication.
- **Candidates' answers must refer to Games activities. Use of non-Games activities may result in no marks being awarded for that question.**

FOR EXAMINER'S USE

A	
B1	
QWC	
B2	
QWC	
B3	
TOTAL	

This document consists of **7** printed pages and **1** blank page.

Section A

Answer **all** questions in this section.

- 1 Name **one** training method that can be used to prepare for a Game.
.....[1]

- 2 Give **two** essential components of a healthy diet.
1[1]
2[1]

- 3 Identify **one** fitness test for flexibility.
.....[1]

- 4 Give **one** reason why it might be important to warm up before a Game.
.....[1]

- 5 Identify an item of personal protective equipment. Describe how this item may minimise the risk of injury when performing a Game.
Item:[1]
How it minimises the risk:.....
.....[1]

- 6 Identify a skill-related fitness component necessary for performance in a Game.
.....[1]

- 7 What is meant by mental rehearsal when performing in a Game?
.....[1]

8 Explain **two** ways in which feedback, during practice conditions, can improve the performance of Games.

1[1]

2[1]

9 Give **two** examples of how a Games player might ensure good personal hygiene.

1[1]

2[1]

10 Give **two** examples of how the training principle of overload could be used to prepare a Games player for competition.

1[1]

2[1]

[Total : 15]

Section B

Answer **all** questions in this section.

B1 (a) Some skills performed in Games are known as open skills. Identify **one** open skill.

.....[1]

(b) Give **two** ways a skilful performer in Games is different to a novice.

.....
.....[2]

(c) Identify **two** examples of intrinsic motivation for performers in Games.

1.....[1]
2.....[1]

(d) Identify **two** methods of extrinsically motivating performers in Games.

1.....[1]
2.....[1]

(e) Describe **three** ways that mental preparation positively affects performance in Games.

1.....
.....[1]
2.....
.....[1]
3.....
.....[1]

[Total : 10]

B2 (a) Describe an occasion when a fast reaction is important to a performer in a Game.

.....
.....[1]

(b) Give **three** different components of fitness that are not skill related.

1.....[1]

2.....[1]

3.....[1]

(c) What fitness component does the multi-stage fitness test evaluate?
Give **one** strength and **one** weakness of the multi-stage fitness test.

Fitness component:[1]

Strength:[1]

Weakness:[1]

(d) Explain why eating foods high in carbohydrates can help a Games player.

.....
.....
.....
.....[2]

(e) Describe **two** different short-term effects of exercise on the body systems during Games.

1.....[1]

2.....[1]

(f) What are the advantages and disadvantages of weight training?

Advantages of weight training:

.....
.....[2]

Disadvantages of weight training:

.....
.....[2]

[Total : 15]

[Turn over

B3 (a) Identify **two** potential hazards found on grass playing fields.

1.....[1]

2.....[1]

(b) How would you lift and carry heavy sports equipment safely?

.....
.....[1]

(c) Explain how you would minimise the risk of injury when playing Games on a playing field.

.....
.....
.....
.....
.....
.....
.....[3]

[Total : 6]

7
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