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Centre Number		Candidate Number	
Candidate Signature			

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General Certificate of Secondary Education  
June 2006



**PHYSICAL EDUCATION (GAMES)  
(Short Course)  
Written Paper**

**3588/W**

Wednesday 24 May 2006 1.30 pm to 2.30 pm

<b>You will need no other materials.</b>
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Time allowed: 1 hour

**Instructions**

- Use blue or black ink or ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- Answer the questions in the spaces provided.
- Do all rough work in this book. Cross through any work you do not want marked.
- If you need additional space, you should continue your answers at the end of this book, indicating clearly which question you are answering.

**Information**

- The maximum mark for this paper is 53.  
3 of these marks are for the Quality of Written Communication.
- The marks for questions are shown in brackets.
- Diagrams may be used to clarify your answers where necessary.

For Examiner's Use			
Number	Mark	Number	Mark
1		3	
2			
Total (Column 1) →			
Total (Column 2) →			
Quality of Written Communication			
TOTAL			
Examiner's Initials			

**SECTION A**

Health, Fitness and the Principles of Training for Games Activities

1 (a) A warm-up and warm-down are essential when taking part in physical activity.

(i) Give **two** reasons why you should complete a warm-up before physical activity.

1 .....

.....

2 .....

.....

*(2 marks)*

(ii) Give **two** reasons why you should complete a warm-down after physical activity.

1 .....

.....

2 .....

.....

*(2 marks)*

(b) A club standard performer needs to be healthy and have a good level of general fitness.

(i) What is meant by 'healthy'?

.....

.....

*(1 mark)*

(ii) What is meant by 'general fitness'?

.....

.....

*(1 mark)*

(iii) Explain how these elements combine to enable a performer to compete at club level.

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.....  
.....  
.....

(2 marks)

(c) Explain why an international standard performer needs to train more regularly than a club performer.

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.....  
.....  
.....  
.....  
.....

(3 marks)

(d) Different types of strength are needed for certain activities.

Give **two** types of strength, using an example of each from a named **games** activity.

Type 1 .....

Named **games** activity example .....

.....

Type 2 .....

Named **games** activity example .....

.....

(4 marks)

2 (a) Interval training is a commonly-used method of training.

(i) State **one** advantage of using interval training as a method of training.

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.....  
.....  
*(1 mark)*

(ii) Explain what is meant by the term ‘progression’ in relation to interval training.

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.....  
.....  
*(2 marks)*

(b) Safety is an important consideration for games performers.

Using **games** examples, explain why the following are important.

(i) Following the rules

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.....  
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.....  
.....  
.....  
*(3 marks)*

(ii) Equipment checks

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.....  
*(3 marks)*

(c) Performance can be affected by physiological and psychological factors.

(i) State what a **physiological** factor is.

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.....  
.....

(1 mark)

(ii) State what a **psychological** factor is.

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.....  
.....

(1 mark)

(iii) Describe the effects that a named physiological factor and a named psychological factor have on performance.

Physiological factor .....

Effect on performance .....

.....  
.....  
.....

Psychological factor .....

Effect on performance .....

.....  
.....  
.....

(4 marks)

15

Turn over ►

**SECTION B**

Factors Affecting Individual Performance and Participation

3 (a) Different social groupings can have a positive or negative effect on participation in sport.

(i) Describe **one positive** effect that your **peer group** might have on participation.

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.....  
.....  
.....

*(2 marks)*

(ii) Describe **one negative** effect that your **socio-economic group** might have on participation.

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*(2 marks)*

(b) The National Curriculum allows pupils to adopt different roles as part of their physical education programme. Describe **one** benefit that adopting each of the following roles can bring.

(i) Coach .....

.....  
.....  
.....

*(2 marks)*

(ii) Official .....

.....  
.....  
.....

*(2 marks)*

(iii) Organiser .....

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.....

.....

(2 marks)

(c) Many schools now allow pupils to take examination-based courses and sports performance awards.

Describe **three** advantages for the individual or the school to be gained from participation in these.

Advantage 1 .....

.....

.....

.....

Advantage 2 .....

.....

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Advantage 3 .....

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(6 marks)

**Question 3 continues on the next page**

**Turn over ►**

(d) A number of different organisations have responsibility for the development of sport in this country. Explain what the following organisations do.

(i) National Coaching Foundation (now called *sports coach UK*)

.....  
.....  
.....  
.....

(2 marks)

(ii) Sport England

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(2 marks)

<b>20</b>

**END OF QUESTIONS**









