

FOR OFFICIAL USE

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Total

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**X205/101**

NATIONAL  
QUALIFICATIONS  
2008

WEDNESDAY, 28 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** 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.



**Attempt only THREE of the 4 Sections**

**SECTION 1—PERFORMANCE APPRECIATION**

*Marks*

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

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

Describe your performance in a special event at school, in public or in a competition outside school.

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**3**

- (b) Quality performance requires:

**Fluency                  Accuracy                  Control**

Select **one** of these and describe how it affected your performance.

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**3**

Marks

**1. (continued)**

- (c) Give an example of a short and a long term goal you set to make your performance more like a model performance.

**Short term goal**

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2

**Long term goal**

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2

- (d) Describe **two** methods you used to check your progress towards achieving your goals.

**First Method**

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2

**Second Method**

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2

**[Turn over**

**1. (continued)**

Marks

(e) Mental factors affect performance.

Name **one** mental factor.

\_\_\_\_\_

**1**

How did this affect your performance as you worked towards achieving your goals?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**2**

(f) Having worked towards your goals, how did your performance compare to a model performance?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**3**

**Total Marks for Question (20)**

**SECTION 2—PREPARATION OF THE BODY**

*Marks*

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

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

**Physical fitness**

**Skill related fitness**

**Mental fitness**

Choose **two** of the above **types** of fitness. Explain why each is important in your chosen activity.

**Type of fitness 1** \_\_\_\_\_

Explanation

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

**3**

**Type of fitness 2** \_\_\_\_\_

Explanation

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

**3**

**[Turn over**

Marks

2. (continued)

(b) Choose any **aspect** of fitness. \_\_\_\_\_

Describe a test for your chosen aspect of fitness.

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2

(c) Describe what you did to improve that aspect of fitness.

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3

(d) Explain how you used **specificity** in your programme of work.

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2

Marks

2. (continued)

- (e) Describe how you used **progressive overload** to change what you did in your programme.

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3

- (f) How did you know when to change your programme of work?

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2

- (g) What difference(s) did you find in your performance after the programme of work?

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2

**Total Marks for Question (20)**

**[Turn over**

**SECTION 3—SKILLS AND TECHNIQUES**

*Marks*

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

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

Describe **one** basic/simple skill/technique you performed.

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2

Describe **one** complex skill/technique you performed.

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2

(b) Describe a practice used to improve one of these skills.

**Name of skill** \_\_\_\_\_

**Description of practice**

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3



Marks

**3. (continued)**

- (c) From the same activity, select a skill/technique that was a weakness in your performance.

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

Describe how this weakness affected your performance.

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3

- (d) Describe how you recorded information about this weakness.

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3

- (e) Describe the steps you took to improve your performance in this skill/technique.

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3

**3. (continued)**

*Marks*

(f) What changes did you see in your performance after a period of time?

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2

(g) Give an example of how **feedback** helped you to improve your performance.

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2

**Total Marks for Question (20)**

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

*Marks*

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

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

Describe how you gathered information about a structure, strategy or composition in that activity.

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**3**

- (b) What strength(s) and weakness(es) did this information show?

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**3**

**[Turn over**

Marks

4. (continued)

(c) Describe the effect the weakness(es) had on the structure, strategy or composition in that activity.

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3

(d) What did you do **over a number of sessions** to improve your performance in your structure, strategy or composition?

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3

(e) How did you check that these sessions were improving your performance?

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2

Marks

**4. (continued)**

(f) After these sessions, describe your improved performance in the structure, strategy or composition.

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3

(g) What would you do next to improve your performance in the structure, strategy or composition?

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3

**Total Marks for Question (20)**

[END OF QUESTION PAPER]

*SPACE FOR ANSWERS OR ROUGH WORK*

*SPACE FOR ANSWERS OR ROUGH WORK*

**FOR OFFICIAL USE**

Question 1	
Question 2	
Question 3	
Question 4	
TOTAL	

(60)