

FOR OFFICIAL USE

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**X205/101**

Total

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NATIONAL  
QUALIFICATIONS  
2007

FRIDAY, 25 MAY  
1.00 PM – 2.00 PM

PHYSICAL  
EDUCATION  
INTERMEDIATE 1

Fill in these boxes and read what is printed below.

Full name of centre

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Town

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Forename(s)

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Surname

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Date of birth

Day Month Year

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Scottish candidate number

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Number of seat

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- 1 Candidates should attempt **three** out of the 4 sections.
- 2 All answers should be written in the spaces provided in this answer book and should be written clearly and legibly in ink.
- 3 The marks allocated to each question or part of a question are shown at the end of each question or part of a question.
- 4 Space for answers or rough work will be found at the end of this book. If further space is required, supplementary sheets may be obtained from the invigilator and should be inserted inside the **front** cover of this book. You should draw a line through anything which you do not wish the examiner to mark.
- 5 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.



**SECTION 1—PERFORMANCE APPRECIATION**

*Marks*

1. (a) Choose an activity from your course.

**Name of activity** \_\_\_\_\_

How you perform in this activity will be affected by some of the following.

**Competitive**  
**Non-competitive**  
**Scoring Systems**  
**Control**  
**Public nature (spectators)**

**Rules**  
**Codes of Conduct**  
**Accuracy**  
**Fluency**

Choose **two** from the list above.

**Choice 1** \_\_\_\_\_

How did this affect your performance?

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

2

**Choice 2** \_\_\_\_\_

How did this affect your performance?

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

2

Marks

**1. (continued)**

(b) Choose **one** quality which is important to your chosen activity.

**Technical                  Physical                  Personal                  Special**

Quality \_\_\_\_\_

Explain why this quality is important.

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3

(c) Describe **one** method you used to gather information about your performance.

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3

**[Turn over**

Marks

1. (continued)

(d) Describe **one** weakness and the effect it had on your performance.

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(e) Describe a programme of work to overcome that weakness.

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(f) Describe any changes to your performance after the programme of work.

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2

*Marks*

**1. (continued)**

(g) What would you do next to improve your performance?

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2

**Total Marks for Question (20)**

**[Turn over**

**SECTION 2—PREPARATION OF THE BODY**

*Marks*

2. (a) Activities require different **types of fitness**.

Write down one **aspect of fitness** from each **type** below.

<b>Type of fitness</b>	<b>Aspect of fitness</b>
Physical fitness	
Skill-related fitness	
Mental fitness	

**3**

(b) Choose an activity from your course.

**Name of activity** \_\_\_\_\_

Choose one **aspect of fitness** and explain why it is important to your activity.

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

**Explanation**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**3**

2. (continued)

Marks

(c) Now select a **different** aspect of fitness from **another** activity.

**Name of activity** \_\_\_\_\_

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

**Explain** why this **aspect of fitness** is important in this activity.

**Explanation**

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

3

(d) Describe your warm-up before taking part in any activity.

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

3

[Turn over

Marks

2. (continued)

- (e) Select any **aspect of fitness** and outline a training programme to develop it over a 6 week period.

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

*Weeks 1 and 2*

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*Weeks 3 and 4*

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*Weeks 5 and 6*

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6

- (f) How did you assess your fitness after your training programme?

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2

**Total Marks for Question (20)**



**SECTION 3—SKILLS AND TECHNIQUES**

*Marks*

3. (a) Choose an activity from your course.

**Name of activity** \_\_\_\_\_

Choose **two** skills/techniques from that activity and explain **why** each is important.

**Skill/Technique 1** \_\_\_\_\_

Why is this skill/technique important for successful performance?

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

2

**Skill/Technique 2** \_\_\_\_\_

Why is this skill/technique important for successful performance?

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

2

**[Turn over**

Marks

3. (continued)

(b) Name a skill/technique which you found was a weakness in your performance.

**Skill/Technique** \_\_\_\_\_

Describe **how** you gathered information on that skill/technique.

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(c) **Describe** the problems you had when performing that skill/technique.

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3

Marks

3. (continued)

(d) Below are **methods of practice** used to develop a skill/technique.

Solo	Shadow	Partner	Group
Opposed	Unopposed	Gradual build up	Whole part whole
Drills	Repetition	Conditioned games	Small-sided games

Select **two** methods of practice and describe how they were used to develop that skill/technique.

**Method of practice 1** \_\_\_\_\_

**Description**

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

2

**Method of practice 2** \_\_\_\_\_

**Description**

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

2

(e) How did you use motivation **or** concentration **or** feedback when developing this skill/technique?

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

2

[Turn over

*Marks*

**3. (continued)**

(f) What goals/targets did you set yourself when developing this skill/technique?

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**2**

(g) How did developing this skill/technique improve your overall performance?

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**2**

**Total Marks for Question (20)**

Marks

**SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION**

4. (a) Choose an activity from your course.

**Name of activity** \_\_\_\_\_

Describe how you gathered information about your performance within a structure, strategy or composition.

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(b) What did this information tell you about your performance?

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(c) Describe the structure, strategy or composition you have selected.

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3

Marks

4. (continued)

- (d) Sometimes structures, strategies or compositions have to be changed because of strengths or weaknesses in performance.

Describe the change you made and give reasons why you made this change.

**Description of change**

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**Reasons why**

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- (e) What effect did this change have on your **whole performance**?

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2

Marks

4. (continued)

(f) Select **two** of the examples listed below.

- **The use of space**
- **Team-work or group-work**
- **Creativity**
- **Speed**
- **Shape or formation**
- **Decision making**

**Explain** why these are important to your structure, strategy or composition.

**Choice 1** \_\_\_\_\_ is important because

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2

**Choice 2** \_\_\_\_\_ is important because

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2

**Total Marks for Question (20)**

[END OF QUESTION PAPER]

*SPACE FOR ANSWERS OR ROUGH WORK*

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**FOR OFFICIAL USE**

Question 1	
Question 2	
Question 3	
Question 4	
TOTAL	

(60)