

FOR OFFICIAL USE

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G

(EV) (KU)

Total

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3200/402

NATIONAL
QUALIFICATIONS
2009

THURSDAY, 7 MAY
10.25 AM – 11.25 AM
(APPROX)

PHYSICAL
EDUCATION
STANDARD GRADE
General 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 30 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)

Activity
Golf

DO NOT
WRITE IN
THIS
MARGIN

QUESTION 1

This piece of action shows a girl practising her putting.

Part A Describe, **in the correct order**, four actions of her putting stroke. Action 3 has been completed for you.

Action 1 _____

2

Action 2 _____

2

Action 3 Strikes ball towards the hole

Action 4 _____

2

Part B Now watch a similar piece of putting action.

Suggest two improvements the golfer could make to her performance.

Improvement 1 _____

2

Improvement 2 _____

2

Marks

EV

(10)

Activity
Skiing

DO NOT
WRITE IN
THIS
MARGIN

QUESTION 2

Marks

EV

This piece of action takes place on a ski slope.

Part A Describe **four parts** of this skier's jump. The second part has been completed for you.

Approach _____

2

Take off He straightens legs and jumps high

Flight _____

2

Landing _____

2

Part B Now watch a similar piece of skiing action.

Suggest two improvements this skier could make to her performance.

Improvement 1

2

Improvement 2

2

(10)

[Turn over

Activity
Dance

DO NOT
WRITE IN
THIS
MARGIN

QUESTION 3

Marks

EV

This piece of action shows two girls performing a dance sequence.

Part A Watch the **highlighted** performer.

Place the numbers 1, 2, 3, 4 and 5 next to their actions **in the order** they take place.

Number 4 has been completed for you.

Y-shape	
Star Jump	
Turn right, left foot back	
Turn left, right foot back	4
Bend knees, poms at chest	

4

Part B Now watch another piece of dance action.

Suggest three improvements the highlighted dancer could make to match her partner's performance.

Improvement 1 _____

2

Improvement 2 _____

2

Improvement 3 _____

2

(10)

Activity
Tennis

DO NOT
WRITE IN
THIS
MARGIN

QUESTION 4

Marks

EV

This piece of action shows a boy serving in tennis.

Part A Describe, **in the correct order**, five actions of the server. Actions 1 and 5 have been completed for you.

Action 1 Bounces ball twice with left hand

Action 2 _____

2

Action 3 _____

2

Action 4 _____

2

Action 5 Steps forward onto right foot

Part B Now watch a similar piece of tennis action.

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

2

(ii) Suggest one **improvement** he could make to his performance.

2

(10)

[Turn over

QUESTION 5

This piece of action takes place on the cricket field.

Part A Describe three actions of the **highlighted player**.

Action 1 has been completed for you.

Action 1 He turns to his left and runs after the ball _____

Action 2 _____

2

Action 3 _____

2

Part B Now watch a similar piece of cricket action.

(i) Describe one thing the highlighted player **does well**.

2

(ii) Suggest two **improvements** he could make to his performance.

Improvement 1 _____

2

Improvement 2 _____

2

(10)

You now have 5 minutes to check over your answers to Questions 1–5 of SECTION 1
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SECTION 2
KNOWLEDGE AND UNDERSTANDING
(QUESTIONS 6 TO 10)

QUESTION 6

Marks

KU

Parts A and B are based on joints and joint movement.

Part A (i) Name two ball and socket joints.

Ball and socket joint 1 _____

1

Ball and socket joint 2 _____

1

(ii) Describe the range of movement of a ball and socket joint.

1

(iii) Name a hinge joint.

Hinge joint _____

1

(iv) Describe how a hinge joint moves.

2

QUESTION 6 (continued)

Marks

KU

Part B is based on joint movement.

- (i) Choose a skill/technique which involves movement of a **hinge** joint to straighten your arm **or** leg.

Skill/technique _____

Describe how muscles work together to straighten your arm **or** leg as you perform this skill/technique.

2

- (ii) Name a skill/technique which involves the movement of a **ball and socket** joint.

Skill/technique _____

Describe how the movement of the ball and socket joint helps you perform this skill/technique.

2

(10)

[Turn over

QUESTION 7

Marks

KU

Part A is based on the preparation, action and recovery phases of a skill/technique.

Part A Skills/techniques can be described based on preparation, action and recovery phases.

- (i) What is meant by the **preparation phase** of a skill/technique?

2

- (ii) What is meant by the **action phase** of a skill/technique?

2

QUESTION 7 (continued)

Marks

KU

Part B Skills can be performed using different techniques.

- (i) Choose an activity and a skill where you used two **different** techniques.

Activity _____

Skill _____

Name these two different techniques.

Technique 1 _____

1

Technique 2 _____

1

- (ii) Describe a situation where you chose **Technique 1** during your performance.

1

- (iii) Describe a situation where you chose **Technique 2** during your performance.

1

- (iv) Explain why choosing **Technique 2** made it difficult for your opponent.

2

(10)

[Turn over

QUESTION 8

Marks

KU

Parts A and B are on personal and physical qualities.

Part A (i) Name two personal qualities that may be required when **performing**.

Personal quality 1 _____ **1**

Personal quality 2 _____ **1**

(ii) Name two **other** personal qualities that may be required by a referee or an umpire.

Personal quality 1 _____ **1**

Personal quality 2 _____ **1**

QUESTION 8 (continued)

Marks

KU

Part B Select an activity and a skill/technique where you need two **physical qualities**.

Activity _____

Skill/technique _____

(i) Name two physical qualities needed to perform this skill/technique.

Physical quality 1 _____

1

Physical quality 2 _____

1

(ii) Explain why **physical quality 1** is needed.

2

(iii) Explain why **physical quality 2** is needed.

2

(10)

[Turn over

Flexibility

QUESTION 9

Marks

KU

Parts A and B are based on flexibility.

Part A (i) What is meant by flexibility?

2

(ii) Name a test to measure flexibility.

Test _____

1

(iii) Which of the following statements about **flexibility** are **true** and which are **false**?

Tick **one** for each statement.

Statement	True	False
It can reduce your risk of injury.	<input type="checkbox"/>	<input type="checkbox"/>
It allows you to link movements smoothly.	<input type="checkbox"/>	<input type="checkbox"/>
It allows you to keep going without tiring.	<input type="checkbox"/>	<input type="checkbox"/>

3

QUESTION 9 (continued)

Marks

KU

Part B Flexibility is required in many team activities.

Name a team activity and a skill/technique where flexibility is required.

Team activity _____

Skill/technique _____

- (i) Describe how flexibility allows you to perform this skill/technique effectively.

2

- (ii) Describe a training exercise you could use to improve your flexibility for this skill/technique.

2

(10)

[Turn over

QUESTION 10

Marks

KU

Parts A and B are based on whole part whole.

Part A Give two reasons why you would use **whole part whole** to learn skills.

Reason 1 _____

2

Reason 2 _____

2

QUESTION 10 (continued)

Marks

Part B Select an activity and a skill/technique that you found difficult to perform.

Activity _____

Skill/technique _____

(i) Describe the part you found difficult to perform in the **action phase** of this skill/technique.

2

(ii) Describe a practice that you used to improve this difficulty.

2

(iii) Describe what you did as you practised this skill/technique to avoid boredom.

2

(10)

[END OF QUESTION PAPER]

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	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)		(50)