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(EV) (KU)

Total

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3200/29/01

NATIONAL
QUALIFICATIONS
2012

FRIDAY, 27 APRIL
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

Marks

EV

QUESTION 1

This piece of action shows a girl playing golf.

Part A Describe, **in the correct order**, three parts of this action.

Part 1 _____

2

Part 2 _____

2

Part 3 _____

2

Part B Now watch a similar piece of golf action.
Suggest two improvements she could make.

Improvement 1

2

Improvement 2

2

(10)

Activity
Rugby

Marks

EV

QUESTION 2

This piece of action shows a boy practising a kick in rugby.

Part A Describe, **in detail**, three parts of his performance.

The action part has been completed for you.

Preparation _____

2

Action Strikes the ball with his right foot

Recovery _____

2

Part B Now watch a similar piece of rugby action.

Suggest three improvements he could make.

Improvement 1

2

Improvement 2

2

Improvement 3

2

(10)

Activity
Athletics

DO NOT
WRITE
IN THIS
MARGIN

QUESTION 3

Marks

EV

This piece of action shows a boy pole vaulting.

Part A Describe, **in the correct order**, four parts of this action. Parts 2 and 4 have been completed for you.

Part 1 _____

2

Part 2 Plants pole at the end of runway

Part 3 _____

2

Part 4 Lands on back on mats

Part B Now watch a similar piece of athletics action.

Suggest three improvements he could make **as he goes over the bar**.

Improvement 1

2

Improvement 2

2

Improvement 3

2

(10)

Activity
Netball

DO NOT WRITE IN THIS MARGIN
<i>Marks</i>
EV
2
2
2
2
(10)

QUESTION 4

This piece of action shows girls playing netball.

Part A Watch the **highlighted player** (Blue C).

Describe, **in the correct order**, three passes she performs.

Pass 1 _____

2

Pass 2 _____

2

Pass 3 _____

2

Part B Now watch a similar piece of netball action.

Watch the **highlighted player** (Blue C).

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

2

(ii) Suggest one **improvement** she could make.

2

[Turn over

QUESTION 5

Activity
Swimming

DO NOT
WRITE
IN THIS
MARGIN

This piece of action shows a changeover in swimming.

Marks

EV

Part A Describe, **in the correct order**, three parts of this performance.

Part 2 has been completed for you.

Part 1 _____

2

Part 2 1st swimmer touches wall with hand

Part 3 _____

2

Part B Now watch a similar piece of swimming action.

Suggest three improvements they could make.

Improvement 1

2

Improvement 2

2

Improvement 3

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

Parts A and B are based on written and unwritten rules.

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

Tick **one** box each time.

<i>Statement</i>	<i>True</i>	<i>False</i>
You should ignore what the referee says to you.	<input type="checkbox"/>	<input type="checkbox"/>
You should shake hands with your opponents after a game.	<input type="checkbox"/>	<input type="checkbox"/>
You should give the ball back to your opponents when it is their serve.	<input type="checkbox"/>	<input type="checkbox"/>
You should help your opponents up if they fall.	<input type="checkbox"/>	<input type="checkbox"/>
You should accept the decision if your opponent calls your shot out.	<input type="checkbox"/>	<input type="checkbox"/>

5

Part B Written rules keep activities fair.

Choose an **individual** activity.

Individual activity _____

(i) Describe a rule that keeps this activity fair.

2

Choose a **team** activity.

Team activity _____

(ii) Describe a rule that keeps this activity fair.

2

(iii) Describe what the umpire/referee would do if you broke this rule.

2

(11)

QUESTION 7

Parts A and B are based on time limits.

Part A Some activities have a **set** time limit while other activities have **no** time limit.

Complete the table below.

Tick **one** box for each activity.

An example has been completed for you.

<i>Activity</i>	<i>Set time limit</i>	<i>No time limit</i>
Orienteering		✓
100 m sprint		
Volleyball		
Hockey		
Basketball		
Table tennis		

5

Part B If there is a tie/draw, winners can be decided in different ways.

Choose an activity.

Activity _____

(i) Describe how the winner could be decided if there is a tie/draw.

2

Choose an activity.

Activity _____

(ii) Describe a **different** way the winner could be decided if there is a tie/draw.

2

(9)

[Turn over

QUESTION 8

Marks

KU

Parts A and B are based on joints and muscles.

Part A (i) Complete the table below by naming four **different** joints in the body.

<i>Description</i>	<i>Name of joint</i>
A ball and socket joint in the upper body	
A ball and socket joint in the lower body	
A hinge joint in the upper body	
A hinge joint in the lower body	

4

(ii) Choose one of the hinge joints from above and name the main muscles which work together to cause it to move.

Hinge joint _____

Muscle 1 _____

Muscle 2 _____

1

1

QUESTION 8 (continued)

Marks

Part B is based on joint movement.

Part B The way a ball and socket joint moves can help you throw or kick.

Choose a skill/technique where you throw or kick.

Skill/technique _____

- (i) Describe how the ball and socket joint moves as you perform this skill/technique.

2

- (ii) Explain why the movement of this joint allows you to throw or kick further.

2

(10)

[Turn over

QUESTION 9

Marks

KU

Part A is based on skills and techniques.

Part A Choose a team activity and a skill where you use two different techniques.

Team activity _____

Skill _____

(i) Name two different techniques you used to perform this skill.

Technique 1 _____ **1**

Technique 2 _____ **1**

Choose an individual activity and a **different skill** where you use two different techniques.

Individual activity _____

Different skill _____

(ii) Name two different techniques you used to perform this skill.

Technique 1 _____ **1**

Technique 2 _____ **1**

Marks

KU

QUESTION 9 (continued)

**Skills and
Techniques**

Part B is based on preparation, action and recovery.

Part B Skills/techniques can be broken down into preparation, action and recovery.

Choose a skill/technique.

Skill/technique _____

Describe each part of this skill/technique.

Preparation _____

2

Action _____

2

Recovery _____

2

(10)

[Turn over

Principles of Training

DO NOT WRITE IN THIS MARGIN

KU

QUESTION 10

Marks

Parts A and B are based on principles of training.

Part A Complete the statements below.

The first statement has been completed for you.

<i>Statement</i>	<i>Principle of training</i>
How often you train is ...	frequency
How long a training session lasts is ...	
Making your training suit your needs is ...	
How hard you work when training is ...	

3

QUESTION 10 (continued)

Marks

Part B Choose an aspect of fitness from the box.

Speed	Strength	Muscular Endurance
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Aspect of fitness _____

(i) Name a method of training used to develop this aspect of fitness.

Method of training _____

1

(ii) Describe how you trained using this method.

(You may wish to include how long and how hard you trained.)

2

(iii) **How** could you make this training harder after 4 weeks?

2

(iv) **Why** would you make this training harder after 4 weeks?

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)