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**OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GCSE**

B451

PHYSICAL EDUCATION

An Introduction to Physical Education

WEDNESDAY 25 JANUARY 2012: 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. HB pencil may be used for graphs and diagrams only.**
- **Answer ALL the questions.**
- **Section A – candidates should only circle one answer per question.**
- **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).**

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 (*).**

SECTION A

Answer ALL questions. Please circle one answer per question.

1 Minerals are essential components of a balanced diet.

Which one of the following is NOT a mineral?

(a) Water

(b) Iron

(c) Calcium

(d) Potassium

[1]

2 Which one of the following is an example of a role the school Physical Education curriculum has in promoting an active, healthy lifestyle?

(a) Selecting the best players for the school team

(b) Teaching pupils that winning is the only important aim

(c) Developing pupils' motor skills

(d) Giving effective childcare advice

[1]

- 3 Which one of the following is a component of fitness?**
- (a) Cardiovascular endurance**
 - (b) A cool down**
 - (c) A fundamental motor skill**
 - (d) Health screening** **[1]**

- 4 A referee is an official who has an important role in physical activities.**

Which one of the following is an example of the role of a referee in a physical activity?

- (a) Ensuring that all players have a good level of fitness**
- (b) Recording performance statistics**
- (c) Applying rules fairly**
- (d) Supervising the warm up** **[1]**

- 5 Which one of the following best explains the key concept of creativity in Physical Education?**
- (a) Trying to win in football**
 - (b) Reaching the best fitness level in hockey**
 - (c) Encouraging a friend to join you in an exercise class**
 - (d) Exploring the use of different tactics in tennis [1]**
- 6 Which one of the following is the best example of a role model promoting participation in physical activities?**
- (a) Trying to beat your personal best in the high jump**
 - (b) To enjoy participating in an exercise class**
 - (c) Taking up yoga to keep flexible**
 - (d) Watching an Olympic athlete and joining an athletics' club [1]**

- 7 Which one of the following is an example of a performance goal?**
- (a) To try to win the league in your sport**
 - (b) To try to get a goal back near the end of the match**
 - (c) To try to improve your throwing technique in the javelin**
 - (d) To try to beat your opponent and win a trophy [1]**
- 8 Which one of the following is an example of muscular endurance?**
- (a) To be able to stretch effectively in a gymnastics activity**
 - (b) To be able to lift a heavy weight correctly in training**
 - (c) To be able to finish a circuit training session**
 - (d) To be able to run quickly over a short distance [1]**

- 9 Which one of the following is the best example of good etiquette when performing a physical activity?**
- (a) Shaking hands with your opponent when you have finished a rugby game**
 - (b) Letting someone else win in a swimming race**
 - (c) Shouting at the referee to get across your point of view in a football match**
 - (d) Breaking the rules in a hockey game [1]**
- 10 Which one of the following is a fundamental motor skill?**
- (a) Slice serve in tennis**
 - (b) Spin bowling in cricket**
 - (c) Running for the ball in football**
 - (d) Back spin in a table tennis shot [1]**

11 A lack of confidence is often given as a reason for non-participation in physical activities.

Which one of the following is an example of a lack of confidence leading to non-participation?

- (a) Kerry does not turn up to her dance class because of work commitments**
 - (b) Steve has given up on physical exercise because he has a knee injury**
 - (c) Kamal does not see the point of physical exercise because he enjoys playing computer games more**
 - (d) James does not go weight training because he feels that he is not as good as the other people in the class**
- [1]**

12 One way to measure the body's readiness for exercise is to use the body mass index (BMI) measurement.

Which one of the following is the BMI score that indicates obesity?

- (a) 15**
 - (b) 20**
 - (c) 25**
 - (d) 30**
- [1]**

- 13 Which one of the following is an example of an aesthetic characteristic of skilful movement?**
- (a) Scoring a goal near the end of a netball match**
 - (b) Completing a co-ordinated and smooth floor routine in gymnastics**
 - (c) A goalkeeper knowing which way to dive to save the ball in football**
 - (d) Winning a sprint race in record time [1]**
- 14 Which one of the following is an example of a health and safety consideration when setting up a fitness test?**
- (a) The same person records the time taken to complete the test by all the athletes**
 - (b) The weight training equipment is checked before being used**
 - (c) Each person performing the test is encouraged in exactly the same way**
 - (d) All those performing the test should try to be the best [1]**

15 Which one of the following is the most popular in terms of participation in the UK for all age groups?

(a) Yoga

(b) Cycling

(c) Squash

(d) Walking

[1]

[15 marks]

SECTION B

Answer ALL questions.

16 Identify THREE different pathways for involvement in physical activities.

1) _____

2) _____

3) _____

[3]

17 Describe FOUR characteristics of skilful movement.

[4]

18 Identify and describe THREE measures or indicators of health and well-being.

Identification _____

Description _____

Identification _____

Description _____

Identification _____

Description _____

_____ **[6]**

21 Give an example of a cool down exercise AND explain why it is important to cool down following physical activity.

Example _____

Explanation _____

_____ [5]

22 Describe suitable tests for speed and flexibility.

Speed test _____

Description _____

Flexibility test _____

Description _____

_____ [4]

23 More females are getting involved in sport but males are still more likely to participate in sport than females.

Give THREE reasons why some females are less likely than males to participate in sport.

Reason 1 _____

Reason 2 _____

Reason 3 _____

_____ **[3]**

24 A well-balanced diet includes water and fibre.

Explain why water and fibre are important components of a balanced diet.

Water _____

Fibre _____

_____ **[4]**

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