

Please check the examination details below before entering your candidate information

Candidate surname

Other names

**Pearson
Edexcel GCSE**

Centre Number

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Candidate Number

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Friday 17 May 2019

Afternoon (Time: 1 hour 15 minutes)

Paper Reference **1PE0/02**

Physical Education

Component 2: Health and Performance

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 70.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Pearson

Answer ALL questions. Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

1 (a) Which **one** of the following is a social health benefit of participation in physical activity? (1)

- A Aesthetic appreciation
- B Cooperation
- C Improved fitness
- D Stress relief

(b) Which **one** of the following would be classified as a low organisation skill? (1)

- A A skill always performed in a predictable environment
- B A skill requiring lots of thought to carry out
- C A skill that can be broken down easily into phases
- D A skill that does not have a clear beginning and end

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For Questions 1(c) and 1(d) use Figure 1 to decide whether A, B, C or D is correct.

Figure 1 shows participation rates in four different sports by adults in Greater London between 2013 and 2017.

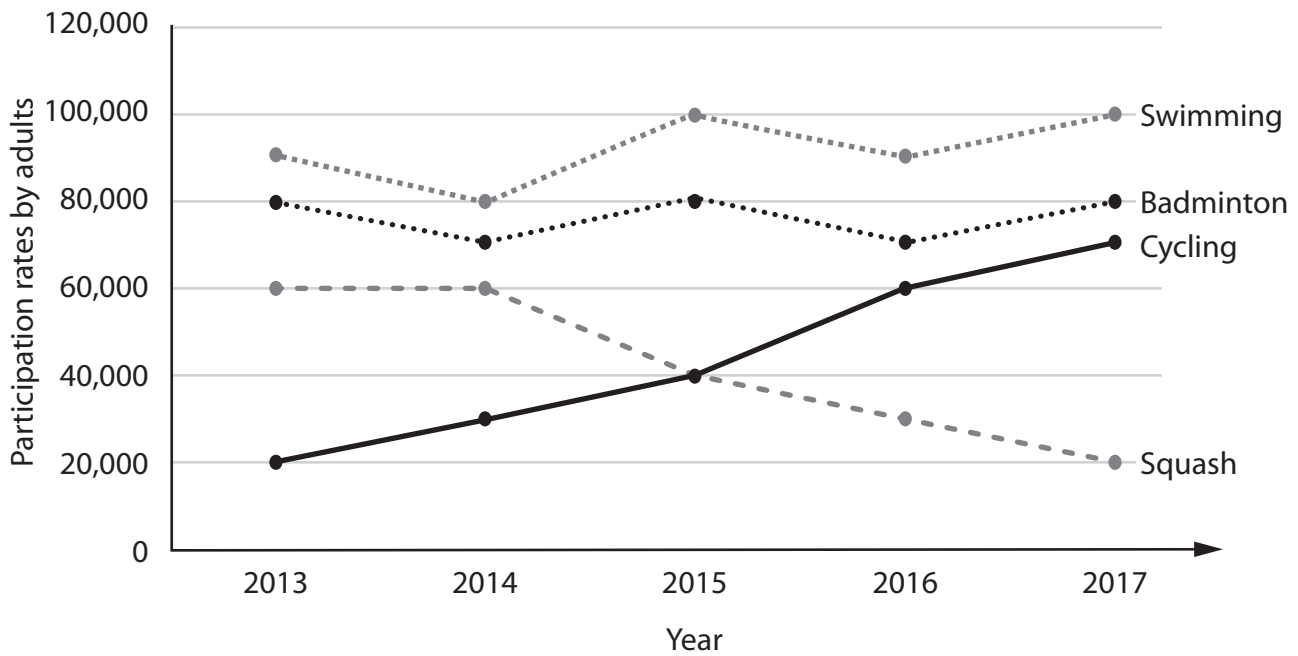


Figure 1

(c) Identify the sport with the greatest increase in participation rates between 2013 and 2017.

(1)

- A Badminton
- B Cycling
- C Squash
- D Swimming

(d) Identify the sport that has the same participation rate in 2013 and 2017.

(1)

- A Badminton
- B Cycling
- C Squash
- D Swimming



(e) Identify the term being described.

Feedback given at the same time as the skill is performed.

(1)

- A Concurrent
- B Manual
- C Visual
- D Terminal

(f) Which **one** of the following is the **most** likely risk of drinking too much alcohol over a long period of time?

(1)

- A Arthritis
- B Liver damage
- C Lung cancer
- D Osteoporosis

(Total for Question 1 = 6 marks)

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2 Matilda has been training with friends to run in a marathon. This is a social health benefit for Matilda.

(a) State **two** other types of health benefit.

(2)

1

2

(b) Matilda does not smoke cigarettes, however some of her friends smoke regularly.

Explain **one** reason why **not** smoking would be an advantage for Matilda when running a marathon.

(2)

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(Total for Question 2 = 4 marks)

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3 Explain **one** strength and **one** weakness for the SMART target below.

'I keep dropping the ball in netball so I want to improve my coordination in the next month.'

(a) Strength

(2)

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(b) Weakness

(2)

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(Total for Question 3 = 4 marks)

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4 Lucas is a 100 m backstroke swimmer. He uses goal setting at the start of the season to improve his performance.

Give **three** reasons why goal setting is important for Lucas.

(3)

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(Total for Question 4 = 3 marks)

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5 **Figure 2** and **Figure 3** show a tennis serve in an outdoor doubles match and its classification on the open-closed skill continuum.



(Source: © Sebastian Luis Acosta/Getty Images)

Figure 2

Tennis player serving



Figure 3

Justify, using examples, why the tennis serve has not been placed at the extreme end of the closed part of the continuum.

(4)

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(Total for Question 5 = 4 marks)



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6 (a) Define the term sportsmanship.

(1)

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(b) Explain the difference between gamesmanship and deviancy in sport.

(2)

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(Total for Question 6 = 3 marks)

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7 Explain **two** reasons why massed practice would be suitable for use with an experienced basketball player.

(4)

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(Total for Question 7 = 4 marks)

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8 (a) Identify the types of guidance being used in **Figure 4** and **Figure 5**.



Figure 4



Figure 5

(Source: ©GONZALO/Bauer-Griffin/Getty Images)
(Source: ©Undrey/Shutterstock)

(i) Type of guidance in **Figure 4**:

(1)

(ii) Type of guidance in **Figure 5**:

(1)

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(b) Fatima is coaching netball to young children in her local primary school. She is using verbal guidance in her coaching.

Explain **two** disadvantages of using verbal guidance when coaching young children.

(4)

1

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(Total for Question 8 = 6 marks)



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9 Sleep is essential to recover from the day.

State **two** negative effects of lack of sleep on physical health and well-being.

(2)

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(Total for Question 9 = 2 marks)

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10 Many professional football clubs use quantitative data to measure the performance of their players.

Table 1 shows some of the data collected on three players during a football match.

	Player 1	Player 2	Player 3
Distance run	8.1 km	7.6 km	7.2 km
Successful passes	54	50	38
Unsuccessful passes	5	6	11
Tackles	16	12	25
Shots on target	2	3	0
Shots off target	5	1	5
Interceptions	2	4	7
Successful headers	5	3	12

Table 1

Analyse the data suggesting **two** strengths and **two** weaknesses of Player 3.

(a) Strengths

(2)

1

2

(b) Weaknesses

(2)

1

2

(Total for Question 10 = 4 marks)



11 A balanced diet is made up of macronutrients, micronutrients, fibre and water.

(a) Identify **two** micronutrients.

(2)

1

2

(b) Protein is a key factor in the diet of an elite power athlete such as a weightlifter.

Explain why it is important for weightlifters to consider the timing of their protein intake.

(3)

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(Total for Question 11 = 5 marks)

12 Explain the energy balance equation for maintaining a healthy weight.

(3)

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(Total for Question 12 = 3 marks)

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14 Evaluate the importance of intrinsic and extrinsic feedback for a player in an under 12 hockey team.

(9)

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(Total for Question 14 = 9 marks)



15 Discuss the impact a sedentary lifestyle can have on physical health.

(9)

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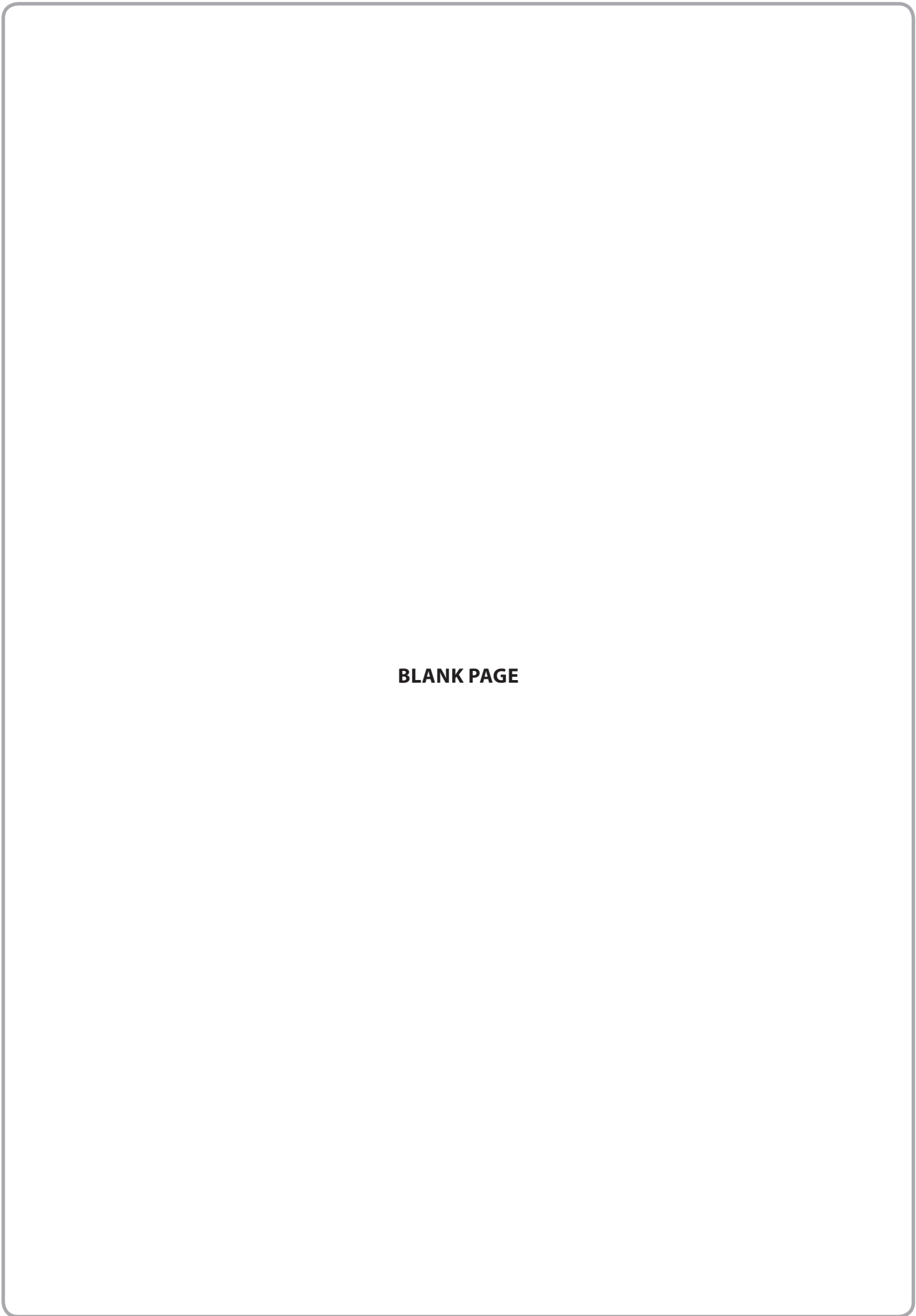
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TOTAL FOR PAPER = 70 MARKS





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