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**OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GENERAL CERTIFICATE OF SECONDARY EDUCATION**

B451

PHYSICAL EDUCATION

An Introduction to Physical Education

TUESDAY 24 MAY 2011: Afternoon

DURATION: 1 hour

SUITABLE FOR VISUALLY IMPAIRED CANDIDATES

Candidates answer on the question paper.

OCR SUPPLIED MATERIALS:

None

OTHER MATERIALS REQUIRED:

None

READ INSTRUCTIONS OVERLEAF

INSTRUCTIONS TO CANDIDATES

- **Write your name, centre number and candidate number in the boxes on the first page. Please write clearly and in capital letters.**
- **Use black ink. Pencil may be used for graphs and diagrams only.**
- **Read each question carefully. Make sure you know what you have to do before starting your answer.**
- **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).**
- **Answer ALL the questions.**
- **Section A – candidates should only circle one answer per question.**

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(*).**

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SECTION A

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

1 Which one of the following is an essential component of a healthy diet?

(a) Pasta

(b) Fish

(c) Water

(d) Bread

[1]

2 Which one of the following is a good example of the aesthetic characteristic of skilful movement?

(a) The rugby player fouls an opponent who tries to run past with the ball

(b) The movement of the gymnast looks good and is fluent in the floor exercise

(c) The movement of the volleyball player is fast across the court to get to the ball

(d) The footballer shouts for the ball because there is no space to shoot

[1]

- 3 Which one of the following is a way to get involved in physical activity?**
- (a) Subscribe to a sports TV channel**
 - (b) Volunteering to help coach the local football team**
 - (c) Reading the sports pages of a quality newspaper**
 - (d) Buying a fashionable, well-fitting track-suit [1]**
- 4 Which one of the following is an example of peer pressure that prevents participation in physical activities?**
- (a) Watching your local rugby team rather than playing**
 - (b) Friends telling you that physical activity is for 'losers'**
 - (c) Giving up sport because of your part-time job**
 - (d) Preferring to play computer games [1]**

- 5 Which one of the following is an example of the role of an official in school physical education lessons?**
- (a) Being captain of a hockey team**
 - (b) Coaching the lower school football team**
 - (c) Collecting the bibs at the end of a games lesson**
 - (d) Refereeing a basketball game** [1]
- 6 Which one of the following is the best description of aqua-aerobics?**
- (a) Snorkelling in heavy sea conditions**
 - (b) An exercise class in water**
 - (c) Swimming in a long distance race**
 - (d) Extra time in a water polo match** [1]

- 7 Which one of the following is a good example of decision making when participating in physical activities?**
- (a) Choosing a local team to support even though they have a low league position**
 - (b) Choosing to follow a GCSE course in physical education**
 - (c) Choosing the right diet to lose weight**
 - (d) Choosing the right pass to one of your team mates**

[1]

- 8 One of the key concepts in physical education is healthy, active lifestyles.**

Which one of the following shows how physical activity can lead to a healthy, active lifestyle?

- (a) Playing a sport encourages you to give up smoking**
- (b) Being a referee gives you more power**
- (c) Joining a netball team will make you more aggressive**
- (d) Volunteering to run a team will be financially rewarding**

[1]

9 Cooling down following physical activity is important.

Which one of the following is a good reason for performing a cool down?

(a) Improves speed of movement

(b) Raises the pulse rate

(c) Rehydrates the body

(d) Prevents muscle soreness

[1]

10 One of the key processes in physical education is developing skills and techniques.

Which one of the following is a good example of developing skills and techniques?

(a) Trying to serve consistently well in tennis

(b) Representing your school team regularly

(c) Trying to win in a basketball game

(d) Choosing the right golf club when preparing for a shot

[1]

11 Positive mental health can be an indicator of health and well-being.

Which one of the following shows positive mental health?

(a) Staying out of trouble

(b) Regular eating

(c) Feeling happy

(d) Regular fitness training

[1]

12 Which one of the following shows the importance of muscular endurance as a component of a healthy lifestyle?

(a) To get jobs done quickly and to have more time for sport

(b) To be able to reach for things in everyday life without hurting yourself

(c) To be able to carry your baby brother safely on long walks

(d) To be determined in all mental and physical activities

[1]

- 13 Which one of the following shows that ethnicity can affect participation in physical activity?**
- (a) If you are tall then you will be able to jump higher**
 - (b) You are more likely to be involved in physical activity if your friends are involved**
 - (c) You may not be selected for a team because of the colour of your skin**
 - (d) Northern European people are better at swimming** [1]
- 14 Which one of the following is an example of a test protocol when setting up a fitness test?**
- (a) To ensure that the distance is measured accurately**
 - (b) To shower and change your clothes after the test**
 - (c) To try and compete with others to get the best score**
 - (d) To shout out the score after a flexibility test** [1]

15 Which one of the following is a health reason for participating in physical activities?

(a) To participate as a job and to get money

(b) To create a good image to others

(c) To copy role models who are successful

(d) To help to manage your stress levels [1]

[15 marks]

SECTION B

Answer ALL questions.

16 Give THREE practical examples that show different characteristics of skilful movement in physical activities.

[3]

17 Health screening is important in assessing the body's readiness for exercise.

Identify and describe TWO health screening methods in assessing readiness for exercise.

Method 1 _____

Method 2 _____

_____ [4]

19 Give FOUR ways that disability might affect participation in physical activities.

[4]

23 Give THREE examples of etiquette when participating in physical activities.

[3]

24 Creativity is a key concept in physical education for pupils who perform, coach or lead.

Identify and describe TWO different examples of creativity in physical activities, either as a performer, coach or leader.

Example 1 _____

Example 2 _____

[4]

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