

FOR OFFICIAL USE

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Total

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X205/101

NATIONAL
QUALIFICATIONS
2011

MONDAY, 30 MAY
1.00 PM – 2.00 PM

PHYSICAL
EDUCATION
INTERMEDIATE 1

Fill in these boxes and read what is printed below.

Full name of centre

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Town

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Forename(s)

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Surname

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Date of birth

Day Month Year

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Scottish candidate number

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Number of seat

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- 1 Candidates should attempt **three** of the 4 sections.
- 2 All answers should be written in the spaces provided in this answer book and should be written clearly and legibly in ink.
- 3 The marks allocated to each question or part of a question are shown at the end of each question or part of a question.
- 4 Space for answers or rough work will be found at the end of this book. If further space is required, supplementary sheets may be obtained from the Invigilator and should be inserted inside the **front** cover of this book. You should draw a line through anything which you do not wish the examiner to mark.
- 5 Before leaving the examination room you must give this book to the Invigilator. If you do not, you may lose all the marks for this paper.



Marks

Attempt only THREE of the 4 Sections

SECTION 1—PERFORMANCE APPRECIATION

1. Choose **one** activity from your course.

Name of activity _____

- | | |
|--------------------------------|-------------------------|
| (a) Individual activity | Competitive |
| Team/Group activity | Non Competitive |
| Scoring System | Different Roles |
| Control | Rules |
| Public Nature | Codes of Conduct |

Choose **two** from the list above.

Choice 1 _____

How could this affect a performer?

2

Choice 2 _____

How could this affect a performer?

2

*Marks***1. (continued)**

- (b) **Technical** **Physical** **Personal** **Special**

From the above list choose a quality where you had a weakness.

Quality _____

Describe how this **weakness** affected your overall performance.

3

- (c) Give examples of how you used **one** of the techniques in the list below to help your performance.

Deep breathing **Relaxation techniques** **Mental rehearsal**

2

- (d) Outline a programme of work you used to improve your performance.

3**[Turn over**

*Marks***1. (continued)**

- (e) Name a method of gathering information.

1

Describe this method of gathering information.

2

- (f) What differences did you find in your performance after you finished your programme of work?

3

- (g) What would you do next to improve your performance?

2**Total Marks for Question (20)**

Marks

SECTION 2—PREPARATION OF THE BODY

2. (a) Fill in the blanks below.

Type of Fitness	Aspect of Fitness
Physical	
Skill Related	
	Concentration

3

- (b) (i) Choose an aspect of fitness _____

Name a test for this aspect of fitness _____

1

Describe this test _____

2

- (ii) Choose a different aspect of fitness _____

Name a test for this aspect of fitness _____

1

Describe this test _____

2

Choose **one** activity from your course.**Name of activity** _____

- (c) Explain why one
- type**
- of fitness is important in your chosen activity.

Type of fitness _____

Explanation _____

2

2. (continued)*Marks*

- (d) Name an **aspect** of fitness from the type chosen in part (c).

Choose a method of training.

1

Describe **one** training session you used to improve this aspect of fitness.

2

- (e) What changes did you make to your training sessions as your fitness improved?

2

- (f) How did you monitor your training?

2

2. (continued)*Marks*

- (g) Describe how your performance changed after completing your training sessions.

2**Total Marks for Question (20)****[Turn over**

SECTION 3—SKILLS AND TECHNIQUES

3. Choose **one** activity from your course.

Name of activity _____

Select a skill/technique from this activity that required improvement.

Skill/Technique _____

- (a) Explain why using a model performer may help you develop your weak skill/technique.

2

- (b) Describe the difference(s) you found when comparing your weak skill/technique with the model performer.

3

- (c) Name a method of practice _____

1

Describe this method of practice.

2

*Marks***3. (continued)**

- (d) (i) Select **one** method of feedback you received during the practice described in part (c).

Method of feedback _____

1

- (ii) Describe how you used this feedback to develop your weak skill/technique.

2

- (e) Now describe a **more difficult** practice that let you work on your weak skill/technique.

3

- (f) Circle **one** of the following.

- Motivation
- Concentration

Describe how it was used in either of your practices to help you make progress.

2

*Marks***3. (continued)**

- (g) Give an example of how your weak skill/technique changed after completing your practices.

2

- (h) Give an example of how your **whole** performance changed after completing your practices.

2**Total Marks for Question (20)**

Marks

SECTION 4—STRUCTURES STRATEGIES AND COMPOSITION

4. Choose **one** activity from your course.

Name of activity _____

(a) Name a structure, strategy or composition you have used in this activity.

Describe this structure, strategy or composition.

3

(b) Select **two** of the following.

- Develop motifs
- Use of space
- Creativity
- Speed of play/performance
- Width
- Depth
- Mobility

Explain why each was important to the structure, strategy or composition chosen in part (a).

Choice 1 _____ was important because

2

Choice 2 _____ was important because

2

*Marks***4. (continued)**

- (c) (i) Name a method you used to gather information on your structure, strategy or composition.

1

- (ii) Explain why it was important to gather information on your structure, strategy or composition.

2

- (d) Describe the weak part(s) of your structure, strategy or composition.

3

- (e) What did you do over time to improve the weak part(s)?

3

*Marks***4. (continued)**

- (f) How did you check to see whether improvements had been made?

2

- (g) What would you work on next to further improve your structure, strategy or composition?

2**Total Marks for Question (20)***[END OF QUESTION PAPER]*

SPACE FOR ANSWERS OR ROUGH WORK

SPACE FOR ANSWERS OR ROUGH WORK

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Question 1	
Question 2	
Question 3	
Question 4	
TOTAL	

(60)