

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										



General Certificate of Secondary Education  
Specimen Paper

# Physical Education (Double Award)

# 48905

## Unit 5 Written Paper

Date: Time

You will need no other materials.

### Time allowed

- 1 hour 30 minutes.

### Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the space provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

### Information

- The maximum mark for this paper is 70.
- In question 6 (b) and 6 (d) you will be assessed on using good English, organising information clearly and using specialist vocabulary appropriately. Answer these questions **in continuous prose**.
- The marks for questions are shown in brackets.

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	

**SECTION A**

**1** (a) What is visual guidance?

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*(1 mark)*

(b) Describe an example of visual guidance that could be used when learning a skill of your choice.

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*(2 marks)*

(c) Explain when and how your example in (b) is a helpful form of guidance.

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*(3 marks)*

*(Total 6 marks)*



Barcode

2 (a) Describe what is meant by an open skill.

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(2 marks)

(b) Give an example of an open skill from a named activity.

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(1 mark)

(c) Which type of practice would be most beneficial for improving an open skill?

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(1 mark)

(Total 4 marks)

**Turn over for the next question**



Barcode

**3** Name a basic skill/technique/movement from a sport/activity of your choice and describe how you would teach it to a beginner.

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*(4 marks)*

*(Total 4 marks)*

**4** Explain **two** reasons why swimming would be a suitable activity for a 60 year old.

Reason 1 .....

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Reason 2 .....

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*(4 marks)*

*(Total 4 marks)*



**5** You are planning a five week circuit training programme for Jane, a 16 year old, to improve her stamina, agility and one of the main skills needed for football. Jane plays regularly for the school team and for the local club team at weekends.

(a) Describe **two** fitness/skills tests you would carry out on Jane **before** starting the programme. Explain why you have chosen each of them.

Test 1 .....

I have chosen this test because

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Test 2 .....

I have chosen this test because

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(6 marks)

**Question 5 continues on the next page**



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- (b) The circuit should include **five** stations.  
State the activities to be carried out at each station, with 1 being the first station and 5 the last station.

1 .....

2 .....

3 .....

4 .....

5 .....

(5 marks)

- (c) Explain why you have put the activities in this order.

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(2 marks)



(d) Explain why you chose **three** of the activities you listed for the circuit.

Activity 1 .....

Reason for choosing it.

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(2 marks)

Activity 2 .....

Reason for choosing it.

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(2 marks)

Activity 3 .....

Reason for choosing it.

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(2 marks)

**Question 5 continues on the next page**



- (e) Describe **two** risk assessments or safety procedures you should carry out or check before Jane starts the first training session.

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(4 marks)

- (f) Describe in detail **two** warm up exercises you should make sure that Jane does.

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(4 marks)



Barcode



(g) Explain what overload is and how you will apply it over the five weeks.

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*(4 marks)*

(h) Explain how you will monitor Jane's progress.

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*(2 marks)*

*(Total 33 marks)*

**Turn over for the next question**



Barcode

**SECTION B****QUESTIONS BASED ON PRE-RELEASED SCENARIO**

- 6** These questions are linked to the scenario information which was released before the examination and copied below.

Tyrone Brown

Age: 16

Height: 1.63 m (5' 4")

Weight: 89 kg (14 stone)

Lives in a bungalow half a mile from school

Favourite subject: ICT

Least favourite subject: PE – which he usually manages not to take part in as he has asthma and has a note from his mum.

Tyrone follows the same routine every day from Monday to Friday.

He gets up at 8am, has a shower and then has a full English breakfast.

At 8.45am either his mum or dad will drive him to school. On the way they stop at the shops and he buys sweets, chocolate bars and crisps to eat at break and lunchtimes.

At break time Tyrone goes to the school canteen and gets a large slice of chocolate cake as he usually eats most of his chocolate bars between lessons.

1pm is lunchtime and Tyrone has a packed lunch most days which includes a pork pie, pasty, cheese and ham sandwiches on white bread, a couple of cans of cola and two packets of crisps. On Fridays he has school dinner as it is chips day and he usually has double chips, cheese and gravy.

Tyrone spends the rest of his lunchtimes sitting talking to friends or he may go to the computer room.

After school Tyrone either gets picked up by his mum or dad or he gets the bus home. He likes getting the bus because then he can go to the chip shop and get fish and chips or sausage in batter and chips for his tea. Sometimes he goes to the local Indian takeaway and he orders a large lamb curry with chips. He eats it while he watches the television. When he has finished his mum clears away his plate, gets him another can of cola from the fridge and microwaves him chocolate pudding with chocolate sauce.

After tea he usually gets another can of cola and settles down to watch a film or play on his computer. He has a sandwich or a slice of cake.

At the weekend he usually has a lie-in until lunch and often goes to the pub with his parents for lunch. On Saturday night he likes to have a Chinese takeaway; his favourite is sweet and sour pork. He also likes to have a roast dinner at the pub on Sunday with his parents, his favourite is roast beef with Yorkshire pudding followed by chocolate pudding.



(a) Explain **two** harmful effects Tyrone's diet is having on his health.

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(4 marks)

(b) Explain **two** changes Tyrone should make to his diet.  
**(Answer in continuous prose)**

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(4 marks)

**Question 6 continues on the next page**



Barcode

(c) Suggest an alternative packed lunch that Tyrone could take to school.

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(3 marks)

(d) Explain **two** ways Tyrone could get more exercise into his lifestyle and the beneficial effects it will have.  
**(Answer in continuous prose)**

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(6 marks)



Barcode

(e) What advice would you give to Tyrone before he starts to do more exercise?

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*(2 marks)*

*(Total 19 marks)*

**END OF QUESTIONS**



**There are no questions printed on this page**

