

FOR OFFICIAL USE

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X205/101

Total

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NATIONAL
QUALIFICATIONS
2009

MONDAY, 1 JUNE
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.



Attempt only THREE of the 4 Sections

Marks

SECTION 1—PERFORMANCE APPRECIATION

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

Name of activity _____

(a) **Technical** **Physical** **Personal** **Special**

Select **one** of the qualities above. Describe how a model performer would show this quality in their performance.

3

(b) For this same quality, describe two weaknesses in your **own** performance.

Weakness 1

2

Weakness 2

2

Marks

1. (continued)

- (c) Select **one** of these weaknesses and explain the effect it had on your performance.

3

- (d) Describe **one** session from your programme of work that you used to improve this weakness.

3

- (e) Describe **one** type of feedback you received during this session.

2

[Turn over

Marks

1. (continued)

(f) Give examples of what has changed about your performance after your programme of work.

3

(g) What is your next target to improve your performance?

2

Total Marks for Question (20)

SECTION 2—PREPARATION OF THE BODY

Marks

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

Name of activity _____

(a) Name a **type** of fitness.

1

(b) (i) Name an **aspect** from this type of fitness.

1

(ii) Describe the effect it had on your performance.

3

(c) Describe a test for this aspect of fitness.

2

[Turn over

Marks

2. (continued)

(d) Give a clear description of the training you used to improve this type or aspect of fitness.

3

(e) Describe how this training might change as your performance improves.

3

(f) How did you monitor progress in your training?

3

Marks

2. (continued)

(g) Give an example of short and long term goals you would now set.

Short term goal

2

Long term goal

2

Total Marks for Question (20)

[Turn over

SECTION 3—SKILLS AND TECHNIQUES

Marks

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

Name of activity _____

(a) Describe a method you used to gather information about your performance.

2

(b) Describe **one** skill/technique from your performance which was a strength.

3

(c) Describe **one** skill/technique from your performance which was a weakness.

3

Marks

3. (continued)

(d) How did you improve this weakness? Give examples from your training programme.

3

(e) Select **two** of the principles of effective practice below:

- setting clear objectives/targets
- work to rest ratio
- model performance
- intensity of practice/progression
- boredom/fatigue.

Describe how you used these principles when working on your weakness.

Principle 1

2

Principle 2

2

Marks

3. (continued)

(f) What effect did working on your weakness have on your **whole** performance?

3

(g) What would you work on next to improve your performance?

2

Total Marks for Question (20)

SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION

Marks

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

Name of activity _____

(a) (i) Name a structure, strategy or composition from this activity.

1

(ii) Describe your **role** within this structure, strategy or composition.

3

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

- developing motifs
- space
- creativity
- speed of play/performance
- width
- depth
- mobility

Describe how you used each in your structure, strategy or composition.

Choice 1 _____

2

Choice 2 _____

2

Marks

4. (continued)

(c) Describe the method(s) you used to collect information on your performance in this structure, strategy or composition.

3

(d) Give examples where the structure, strategy or composition was not successful.

3

(e) What did you do to overcome these problems?

3

Marks

4. (continued)

(f) What effect did this have on your structure, strategy or composition?

3

Total Marks for Question (20)

[END OF QUESTION PAPER]

SPACE FOR ANSWERS OR ROUGH WORK

SPACE FOR ANSWERS OR ROUGH WORK

FOR OFFICIAL USE

Question 1	
Question 2	
Question 3	
Question 4	
TOTAL	

(60)