



Cambridge IGCSE™

GLOBAL PERSPECTIVES

0457/13

Paper 1 Written Exam

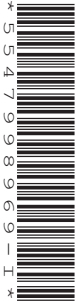
May/June 2026

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1 hour 25 minutes

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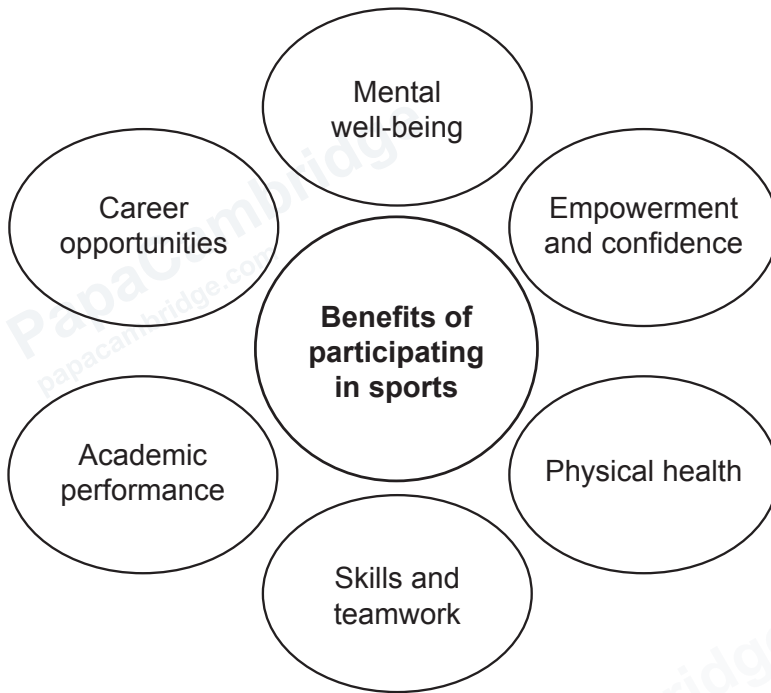
- This insert contains all the sources referred to in the questions.
- You may annotate this insert and use the blank spaces for planning. **Do not write your answers** on the insert.



This document has 4 pages. Any blank pages are indicated.

Source 1

According to recent global data from the International Sports Statistics Association (ISSA), sport plays an important role in shaping societies and promoting well-being. In 2022, worldwide spending on sports activities reached an all-time high of \$1.5 trillion. This shows the global importance of sport. Additionally, data reveals there is a 10 per cent increase in female engagement in sports. This includes women taking part in sports, spectating and being part of the sports industry.



Source 2

The power of sport should not be underestimated! The Global Sports Organisation (GSO) is an international group committed to the development and promotion of sports and activities. We believe that sports contribute to our social and cultural understanding.

We founded the activity *Play-Connect-Rise* in 2022 as a response to the many continuing effects of the Covid-19 pandemic, such as, a lack of fitness, loneliness and insecurity. We depend on donations and work with local governments, NGOs, and local communities to create sustainable sports programmes for all. These programmes emphasise the importance of inclusion and have successfully integrated minority groups into sports. Our programmes have improved the health of local people.

Extract from the Global Sports Organisation's newsletter

Source 3

I have always enjoyed sports activities and was interested to learn that participating in sports improves academic performance and can reduce stress. My group and I wanted to find out more.

We first researched this topic using secondary sources on the internet to find convincing statistics. On social media we found many different opinions from teenagers about participation in school sports.

During our school lunch break we interviewed teachers from the sports department and asked them how many students participate in activities after school. We used open questions to keep the interview flexible. We asked the sports teachers whether sport had an impact on students' grades. We then communicated these facts to our peers over a four week period. Our research highlighted the need to exercise. After this we observed the participation rate in school sports had increased.

Extract from a student project, 2025

Source 4

Anna

As a professional sports psychologist, I see competition in sports as valuable for personal growth. Engaging in sports is more than just fun, it's a way to improve our mental strength. Throughout my research, I have found that athletes who face healthy competition develop resilience, teamwork and problem-solving skills. In fact, I estimate that 80 per cent of athletes who take part in competitive sport report increased confidence and a sense of achievement. You could imagine this as a mental workout that helps individuals become more confident.

Professional sports clubs see the benefits of this too, with many of them opening academies and training facilities for young people to reach their potential in the future.

Mark

You have an interesting perspective, Anna! In my experience as a sports journalist, I have often encountered the darker side of intense competition. I agree, competition can be great, but we should be cautious as it makes people anxious. Athletes face a lot of pressure and can experience burnout and mental health difficulties. Finding a balance is important. We shouldn't let the goal of winning be more important than the joy of taking part. It's about having fun and growing, not just winning! My daughter enjoys running and other events in sports days.

However, I have heard from several schools recently where students feel pressure and are anxious to perform well in everything. They feel constantly compared to their peers – not just on the sports field. They feel they need to be the best all the time. This is clearly impossible.

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