



**GENERAL CERTIFICATE OF SECONDARY EDUCATION
PHYSICAL EDUCATION**

B451

An Introduction to Physical Education

Candidates answer on the Question Paper

OCR Supplied Materials:
None

Other Materials Required:
None

**Friday 21 May 2010
Afternoon**

Duration: 1 hour



Candidate Forename		Candidate Surname	
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Centre Number						Candidate Number				
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MODIFIED LANGUAGE

INSTRUCTIONS TO CANDIDATES

- Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure that you know what you have to do before starting your answer.
- Answer **all** the questions.
- Section A – candidates should only circle one answer per question.
- Do **not** write in the bar codes.
- Write your answer to each question in the space provided. Additional paper may be used if necessary but you must clearly show your Candidate Number, Centre Number and question number(s).

INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **60**.
- Your quality of written communication is assessed in the question marked with an asterisk (*).
- This document consists of **12** pages. Any blank pages are indicated.

Section A

Answer **all** questions. Please **circle** one answer per question.

- 1** Which one of these people might be a role model for other people who are participating in physical activities?
- (a) A friend who does not do much physical exercise.
 - (b) A parent who thinks physical exercise is important.
 - (c) A teacher who does not think sport is important.
 - (d) A local authority that provides facilities for physical activities. **[1]**
- 2** Which one of these foods is high in carbohydrates?
- (a) Fish.
 - (b) Bananas.
 - (c) Meat.
 - (d) Eggs. **[1]**
- 3** Which one of the following is a key process in physical education?
- (a) Effort.
 - (b) Competence.
 - (c) Developing skills and techniques.
 - (d) Performance. **[1]**
- 4** Which one of the following is a volunteer route into physical activity?
- (a) Playing professional rugby.
 - (b) Being a referee in a Premiership football game.
 - (c) Being the coach of a world circuit tennis player.
 - (d) Organising an exercise class for clients in a care home. **[1]**

- 5 Which one of the following age groups participates most in physical activities?
- (a) 16-24 years of age.
 - (b) 25-34 years of age.
 - (c) 35-44 years of age.
 - (d) 45-59 years of age. [1]
- 6 Which one of the following is a reason for **not** participating in physical activities?
- (a) Participating in physical activities improves fitness.
 - (b) Participating in physical activities develops personal skills.
 - (c) Participating in physical activities improves mental health.
 - (d) Participating in physical activities increases risk of injury. [1]
- 7 Which one of the following is the recommended amount of exercise for a healthy young person (5-18 years of age)?
- (a) One hour per week.
 - (b) 30 minutes, five to seven days per week.
 - (c) One hour, five to seven days per week.
 - (d) 30 minutes, one day per week. [1]
- 8 Which one of the following statements shows a person who does not have confidence in participating in physical activities?
- (a) "There are no local facilities."
 - (b) "I don't have enough spare time."
 - (c) "I am not good enough."
 - (d) "I don't have enough money." [1]

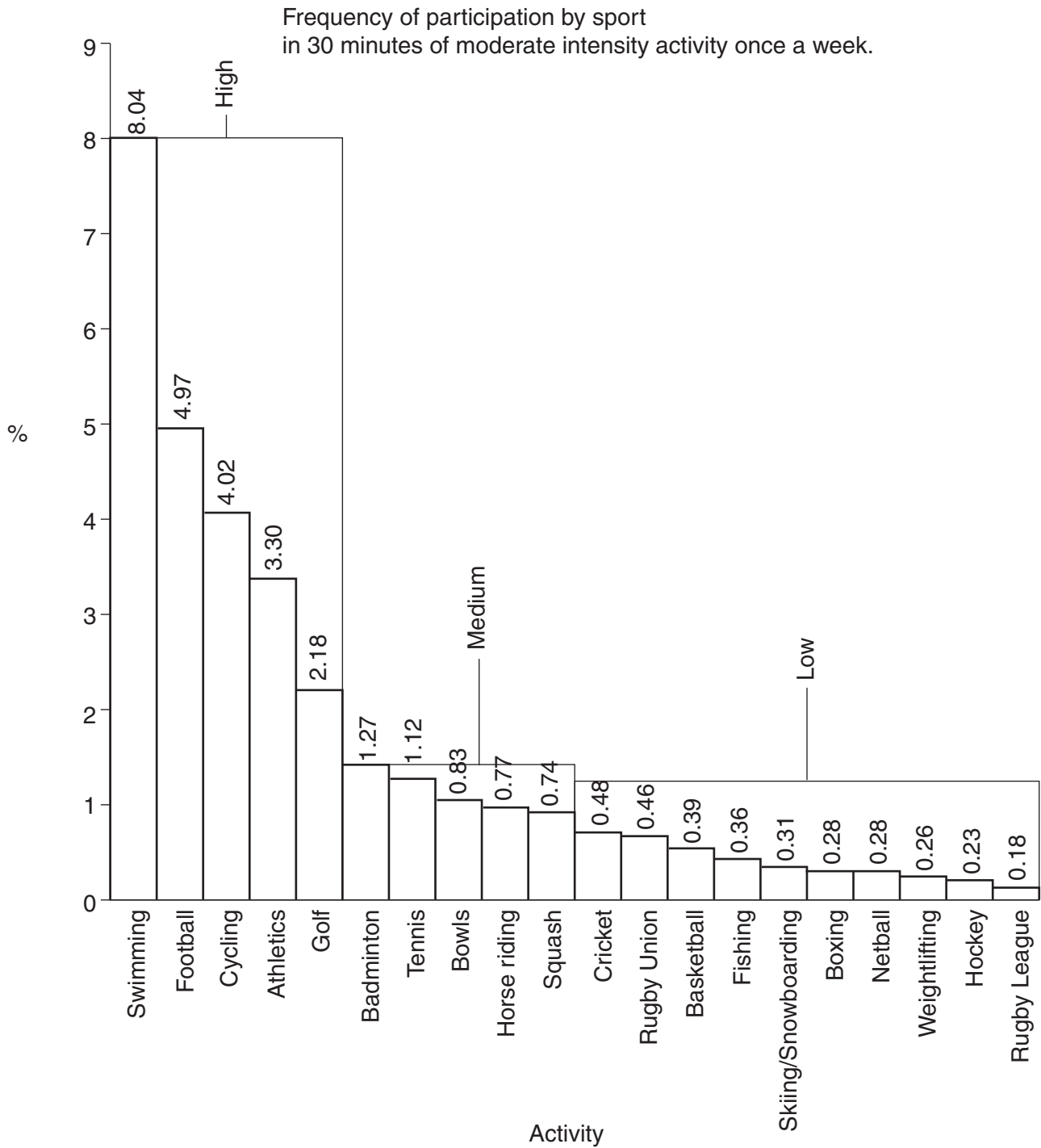
- 9** Which one of the following is the best description of a balanced diet?
- (a) A balance between what people eat and the energy they use.
 - (b) A balance of different types of protein.
 - (c) A balance between what people eat and what they drink.
 - (d) A balance between fruit and vegetables. [1]
- 10** Which one of the following is a suitable test for strength?
- (a) A tug of war competition.
 - (b) The sit and reach test.
 - (c) The stork stand test.
 - (d) The grip dynamometer test. [1]
- 11** Muscular endurance is one component of fitness. Which of the following is the best description of muscular endurance?
- (a) To be able to do repetitive tasks without getting tired.
 - (b) To be able to lift a heavy weight.
 - (c) To be able to run fast over a short distance.
 - (d) To be able to touch your toes with straight legs for a long period of time. [1]
- 12** Which one of the following is the best description of a successful leader in a physical activity?
- (a) Someone who tosses the coin at a start of a match.
 - (b) Someone who has a loud voice that all participants can hear.
 - (c) Someone who is physically fit.
 - (d) Someone who encourages others to take part effectively. [1]

- 13** Which one of the following is the best description of performance in physical education?
- (a) To be physically fit.
 - (b) To follow a healthy lifestyle.
 - (c) To play well.
 - (d) To be creative when officiating. [1]
- 14** Which one of the following would be a good method of exercise to improve your stamina?
- (a) Yoga.
 - (b) Pilates.
 - (c) Sprinting.
 - (d) Aerobics. [1]
- 15** You need to find out many things when you are assessing a person for readiness to exercise. Which one of the following do you **not** need to find out about?
- (a) Family history of illness.
 - (b) Age of participant.
 - (c) History of sports success.
 - (d) Fitness level of participant. [1]

[15 marks]

20 Fig. 1 shows the results of research into how many people participate in different physical activities.

Fig. 1



Using Fig. 1 choose an activity which has a high percentage of participation. Give **two** reasons why it has a high percentage of participation.

Activity 1 (High percentage participation)

Reason 1:

.....

Reason 2:

.....

Using Fig. 1 choose an activity which has a medium percentage of participation. Give **two** reasons why it has a medium percentage of participation.

Activity 2 (Medium percentage participation)

Reason 1:

.....

Reason 2:

.....

Using Fig. 1 choose an activity which has a low percentage of participation. Give **two** reasons why it has a low percentage of participation.

Activity 3 (Low percentage participation)

Reason 1:

.....

Reason 2:

..... [6]

24 The following are aspects of creativity as a physical education concept:

- expressing ideas
- solving problems
- exploring tactics
- being effective.

Describe how each of these aspects of creativity can be achieved. Give practical examples to support your answers.

Expressing ideas

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Solving problems

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Exploring tactics

.....

Being effective

..... [4]

25* Choose one physical activity. Describe what the umpire or the referee has to do.

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..... [6]

[45 marks]

[Paper total: 60 marks]

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