

X205/201

NATIONAL
QUALIFICATIONS
2007

FRIDAY, 25 MAY
1.00 PM – 3.00 PM

PHYSICAL
EDUCATION
INTERMEDIATE 2

Candidates should attempt **THREE** questions, each chosen from a different section.



SECTION 1—PERFORMANCE APPRECIATION

Marks

QUESTION 1

Choose **one** activity.

- (a) Describe what you would expect in a quality performance in this activity. 4

You will have gathered information about your performance.

- (b) Describe how your quality of performance compared to that of a model performance in this activity. 4

- (c) Outline a programme of work to improve your performance. 4

- (d) Give examples of how mental factors influenced your performance. 4

- (e) How did you monitor your progress in working towards a model performance? 4

(20)

QUESTION 2

Choose **one** activity.

- (a) Choose **two** of the performance qualities from the list below. Describe the strengths and weaknesses in your performance in this activity.

- Technical
- Physical
- Special
- Personal

6

- (b) What steps did you take to improve **one** of the performance qualities chosen in Part (a)? 4

- (c) How did your performance now compare to that of a model performance? 3

- (d) How did you measure your new performance? 4

- (e) Explain your future development needs for a quality performance. 3

(20)

SECTION 2—PREPARATION OF THE BODY

Marks

QUESTION 3

Choose **one** activity.

(a) Choose **one type** of fitness from the list below.

- Physical fitness
- Skill-related fitness
- Mental fitness

Now choose **one aspect** from this type of fitness. How important is this aspect to your performance in this activity?

4

(b) From the aspect chosen in Part (a), describe **two** methods you used to get information about your performance.

4

(c) Describe the principles of training you used to plan a training programme to improve the aspect of fitness chosen in Part (a).

4

(d) Describe your training programme for the aspect of fitness chosen in Part (a).

4

(e) After your training, how did your performance improve?

4

(20)

QUESTION 4

Choose **one** activity.

(a) Describe how performance in this activity is affected by a low level of physical **or** skill-related **or** mental fitness.

4

(b) In relation to your **own performance**, what did you need to consider before you carried out your training programme?

4

(c) From your chosen activity, identify an **aspect** of fitness that you needed to improve. Describe a method of training that you used to develop this aspect of fitness.

4

(d) How did you monitor your performance within your training programme?

4

(e) In the future, how are you going to develop your physical **or** skill-related **or** mental fitness?

4

(20)

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SECTION 3—SKILLS AND TECHNIQUES

Marks

QUESTION 5

Choose **one** activity.

- (a) Select a skill or technique that you have learned in this activity. Describe, **in detail**, this skill or technique. 4
- (b) How did you collect information on the skill or technique chosen in Part (a)? 3
- (c) Describe **two** methods of practice you used to develop your skill or technique chosen in Part (a). Give examples of the practices used. 5
- (d) When learning a **new** skill or technique you would have been performing at the preparation (cognitive) stage of learning. Identify methods of practice suitable to this stage of learning. Explain why they are appropriate. 4
- (e) Within your programme of work, what principles of effective practice did you consider? How did they help you develop your skill or technique? 4
- (20)

QUESTION 6

Choose **one** activity.

- (a) From this activity describe **two** skills or techniques, one that you performed well and one that was in need of improvement. 4
- (b) What effect did the skill or technique you performed well have on your **whole** performance? 4
- (c) What effect did the skill or technique that was in need of improvement have on your performance? 4
- (d) To further develop the skill or technique you performed well, outline a programme of work. 4
- (e) How did you make sure your programme of work was effective? 4
- (20)

SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION

Marks

QUESTION 7

Choose **one** activity.

- (a) Choose a structure, strategy or composition that you have had to develop. Describe that structure, strategy or composition. 4
- (b) Describe **two** of the weaknesses of this structure, strategy or composition. 4
- (c) What did you do to **reduce the effect** of your two main weaknesses chosen in Part (b)? 4
- (d) Choose **two** from the list below. Describe a situation where each was important to your performance. 5
- Making decisions under pressure
 - Being creative
 - Being able to adapt/alter
 - Being able to anticipate
 - Problem solving
- (e) How did you evaluate the effectiveness of your performance in your structure, strategy or composition? 3
- (20)**

QUESTION 8

Choose a structure, strategy or composition from **one** activity.

- (a) Choose **two** elements from the list below. How are they important to your structure, strategy or composition? 5
- Space
 - Speed
 - Team-work
 - Design, form and style
 - Linking movements
 - Width/depth/mobility
- (b) Describe how you practised the two elements for your chosen structure, strategy or composition. 4
- (c) How did you gather information on the effectiveness of the structure, strategy or composition chosen in Part (a)? 3
- (d) Why were these methods appropriate? 4
- (e) What would be your next steps in the development of your structure, strategy or composition? 4

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