

Surname	Centre Number	Candidate Number
Other Names		0



GCSE

4911/01



S16-4911-01

**PHYSICAL EDUCATION (SHORT COURSE)
UNIT 1**

P.M. FRIDAY, 20 May 2016

45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	19	
2.	15	
3.	16	
Total	50	

ADDITIONAL MATERIALS

DVD.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use pencil or gel pen. Do not use correction fluid.

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

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

If you run out of space, use the continuation page at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The clips for Questions 1 and 2 will be shown three times.

Before the clips are shown you will have five minutes to read the questions. Two clips will be shown during which time you may answer the questions and make notes.

The clips will be shown a second time. There will be five minutes after each clip to answer the questions.

The clips will be shown for a third and final time.

There will then be approximately twenty five minutes to complete the paper.

The number of marks is given in brackets at the end of each question or part-question.

You are reminded that assessment will take into account the quality of written communication used in your answers that involve extended writing in Q3 (b) and (c).



MAY1649110101

Answer all the questions in the spaces provided.

1. View the sailing video and answer the following questions.

(a) Describe how each of the components of fitness below are demonstrated in the video clip. [4]

Component of fitness	Description of how the components are demonstrated
Balance
Co-ordination
Strength
Agility

(b) Name a recognised test for each of the components of fitness below. [4]

Component of fitness	Test
Balance	
Co-ordination	
Strength	
Agility	



(c) (i) Identify a method of training that could improve strength. [1]

.....

(ii) Explain how **increased** strength could improve performance, using a sporting example of your choice. [2]

.....

.....

.....

.....

(d) Explain why it is beneficial for a sedentary person to improve his/her fitness. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

4911
010003



(e) Explain why it is important to have variety in your training.

[4]

Examiner
only

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

19



BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**



2. View the football video and answer the following questions.

(a) Describe how the following components of fitness are demonstrated in the video clip. [3]

Components of fitness	Description of how components are demonstrated
Speed	<p>.....</p> <p>.....</p>
Power	<p>.....</p> <p>.....</p>
Agility	<p>.....</p> <p>.....</p>

(b) Draw a line to match the components of fitness to the appropriate definitions. [3]

Component of fitness
Speed
Power
Agility

Definition
A maximal muscular contraction
Changing direction at speed
Speed x strength
Travelling from A to B in the quickest possible time



(c) (i) Identify a method of training that could develop speed. [1]

.....

(ii) Explain how the principles of training below could be applied to the training method identified in (c)(i). [4]

Principles of Training	Explanation of application to training method
SPECIFICITY
OVERLOAD

(d) Describe how **you** would warm-up for a physical activity of your choice. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**



