



General Certificate of Secondary Education  
Specimen Paper

**Physical Education  
(Full Course)**

**48903**

**Unit 3 Knowledge and Understanding for the Active Participant  
External Assessment**

**Pre-Released Material**

To be opened and issued to candidates on XXXX.

**48903**

Section B of the summer examination will consist of questions linked to the scenario below.

Shareen is 16 years old. She has been regularly competing as an athlete since starting High School. She showed potential as a runner and by Year 9 she represented her school at County level. She then won the National Championships.

In her early career she only ran middle distance races, specialising in the 800 metres. In the last year she has increased the distances of her competitive runs to include 1500 metres and 3000 metres.

Last winter she also started to run in the cross country team for her school. She wants to take part in a sponsored 10 kilometre fun run in three months time to help raise funds for a local charity.

