

X205/201

NATIONAL
QUALIFICATIONS
2011

MONDAY, 30 MAY
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) Choose **one** of the performance qualities from the list below.

- **Technical** (Timing, Consistency, Effectiveness and Refinement)
- **Physical** (Strong, Light)
- **Personal** (Motivation)
- **Special** (Flair, Imagination)

Describe your own performance with reference to your chosen quality. 4

(b) Choose a **different** performance quality from the list in part (a). Describe your own performance with reference to your chosen quality. 4

(c) Give examples of the goals you set yourself in order to reach a quality performance. 4

(d) Describe, in detail, a programme of work to develop/improve your performance qualities. 5

(e) Describe the quality of your performance after your programme of work. 3

(20)

QUESTION 2

Choose **one** activity.

(a) Describe the range of performance qualities you would expect to have in your performance. 4

(b) Describe how you obtained information about your performance qualities. 4

(c) Using the information obtained in part (b), what are the strengths and weaknesses of your performance? 4

(d) How did you plan your training programme to improve the **weakness(es)** in your performance? 4

(e) Explain how you would evaluate your performance **after** you have completed your training programme. 4

(20)

SECTION 2—PREPARATION OF THE BODY

Marks

QUESTION 3

Choose **one** activity.

- (a) Describe the different types of fitness required for your chosen activity. 4
- (b) Select **one** type of fitness from your chosen activity. Describe the method(s) you used to assess your level of fitness. 4
- (c) Describe, in detail, the training you completed to improve your level of fitness. 5
- (d) Explain why your training helped you to perform more effectively. Give examples to support your answer. 4
- (e) How would you further develop your performance? 3

(20)

QUESTION 4

Choose **one** activity.

- (a) Identify an aspect of fitness that you needed to improve. How did this aspect of fitness affect your performance? 4
- (b) How did you use the principles of training when planning your programme? 5
- (c) Describe a method of training you used to develop the aspect of fitness selected in part (a). 4
- (d) How did you monitor your training programme? 4
- (e) Explain the importance of monitoring your training programme. 3

(20)

[Turn over

SECTION 3—SKILLS AND TECHNIQUES

Marks

QUESTION 5

Choose **one** activity.

- (a) Describe, in detail, a skilled performance in this activity. 5
- (b) Select a skill or technique which was a weakness in your performance. How did you gather information on this skill or technique? 4
- (c) How did the skill/technique selected in part (b) affect your whole performance? 3
- (d) Describe, in detail, a programme of work you used to improve the weakness selected in part (b). 5
- (e) Describe how you monitored your progress during your programme of work. 3
- (20)**

QUESTION 6

Choose **one** activity.

- (a) Describe, in detail, what you know about each of the stages of learning listed below.

Preparation Stage (Cognitive)

Practice Stage (Associative)

Automatic Stage

- 5**
- (b) Describe **two** different methods of practice you used for **one** of the stages listed in (a). 4
- (c) Select **two** of the factors listed below.

Motivation

Concentration

Feedback

- Explain why they were important when carrying out your methods of practice. 4
- (d) Describe the improvements to your whole performance after progressing through the stages of learning. 4
- (e) What would you now consider to be your next steps in developing your performance? 3

(20)

SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION

Marks

QUESTION 7

Choose **one** activity.

- (a) Select a structure, strategy or composition.

Describe how you gathered information on your performance in this structure, strategy or composition.

4

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

3

- (c) Select **two** of the elements below.

- **Speed**
- **Width**
- **Mobility**
- **Motif**
- **Space**
- **Depth**
- **Variation**
- **Creativity**

Explain why both are important in your structure, strategy or composition.

5

- (d) Describe in detail **one** situation where you experienced difficulties in your structure, strategy or composition.

4

- (e) What did you do to overcome these difficulties?

4

(20)

[Turn over for Question 8 on *Page six*

QUESTION 8

Choose **one** activity.

Marks

- (a) Describe a structure, strategy or composition that you have used. **4**
- (b) Describe the strengths of your chosen structure, strategy or composition. **4**
- (c) Describe the weaknesses of your chosen structure, strategy or composition. **4**
- (d) Select **two** from the list below.
- **Being creative**
 - **Making effective decisions under pressure**
 - **Making good judgements**
 - **Using information on team/individual performance**
 - **Adapting/changing structure, strategy or composition**

Explain why both were important when applying the structure, strategy or composition described in part (a).

5

- (e) Why is it important to evaluate your structure, strategy or composition? **3**

(20)

[END OF QUESTION PAPER]

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