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**3200/401**

	(EV)	(KU)
Total	<input type="text"/>	<input type="text"/>

NATIONAL  
QUALIFICATIONS  
2011

THURSDAY, 5 MAY  
9.00 AM – 10.00 AM  
(APPROX)

PHYSICAL  
EDUCATION  
STANDARD GRADE  
Foundation Level

Fill in these boxes and read what is printed below.

Full name of centre

Town

Forename(s)

Surname

Date of birth

Day    Month    Year

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Scottish candidate number

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Number of seat

- 1 There are **two** sections to this paper. Section 1—Evaluating and Section 2—Knowledge and Understanding.
- 2 All questions are in two parts—A and B. Answer both parts of each question.
- 3 There will be a short introduction on the DVD before the first question in Section 1 is asked. Read each question **when told**.
- 4 Answer questions 1–5 **when told**.
- 5 Some questions tell you to refer to the DVD clip in your answer.
- 6 In other questions you may be asked to tick a box **or** write a word **or** words in the space given.
- 7 At the end of Section 1 (Question 5) you will be given **five** minutes to check over your answers. You may not speak to anyone nor move from your seat during this period of time. To help you a buzzer will sound 30 seconds before the end of your checking time and before the DVD introduction to Section 2.
- 8 You will then have 25 minutes to complete your answers to Section 2.
- 9 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.



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**SECTION 1**  
**EVALUATING**  
**(QUESTIONS 1 TO 5)**

<b>Activity</b>
Hockey

DO NOT  
WRITE IN  
THIS  
MARGIN

Marks **EV**

**QUESTION 1**

This piece of action takes place on a hockey pitch.

*Part A* Watch the **Goalkeeper**.

Put these actions **in the correct order** by placing 1, 2, 3 or 4 in the correct box.

Stops ball	
Kicks ball away with leg	
Falls to right	
Moves left leg on top of right	

4

*Part B* Now watch a similar piece of hockey action. Watch the **Goalkeeper**.

(i) Identify the part(s) of the performance which are **done well** and which **need improvement**.

Tick **one** box for each statement.

**Done well**

**Needs improvement**

Falls to block shot



Blocks 1st shot



Clears ball away



Blocks 2nd shot

4

(ii) Choose one part you have ticked that **needs improvement**.

Suggest **one** improvement she could make.

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2

**(10)**

**QUESTION 2**

<b>Activity</b>
Basketball

DO NOT  
WRITE IN  
THIS  
MARGIN

This piece of action takes place on a basketball court.

Marks

EV

*Part A* Watch the **highlighted player** (Black Number 7).

Tick the boxes which describe the player's actions.

		Tick (✓) one box
To catch the pass she	moves towards the ball	
	moves backwards	

		Tick (✓) one box
She signals for the ball by	waving one hand	
	clapping her hands	

		Tick (✓) one box
She catches the ball with	one hand	
	two hands	

		Tick (✓) one box
To shoot she turns to her	left	
	right	

		Tick (✓) one box
When shooting she	rises on to toes	
	keeps feet flat	

5

*Part B* Now watch another piece of basketball action.

Watch the **highlighted player** (Number 4).

Identify the part(s) which are **done well** and which **need improvement**.

Tick **one** box for each statement.

**Done well**

**Needs improvement**

<input type="checkbox"/>	Keeps close to Number 7	<input type="checkbox"/>
<input type="checkbox"/>	Stays between Number 7 and basket	<input type="checkbox"/>
<input type="checkbox"/>	Steps towards Number 7	<input type="checkbox"/>
<input type="checkbox"/>	Blocks shot	<input type="checkbox"/>
<input type="checkbox"/>	Gets ball after missed shot	<input type="checkbox"/>

5

**QUESTION 3**

<b>Activity</b>
Shot Putt

DO NOT  
WRITE IN  
THIS  
MARGIN

Marks

EV

This piece of action shows a boy practising his shot putt.

*Part A* Put these actions **in the correct order** by placing a 1, 2, 3 or 4 in the correct box.

Steps onto left foot	
Hops to begin moving across the circle	
Straightens right arm quickly to putt shot	
Crouches with shot at neck	

4

*Part B* Now watch another piece of shot putt action.

(i) Tick **one** part of the action you think is **done well**.

Right arm position at start	
Bends knees at start	

1

Give a reason why you think this part was done well.

This part was done well because \_\_\_\_\_

\_\_\_\_\_

2

(ii) Tick **one** part of the action you think **needs improvement**.

Body position at start	
Straightens arm to putt	

1

Suggest **one** improvement he could make.

To improve this he needs to \_\_\_\_\_

\_\_\_\_\_

2

(10)

<b>Activity</b>
Football

DO NOT  
WRITE IN  
THIS  
MARGIN

Marks	EV
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**QUESTION 4**

This piece of action shows boys playing football.

*Part A* Watch the **attacking team**.

Which of the following statements are **true** and which are **false**?

Tick **one** box each time.

	<b>True</b>	<b>False</b>	
(i) Number 6 runs forward first	<input type="checkbox"/>	<input type="checkbox"/>	
(ii) Number 6 flicks the ball with his right foot	<input type="checkbox"/>	<input type="checkbox"/>	
(iii) Number 10 strikes the ball with his right foot	<input type="checkbox"/>	<input type="checkbox"/>	
(iv) Number 10 curls the ball over the defenders	<input type="checkbox"/>	<input type="checkbox"/>	<b>4</b>

*Part B* Now watch another piece of football action.

(i) Watch the **highlighted player** (Goalkeeper).

Describe **one** thing he **does well**.

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**2**

Watch a **different highlighted player** (Number 2).

(ii) Describe **one** thing he **does well**.

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**2**

(iii) Suggest **one improvement** this player could make.

---



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**2**

**(10)**

**[Turn over**

<b>Activity</b>
Softball

DO NOT  
WRITE IN  
THIS  
MARGIN

**QUESTION 5**

Marks

EV

This piece of action shows a boy playing softball.

*Part A* Which of the following statements are **true** and which are **false**?

Tick **one** box each time.

	<b>True</b>	<b>False</b>	
(i) Stands with feet apart for balance	<input type="checkbox"/>	<input type="checkbox"/>	
(ii) Hands are far apart on bat	<input type="checkbox"/>	<input type="checkbox"/>	
(iii) Swings bat forward powerfully	<input type="checkbox"/>	<input type="checkbox"/>	
(iv) Hits ball at knee height	<input type="checkbox"/>	<input type="checkbox"/>	
(v) Steps forward as he hits ball	<input type="checkbox"/>	<input type="checkbox"/>	
(vi) Bat swings behind him in follow through	<input type="checkbox"/>	<input type="checkbox"/>	<b>6</b>

*Part B* Now watch another piece of softball action.

Suggest two improvements he could make.

**Improvement 1** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

2

**Improvement 2** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

2

**(10)**

**You now have 5 minutes to check over your answers to Questions 1–5 of SECTION 1**



**SECTION 2**  
**KNOWLEDGE AND UNDERSTANDING**  
**(QUESTIONS 6 TO 10)**

**QUESTION 6**

Marks

KU

*Part A* Which of the following statements are **written/formal** rules and which are **unwritten** rules?

Tick **one** box for each statement.

Statement	Written/ formal rule	Unwritten rule
Throwing the javelin before the line	<input type="checkbox"/>	<input type="checkbox"/>
Shaking hands with your opponent after the game	<input type="checkbox"/>	<input type="checkbox"/>
Giving the ball back to your opponent after a point	<input type="checkbox"/>	<input type="checkbox"/>
Defenders staying 10 metres from the ball at free kicks	<input type="checkbox"/>	<input type="checkbox"/>

**4**

*Part B* Choose an activity.

Activity \_\_\_\_\_

(i) Describe a rule that allows this activity to **start fairly**.

Rule \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**2**

Choose an activity

Activity \_\_\_\_\_

(ii) Describe a rule that keeps you **safe** as you perform.

Rule \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**2**

**(8)**

**QUESTION 7**

Marks

KU

*Parts A and B* are based on warm up.

*Part A* Which of the following statements about warm up are true and which are false?

Tick **one** box for each statement.

Statement	True	False
It can reduce the risk of injury	<input type="checkbox"/>	<input type="checkbox"/>
It should work the muscles you will use	<input type="checkbox"/>	<input type="checkbox"/>
It should increase your heart rate	<input type="checkbox"/>	<input type="checkbox"/>
It helps your body to return to normal slowly	<input type="checkbox"/>	<input type="checkbox"/>
It lowers your body temperature	<input type="checkbox"/>	<input type="checkbox"/>

5

*Part B* The last part of a warm up may involve practising skills.

Choose an activity.

Activity \_\_\_\_\_

(i) Describe what you did in this part of the warm up.

\_\_\_\_\_

\_\_\_\_\_

2

(ii) How did this help you perform in the activity?

\_\_\_\_\_

\_\_\_\_\_

2

**(9)**

**[Turn over**

**QUESTION 8**

Marks

KU

Parts A and B are based on physical and personal qualities.

Part A Complete the table below.

Tick **one** box for each quality.

An example has been completed for you.

Quality	Personal quality	Physical quality
Strong		✓
Tall		
Determined		
Powerful		
Fast		

4

Part B Choose an activity where a **personal** quality helped your performance.

Activity \_\_\_\_\_

(i) Name a personal quality which helped you to perform in this activity.

Personal quality \_\_\_\_\_

1

(ii) Why did this personal quality help your performance?

\_\_\_\_\_  
\_\_\_\_\_

2

Choose an activity where a **different** personal quality helped your performance.

Activity \_\_\_\_\_

(iii) Name the different personal quality that helped you to perform in this activity.

Different personal quality \_\_\_\_\_

1

(iv) Why did this personal quality help your performance?

\_\_\_\_\_  
\_\_\_\_\_

2

**(10)**

**[Turn over for Question 9 on Pages *fourteen* and *fifteen***

**Aspects of Fitness**

DO NOT  
WRITE IN  
THIS  
MARGIN

**QUESTION 9**

Marks

KU

*Parts A and B* are based on aspects of fitness.

*Part A* Use the aspects of fitness in the box to complete the following statements.

*(Each aspect of fitness should be used only once.)*

Flexibility	Muscular Endurance
Cardio Respiratory Endurance	Speed

- |  |          |  |
|--|----------|--|
| The 20 metre shuttle run (beep test) is a test for _____                   | <b>1</b> |  |
| The 30 metre timed sprint is a test for _____                              | <b>1</b> |  |
| The sit and reach is a test for _____                                      | <b>1</b> |  |
| The maximum number of sit ups you can do in 45 seconds is a test for _____ | <b>1</b> |  |

**QUESTION 9 (continued)**

Marks

KU

*Part B* Aspects of fitness are important in many activities.

Select **one** aspect of fitness from the box.

Flexibility	Speed
Muscular Endurance	

Aspect of fitness \_\_\_\_\_

- (i) Choose an **individual** activity where this aspect of fitness is important.

Individual activity \_\_\_\_\_

**1**

- (ii) Why is this aspect of fitness important?

\_\_\_\_\_

\_\_\_\_\_

**2**

Choose a **different** aspect of fitness from the box.

Different aspect of fitness \_\_\_\_\_

- (iii) Choose a **team** activity where this aspect of fitness is important.

Team activity \_\_\_\_\_

**1**

- (iv) Why is this aspect of fitness important?

\_\_\_\_\_

\_\_\_\_\_

**2**

**(10)**

**[Turn over**

**QUESTION 10**

Marks

KU

*Parts A and B* are based on methods of learning.

*Part A* Tick the box to complete the sentence which best describes **whole part whole**.

Tick **one** box each time

(i) To learn using whole part whole you would **first** . . .

perform the full skill.	
practise a difficult part.	

**1**

(ii) You would then . . .

make the practice harder.	
practise an area of weakness.	

**1**

(iii) To finish with you would then . . .

perform a different skill.	
perform the full skill and check for improvement.	

**1**



QUESTION 10 (continued)

Marks

KU

Part B Name a skill/technique that you learned using whole part whole.

Skill/technique \_\_\_\_\_

(i) Describe how you practised the whole skill/technique.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(ii) What part of the skill/technique did you find difficult?

\_\_\_\_\_  
\_\_\_\_\_

1

(iii) Describe how you practised this part of the skill/technique.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(8)

[END OF QUESTION PAPER]

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**FOR OFFICIAL USE**

	EV		KU
Question 1		Question 6	
Question 2		Question 7	
Question 3		Question 8	
Question 4		Question 9	
Question 5		Question 10	
TOTAL		TOTAL	
	(50)		(45)