

# X205/201

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NATIONAL  
QUALIFICATIONS  
2010

TUESDAY, 1 JUNE  
1.00 PM – 3.00 PM

PHYSICAL  
EDUCATION  
INTERMEDIATE 2

Candidates should attempt **THREE** questions, each chosen from a different section.



## SECTION 1—PERFORMANCE APPRECIATION

*Marks*

### QUESTION 1

Choose **one** activity.

- |     |   |             |
|-----|---|-------------|
| (a) | Describe a model performance in that activity.  | 4           |
| (b) | What are your <b>weaknesses</b> compared to the model performance described in part (a)?                    | 4           |
| (c) | Describe how your performance is affected by mental factors.  | 4           |
| (d) | What have you done in training to make your performance like the model performance? Give specific examples. | 5           |
| (e) | Explain how your performance improved as a result of your training programme.                               | 3           |
|     |   | <b>(20)</b> |

### QUESTION 2

Choose **one** activity.

- |     |  |             |
|-----|--|-------------|
| (a) | Describe the demands of a quality performance.   | 4           |
| (b) | Describe, in detail, <b>one</b> method you used to gather data about your performance.                       | 4           |
| (c) | Describe how you used the data gathered to plan your training programme.                                     | 4           |
| (d) | Why is it important to set short <b>and</b> long term goals when developing your performance? Give examples. | 4           |
| (e) | Describe how you monitored your training programme.  | 4           |
|     |  | <b>(20)</b> |

## SECTION 2—PREPARATION OF THE BODY

Marks

### QUESTION 3

Choose **one** activity.

- |     |   |             |
|-----|---|-------------|
| (a) | Describe, in detail, the fitness demands for your chosen activity.  | 4           |
| (b) | Select <b>one</b> aspect of fitness from your chosen activity. Describe how you assessed your level of fitness for this aspect. | 4           |
| (c) | How did the aspect of fitness, selected in part (b), affect your performance?   | 4           |
| (d) | Describe, in detail, <b>one</b> method of training you used to develop this aspect of fitness.                                  | 4           |
| (e) | Describe the effects that your training programme had on your performance.  | 4           |
|     |   | <b>(20)</b> |

### QUESTION 4

Choose **one** activity.

- (a) Choose **one** type of fitness from the list below.

- **Physical fitness**
- **Skill-related fitness**
- **Mental fitness**

Describe how this type of fitness can help you to perform successfully. 4

- |     |  |             |
|-----|--|-------------|
| (b) | Choose a <b>different</b> type of fitness. Explain how a weakness in this type of fitness affected your performance. | 4           |
| (c) | What principles of training did you consider when planning a training programme?                                     | 4           |
| (d) | How did you apply these principles of training in your training programme?   | 5           |
| (e) | Explain why it is important to monitor your training programme.  | 3           |
|     |  | <b>(20)</b> |

**[Turn over**

### SECTION 3—SKILLS AND TECHNIQUES

*Marks*

#### QUESTION 5

Choose **one** activity.

- |     |  |             |
|-----|--|-------------|
| (a) | Select a skill or technique. Describe a model performance of your selected skill or technique.                       | 4           |
| (b) | Describe how you gathered information on your selected skill or technique.   | 4           |
| (c) | Why were the method(s) used to gather information appropriate?   | 3           |
| (d) | Describe, in detail, the programme of work you used to help your performance become more like the model performance. | 5           |
| (e) | Explain how a model performance can help you develop your whole performance.   | 4           |
|     |  | <b>(20)</b> |

#### QUESTION 6

Choose **one** activity.

- |     |   |             |
|-----|---|-------------|
| (a) | Describe the method(s) you used to gather information on your performance.                                | 4           |
| (b) | How did you use this information to plan an appropriate programme of work?                                | 4           |
| (c) | How did you ensure that the practices you used in your programme of work were effective?                  | 4           |
| (d) | Explain how you monitored the progress within your programme of work.                                     | 4           |
| (e) | What would you now regard as your next development need? What effect might this have on your performance? | 4           |
|     |   | <b>(20)</b> |

## SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION

Marks

### QUESTION 7

Choose **one** activity.

(a) Select a structure, strategy or composition you have used. Describe, in detail, your selected structure, strategy or composition. 4

(b) Choose **one** element from the list below.

|                    |              |                  |                 |                   |
|--------------------|--------------|------------------|-----------------|-------------------|
| <b>Space</b>       | <b>Speed</b> | <b>Variation</b> | <b>Motifs</b>   | <b>Creativity</b> |
| <b>Design form</b> | <b>Width</b> | <b>Depth</b>     | <b>Mobility</b> |                   |

Explain how this was a **strength** in your structure, strategy or composition. 4

(c) Choose a **different** element from part (b). Explain how this was a **weakness** in your structure, strategy or composition. 4

(d) What decision(s) did you take to improve the effectiveness of your structure, strategy or composition? 4

(e) Describe how the decision(s) you took made your whole performance more effective. 4  
(20)

### QUESTION 8

Choose **one** activity.

(a) Describe **your role/performance** within a structure, strategy or composition. 4

(b) Describe, in detail, how you gathered information about **your role/performance** within the structure, strategy or composition. 4

(c) From the information gathered describe any weakness(es) in your performance within the structure, strategy or composition. 4

(d) What actions did you take to address the weakness(es) identified in part (c)? 4

(e) How has your whole performance improved? 4  
(20)

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