

X205/201

NATIONAL
QUALIFICATIONS
2008

WEDNESDAY, 28 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) | Technical | Physical | Personal | Special | |
|-----|--|----------|----------|---------|-------------|
| | From the list of performance qualities above, outline the range of qualities you would expect a model performer to demonstrate in your chosen activity. | | | | 5 |
| (b) | Explain how the use of an appropriate model performance helps you develop a personal improvement plan. | | | | 4 |
| (c) | Choose one of the qualities listed in Part (a). Describe one weakness in your performance with reference to the chosen quality. | | | | 4 |
| (d) | Give examples of the short and long term goals you set yourself to improve your weakness. | | | | 4 |
| (e) | Describe, briefly, the methods you used to monitor your short and long term goals. | | | | 3 |
| | | | | | (20) |

QUESTION 2

Choose **one** activity.

- | | | | | | |
|-----|--|--|--|--|-------------|
| (a) | Describe the challenges you faced in this activity. | | | | 4 |
| (b) | Choose two of the qualities from the list below and explain how each affected your performance. | | | | |
| | <ul style="list-style-type: none">• Technical (refinement, timing, effectiveness)• Physical (strong, light)• Personal (determination)• Special (imagination, flair) | | | | 5 |
| (c) | Describe the training you carried out to improve your performance. | | | | 4 |
| (d) | How can mental factors affect your training? Give specific examples. | | | | 4 |
| (e) | What effects did your training have on your performance? | | | | 3 |
| | | | | | (20) |

SECTION 2—PREPARATION OF THE BODY

Marks

QUESTION 3

Choose **one** activity.

- | (a) Physical fitness | Skill-related fitness | Mental fitness | |
|--|------------------------------|-----------------------|-------------|
| How does each of the above types of fitness affect performance in your chosen activity? | | | 5 |
| (b) Select one of the types listed in Part (a). Select one aspect of fitness from this type. Describe how you assessed your level of fitness for the aspect selected. | | | 4 |
| (c) Why is it important to gather information on your specific fitness needs before planning a training programme? | | | 3 |
| (d) Describe your specific fitness needs. Give examples. | | | 3 |
| (e) What course of action did you take to meet your specific fitness needs? | | | 5 |
| | | | (20) |

QUESTION 4

Choose **one** activity.

- | | | | |
|--|--|--|-------------|
| (a) Select an aspect of fitness. Describe in detail a training programme to develop this aspect of fitness. | | | 5 |
| (b) How did you apply the principles of training to your training programme? | | | 5 |
| (c) How did you monitor the effectiveness of your training programme? | | | 3 |
| (d) Why was it important to monitor your training programme? | | | 3 |
| (e) Describe the effect your training had on your performance. | | | 4 |
| | | | (20) |

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SECTION 3—SKILLS AND TECHNIQUES

Marks

QUESTION 5

Choose **one** activity.

- (a) With reference to the list below, describe what makes a skilled performance.
- Fluency
 - Controlled movement
 - Decision making
 - Appropriate skills and technique
- (b) Describe **your** performance in relation to the skilled performance in Part (a).
- (c) Describe how you planned a programme of improvement.
- (d) How did the improvement programme help your **whole** performance?
- (e) What would you now regard as your development needs to further improve **your** performance?
- (20)**

QUESTION 6

Choose **one** activity.

- (a) Describe **one** skill or technique that you regard as a weakness in your performance.
- (b) Describe the methods you used to analyse the weakness identified in Part (a).
- (c) Describe **two** methods of practice you used to develop the skill or technique you identified as a weakness in Part (a).
- (d) Explain why these **two** methods helped to improve the weakness in your skill or technique.
- (e) Choose **one** of the following factors.
- Motivation
 - Concentration
 - Feedback
- Explain the importance of this factor in your performance.
- (20)**

SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION

Marks

QUESTION 7

Choose **one** activity.

- (a) Select a structure, strategy or composition. Explain why it was important to gather information on that structure, strategy or composition. 4
- (b) Describe **one** method you used to gather information about your performance within the structure, strategy or composition. 4
- (c) Explain how your strengths and weaknesses affected the structure, strategy or composition. 5
- (d) What actions did you take to improve the effectiveness of your performance? 4
- (e) Explain the effects your actions had on your performance. 3
- (20)

QUESTION 8

Choose **one** activity.

- (a) Describe in **detail** one structure, strategy or composition you have used. 4
- (b) Describe the programme of work you went through to learn this structure, strategy or composition. 4
- (c) Choose **one** of the factors below.
- Use of space in performance
 - Use of repetition in performance
 - Use of creativity in performance
 - Use of width/depth/mobility
 - Use of motifs in performance
 - Use of speed/tempo in performance
- Explain the importance of this factor in your chosen structure, strategy or composition. 4
- (d) Why is continually monitoring your structure, strategy or composition important? 4
- (e) To improve your structure, strategy or composition further, what do you see as your future development needs? 4
- (20)

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