

Candidate Name	Centre Number	Candidate Number
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## GCSE

197/01\*266/01

### PHYSICAL EDUCATION – PAPER 1 AND PHYSICAL EDUCATION (SHORT COURSE)

A.M. FRIDAY, 16 May 2008

1½ hours

**(This includes five minutes  
reading time)**

For Examiner's use only		
Question	Maximum mark	Mark awarded
1	16	
2	12	
3	12	
4	30	
<b>Total</b>	<b>70</b>	
<b>QWC</b>	<b>3</b>	
<b>Final Total</b>	<b>73</b>	

#### ADDITIONAL MATERIALS

Video tape in VHS format or DVD.

#### INSTRUCTIONS TO CANDIDATES

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** the questions in the spaces provided in this question-and-answer booklet.

#### INFORMATION FOR CANDIDATES

The clips for Section A will be shown three times.

Before the clips are shown you will have five minutes to read the questions.

All three clips will be shown during which time you may answer the questions and make notes.

Each clip will be shown a second time and there will be five minutes after each clip to answer the questions.

The three clips will be shown for the third and final time.

There will then be approximately forty five minutes to complete Sections A and B.

The mark allocation for each part of a question is shown in brackets.

You will be awarded up to three marks for the quality of written communication.

Answer **all** the questions in the spaces provided.

**SECTION A**

**Questions for clip 1**

1. (a) What method of training is taking place? [1]

Tick (✓) **one** box only.

Circuit		Interval		Continuous	
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(b) (i) What component of physical fitness can be developed from this method of training? [1]

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(ii) Give **three** reasons for your answer in (b) (i). [3]

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(iii) Give a definition of the component of physical fitness identified in (b) (i). [1]

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(c) (i) How could this method of training be made more demanding? [2]

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(ii) Suggest **one** principle of training that can be observed in this video clip. Explain your answer. [1]

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(d) Describe how the physical fitness component identified in (b) (i) is used in a sporting activity of your choice. [2]

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(e) (i) Give **three** reasons why you would use the method of training shown in the video. [3]

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(ii) Identify **two** precautions you would take to minimise the risk of injury in the method of training shown in the clip. [2]

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**Total Mark**

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**Questions for clip 2**

2. (a) What method of training is being demonstrated? [1]

- .....
- (b) (i) What is the main component of physical fitness being developed? [1]

*Tick (✓) one box only.*

CV Endurance		Power		Flexibility	
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- (ii) Define the component of physical fitness being developed. [1]

- .....
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- (c) (i) Explain how the video clip demonstrates the principle of overload. [1]

- .....
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- (ii) Suggest **four** other ways of making this method of training more demanding. [4]

- .....
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- (d) Explain how the component of fitness identified in (b)(i) is used in a sporting activity of your choice. [2]

- (e) Where in the periodisation cycle would this component of physical fitness be developed?  
Give reasons for your answer. [2]

*Tick (✓) one box only.*

Pre-season		Competitive-season		Closed-season	
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**Total Mark**

*Questions for clip 3*

3. (a) What method of training is taking place? [1]

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(b) (i) Complete the following table.

Number of sets of exercise	
Number of repetitions per set	..... ..... .....
Component of fitness being developed	

[5]

(ii) Define the component of physical fitness identified in (b)(i). [1]

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(c) Describe a specific sporting example of when this component of fitness would be used. [2]

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(d) Give **three** specific safety principles that are observed in the video clip. [3]

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**Total Mark**

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**SECTION B**

4. Look at the information in the table below and answer the questions that follow.

	1998 RESULTS	2004 TARGET	2004 RESULTS
11-16 year olds, participating in extra-curricular activities	49%	60%	71%
11-16 year olds with sports club membership	47%	60%	73%

- (a) (i) Give **two** different reasons why the Sports Council would have been pleased with the information shown in the table. [2]

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- (ii) Describe **two** government initiatives in either Wales or England aimed at encouraging greater participation in physical activity amongst young people. [4]

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(b) Sport needs funding and this comes from many different sources including sponsorship.

(i) List **four** ways, other than sponsorship, in which sport is funded. [4]

(I) .....

(II) .....

(III) .....

(IV) .....

(ii) “Sport will always benefit from sponsorship.”  
To what extent do you agree with this statement? [6]

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(c) The Olympic Games is being held in London in 2012.

(i) Outline **two** benefits that are likely to arise from hosting the Olympic Games. [2]

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- (ii) Some people are less convinced of the benefits that will result from the Olympic Games being held in London. Suggest **two** reasons why they might take this view. [2]

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- (d) “Girls are put off school sport classes by unfashionable kit and inadequate changing rooms.”  
Estyn Report (School Inspectors) Girls’ Participation in Physical Activity in schools.

- (i) Give **four** ways other than those mentioned above in which girls could be encouraged to participate more in sport and Physical Education. [4]

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- (ii) “Much has been done to encourage participation in sport. However, there is still a long way to go before sport is fully accessible (open) to all.”  
Discuss this statement. [6]

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**Total Mark**

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