

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Candidate Number

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Pearson Edexcel Level 1/2 GCSE (9–1)

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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Q:1/1/1/1/1



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 skills would be placed towards the **open** end of the open-closed skill continuum? (1)

<input type="checkbox"/>	A A footballer dribbling around a defender
<input type="checkbox"/>	B A gymnast performing a handstand
<input type="checkbox"/>	C A high board diver performing a double somersault
<input type="checkbox"/>	D An athlete throwing a javelin

- (b) Which **one** of the following is a description of a **high organisation** skill? (1)

<input type="checkbox"/>	A A skill that can be broken down easily into different phases
<input type="checkbox"/>	B A skill that cannot be broken down and practised separately
<input type="checkbox"/>	C A skill that is affected by the environment
<input type="checkbox"/>	D A skill that requires little concentration to execute

- (c) Which **one** of the following affects optimum weight? (1)

<input type="checkbox"/>	A Age
<input type="checkbox"/>	B Bone structure
<input type="checkbox"/>	C Ethnicity
<input type="checkbox"/>	D Fitness

- (d) Which **one** of the following is associated with a sedentary lifestyle? (1)

<input type="checkbox"/>	A Cycling 5km to work every day
<input type="checkbox"/>	B Eating five portions of fruit and vegetables every day
<input type="checkbox"/>	C Sitting still at work every day
<input type="checkbox"/>	D Walking up the stairs instead of taking the lift every day

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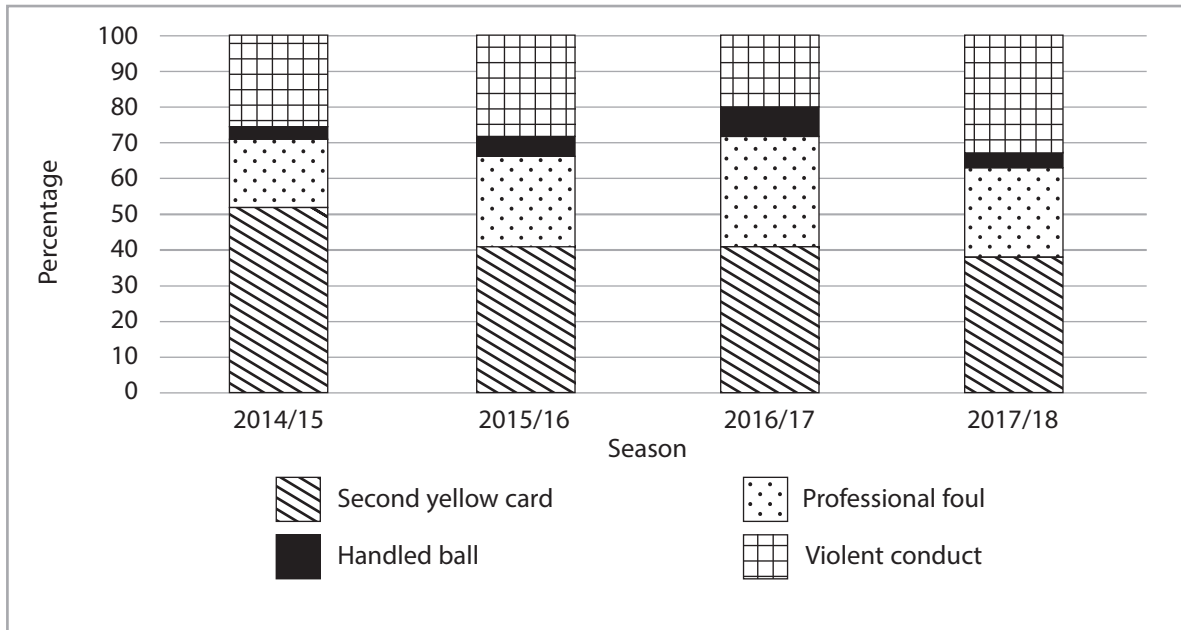
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For Questions 1(e) and 1(f) use Figure 1 to decide whether A, B, C or D is correct.

Figure 1 shows the reasons for red cards in the Premier Football League between the 2014/15 and 2017/18 seasons.



(Source: © Sky Sports, 2017/ <https://www.skysports.com/football/news/11096/11074552/premier-league-red-cards-are-dismissals-on-the-rise>)

Figure 1

- (e) Which **one** of the following reasons causes the **lowest** percentage of red cards each season?

(1)

<input type="checkbox"/>	A Handled ball
<input type="checkbox"/>	B Professional foul
<input type="checkbox"/>	C Second yellow card
<input type="checkbox"/>	D Violent conduct

- (f) Identify the season when the largest percentage of players received a second yellow card.

(1)

<input type="checkbox"/>	A 2014/15
<input type="checkbox"/>	B 2015/16
<input type="checkbox"/>	C 2016/17
<input type="checkbox"/>	D 2017/18

(Total for Question 1 = 6 marks)

2 Participation in sport and physical activity can bring many health benefits.

Complete **Table 1** by:

(a) Stating the **type** of each of the following health benefits.

Benefit	(a) Type of health benefit
(i) Improved co-operation	(1)
(ii) Lowered resting heart rate	(1)
(iii) Reduced stress	(1)

Table 1

(b) Describe how participation in sport and physical activity can improve co-operation.

(2)

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(Total for Question 2 = 5 marks)



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3 Regular exercise can reduce the risk of coronary heart disease and osteoporosis.

Explain **two other** long-term health risks that can be reduced through regular participation in exercise.

(3)

Long-term health risk 1

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(3)

Long-term health risk 2

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(Total for Question 3 = 6 marks)



4 **Figure 2** shows players working together to win a rugby scrum.



(Source: © Paolo Bona/Shutterstock)

Figure 2

Figure 3 shows three locations on the basic–complex skill continuum.

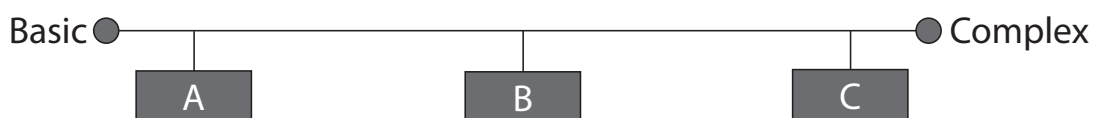


Figure 3

(a) Identify, using A, B or C in **Figure 3**, where on the basic–complex skill continuum the rugby scrum would **most** likely be placed.

(1)

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(b) State **two** differences between a basic skill and a complex skill.

(2)

1

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(Total for Question 4 = 3 marks)

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5 Pavel is a 100m breaststroke swimmer. He uses SMART targets to improve his performance.

Explain why Pavel's SMART targets should be **realistic** and **time-bound**.

(i) **Realistic**

(2)

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(ii) **Time-bound**

(2)

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(Total for Question 5 = 4 marks)



- 6 **Figure 4** shows a football coach providing feedback to an under 11 football team **after** a game has finished.



(Source: © Fotokostic/Shutterstock)

Figure 4

- (a) State the **type** of feedback being used by the football coach after the game has finished in **Figure 4**.

(1)

- (b) Explain why **concurrent** feedback from the football coach could improve the performance of the football team.

(3)

(Total for Question 6 = 4 marks)



7 Mental rehearsal is a technique used by many athletes to improve performance.

State **two** benefits of mental rehearsal.

(2)

1

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2

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(Total for Question 7 = 2 marks)

8 The NHS recommends that teenagers have 8 to 10 hours of sleep a day to maintain the correct work/sleep balance for good health.

Explain why a lack of sleep can have a **negative** impact on **physical** health.

(2)

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(Total for Question 8 = 2 marks)



9 **Figure 5** shows Bella being taught to swim using a float for mechanical guidance.



(Source: © Joe MoJo/Shutterstock)

Figure 5

State **one** advantage and **one** disadvantage of using mechanical guidance when teaching Bella to swim.

(i) Advantage

(1)

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(ii) Disadvantage

(1)

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(Total for Question 9 = 2 marks)

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10 Coaches use different types of practice structure to teach different skills.

Explain why **variable** practice is used to develop open skills.

(2)

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(Total for Question 10 = 2 marks)

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11 Serena's tennis coach has carried out an analysis of her last match. The data collected is shown in **Table 2**.

1st serve percentage	80%
Aces (service winner)	11
Double service faults	14
Win percentage on 1st serve	73%
Win percentage on 2nd serve	20%
Forehand winners	3
Forehand unforced errors	12
Backhand winners	13

Table 2

Analyse the data in **Table 2** to determine **two** strengths and **two** weaknesses of Serena's performance.

(a) Strengths

(2)

1

2

(b) Weaknesses

(2)

1

2

(Total for Question 11 = 4 marks)



12 During a football match, a player may display **sportsmanship** or **gamesmanship**.

(a) Describe the difference between **sportsmanship** and **gamesmanship**.

(2)

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(b) Explain the importance of elite performers demonstrating **sportsmanship**.

(3)

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(Total for Question 12 = 5 marks)



13 Deviant behaviour in elite level sport, such as taking performance-enhancing drugs, has consequences for sport.

Give **three** consequences of deviancy for **sport**.

(3)

1

2

3

(Total for Question 13 = 3 marks)

14 Explain **one** advantage and **one** disadvantage of sponsorship for **sport**.

(i) Advantage

(2)

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(ii) Disadvantage

(2)

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(Total for Question 14 = 4 marks)



15 Ethnicity and gender are two of the personal factors that can have a negative impact on adults' participation in sport.

Evaluate **three other** personal factors which can negatively impact on an adult's participation in sport.

(9)

Area for student response with horizontal dotted lines.



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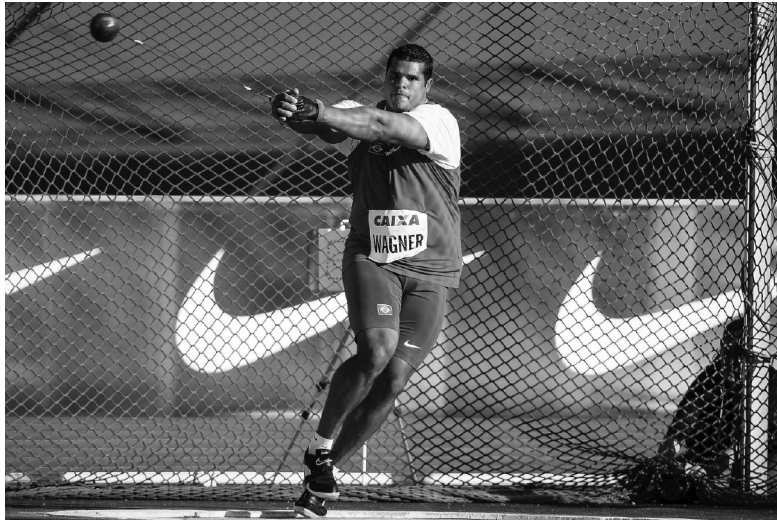
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(Total for Question 15 = 9 marks)



P 7 1 1 1 2 A 0 1 7 2 0

16 **Figure 6** shows Demitri, who is an elite power athlete, throwing the hammer.



(Source: © Wagner Carmo/Shutterstock)

Figure 6

Evaluate the importance of **protein, carbohydrates** and **vitamins** for elite power athletes such as Demitri.

(9)

A series of horizontal dotted lines provided for writing the answer to the question.

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Handwriting practice area with 20 horizontal dotted lines.



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(Total for Question 16 = 9 marks)

TOTAL FOR PAPER = 70 MARKS

