



GCSE



3550U10-1

MONDAY, 19 MAY 2025 – AFTERNOON

PHYSICAL EDUCATION – FULL COURSE

Unit 1: Introduction to Physical Education

2 hours plus your additional time allowance

Surname _____

First name(s) _____

Centre Number _____

Candidate Number 0 _____

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1	15	
2	22	
3	23	
4	19	
5	21	
Total	100	

INSTRUCTIONS TO CANDIDATES

Use black ink, black ball-point pen or your usual method.

You may use a pencil for graphs and diagrams only.

Write your name, centre number and candidate number in the spaces provided on the front cover.

Answer ALL questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

(Turn over)

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

You will be shown two video clips.

The clips for Question 1 and Question 2 will each be shown three times, during which time you may answer the questions and make notes.

Firstly the two clips will be shown.

(Turn over)

4

The clip for Question 1 will be shown a second time. There will be five minutes after the clip to answer the question.

The clip for Question 2 will be shown a second time. There will be five minutes after the clip to answer the question.

Both clips will then be shown for a third and final time.

You will then have the rest of the examination time to complete Questions 1 and 2 and the remaining questions.

(Turn over)

5

Answer ALL questions.

CLIP 1 – GOLF

Warming up helps the performer to become physically and mentally prepared.

- 1. (a) Identify the phase of the warm up seen in CLIP 1. [1 mark]**

(Turn over)

- 1 (b) Identify the main component of fitness needed when taking a tee shot.

Tick (✓) ONE box only. [1 mark]

COMPONENT OF FITNESS

Cardiovascular endurance

☐

Power

☐

Reaction time

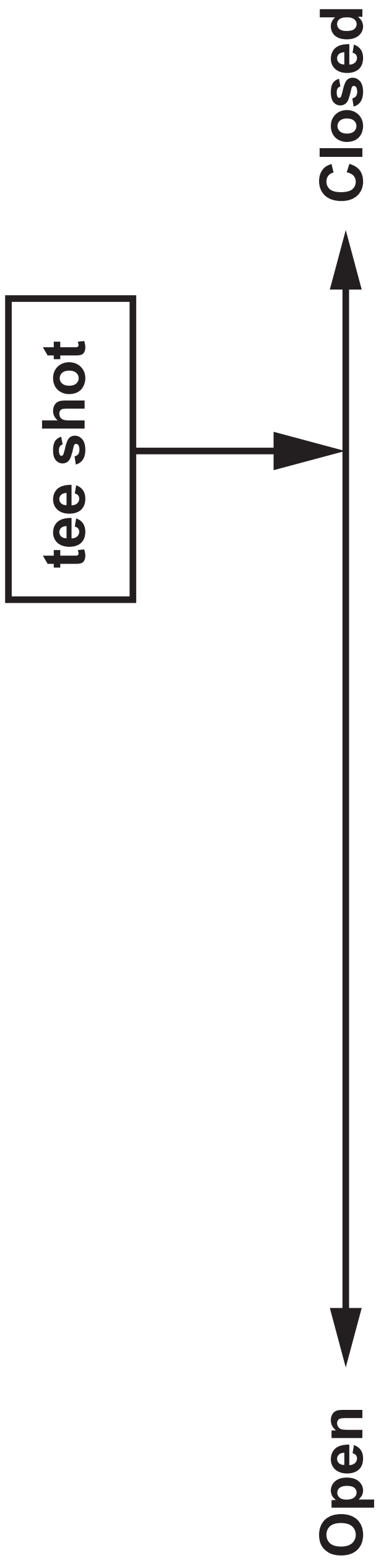
☐

Agility

☐

(Turn over)

1 (c) Identify ONE type of guidance given to the golfer in CLIP 1. [1 mark]



1 (d) Justify why a tee shot could be placed towards the closed end of the continuum shown opposite.

[2 marks]

- 1 (e) Explain how technology can be used to provide the golfer with knowledge of results and knowledge of performance. [4 marks]**

- 1 (f) Explain in the tables on pages 11 and 12 the possible physical, mental and social benefits from playing golf.
[6 marks]**

BENEFITS	
PHYSICAL	
MENTAL	

BENEFITS	
SOCIAL	

CLIP 2 – ROWING

2. (a) Identify the type of muscular contraction when the rower is stationary.

Tick (✓) ONE box only. [1 mark]

Isometric

☐

Isotonic eccentric

☐

Isotonic concentric

☐

(Turn over)

2 (b) Justify why type I (slow twitch) are the predominant muscle fibres used by rowers. [2 marks]

2 (c) Analyse CLIP 2 and complete the tables below.

(i) The muscles/muscle groups working in the legs. [2 marks]

Tick (✓) TWO boxes only.

Quadriceps ☐

Pectorals ☐

Hamstrings ☐

Deltoids ☐

2 (c) (ii)

What happens to the heart rate of the rower during exercise. [1 mark]

Tick (✓) ONE box only.

Increases

☐

Decreases

☐

No change

☐

(Turn over)

2 (c) (iii)

ONE short term effect of rowing.

[1 mark]

Tick (✓) ONE box only.

Increased tidal volume

☐

Muscular hypertrophy

☐

**Increased capilarisation
in the alveoli**

☐

(Turn over)

2 (c) (iv)

ONE way the body controls temperature. [1 mark]

Tick (✓) ONE box only.

Sweating

☐

Ice bath

☐

Stretching routine

☐

(v) ONE role of the coaches. [1 mark]

(Turn over)

2 (d) Assess why co-ordination and cardiovascular endurance are important for rowers. [4 marks]

2 (e) Identify TWO arm bones involved in the rowing action. [2 marks]

2 (f) Describe how the rower can use progressive overload to improve performance. [2 marks]

2 (g) Explain how cardiac output increases as the race progresses.
[2 marks]

2 (h) Identify the type of joint from the examples below.

Draw a line to match the example to the type of joint. [3 marks]

**TYPE OF
JOINT**

**Ball and
socket**

Pivot

Hinge

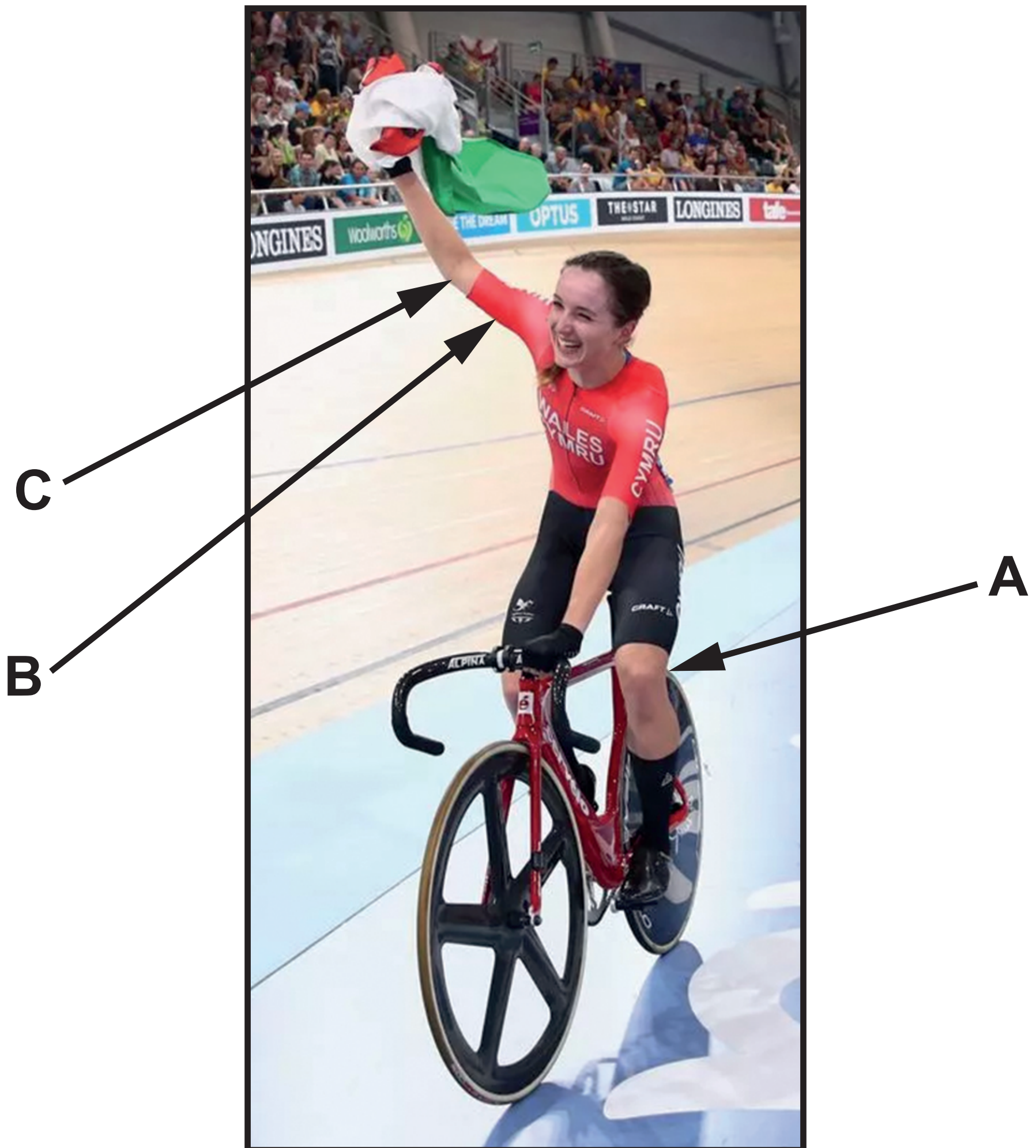
**EXAMPLE
FROM THE
BODY**

Elbow

Neck

Shoulder

3. **FIGURE 1 – Elinor Jane Barker MBE is an Olympic, two-time World and six-time European champion in the team pursuit.**



**3 (a) Analyse FIGURE 1 opposite to
complete the table below by naming:
[4 marks]**

A	Axis of rotation at the knee joint.	
B	Muscle that extends the arm.	
C	Type of synovial joint at the elbow.	
	Plane of movement of the bike.	

(Turn over)

3 (b) Explain why long distance cycling is predominantly aerobic. [4 marks]

3 (c) Identify THREE examples of technological advances in sport.
[3 marks]

3 (d) Identify FOUR strategies to improve participation in sport. [4 marks]

3 (e) Discuss the influence of media on sport. [8 marks]

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30

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(Turn over)

31

23

(Turn over)

4. **FIGURE 2 – Sophie Ingle, the Wales captain, has won 100 caps for her country. Sophie Ingle is classed as having reached the autonomous stage of learning.**



- (a) **Identify ONE characteristic of a skilful performer. [1 mark]**

4 (b) Analyse why providing the correct type of guidance could improve performance. [6 marks]

35

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4 (c) Evaluate the importance of diet and nutrition for a sports performer.

[6 marks]

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4 (d) Assess why fartlek and weight training methods could be beneficial for a footballer. [6 marks]

[illegible]

(Turn over)

40

[illegible]

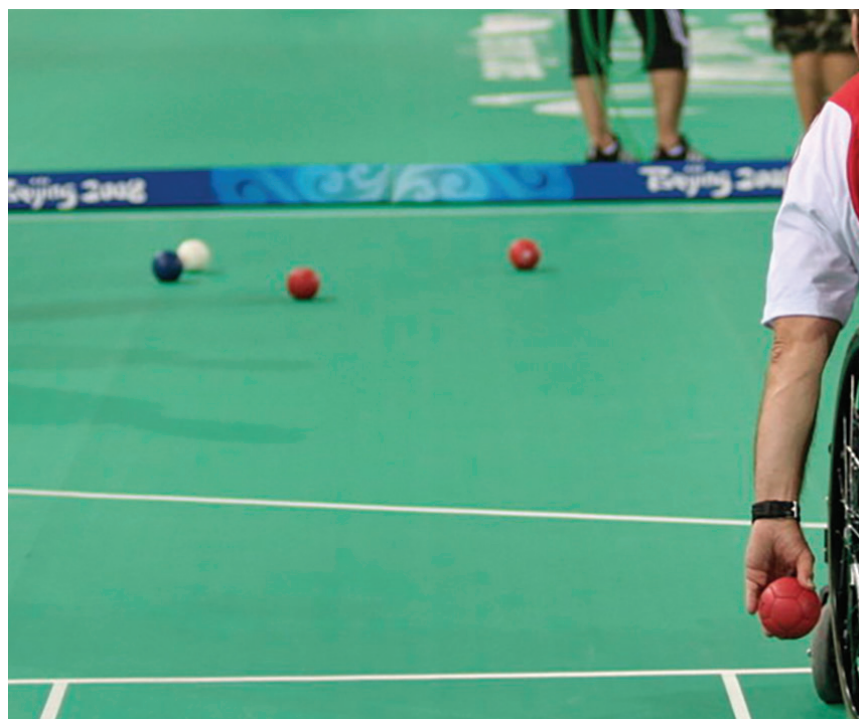
(Turn over)

41

[illegible]

(Turn over)

5. FIGURE 3 – David Smith from Swansea, Paralympic boccia champion



- 5 (a) Identify the main component of fitness required to perform bocchia effectively.**

Tick (✓) ONE box only. [1 mark]

COMPONENT OF FITNESS

Co-ordination

☐

Cardiovascular endurance

☐

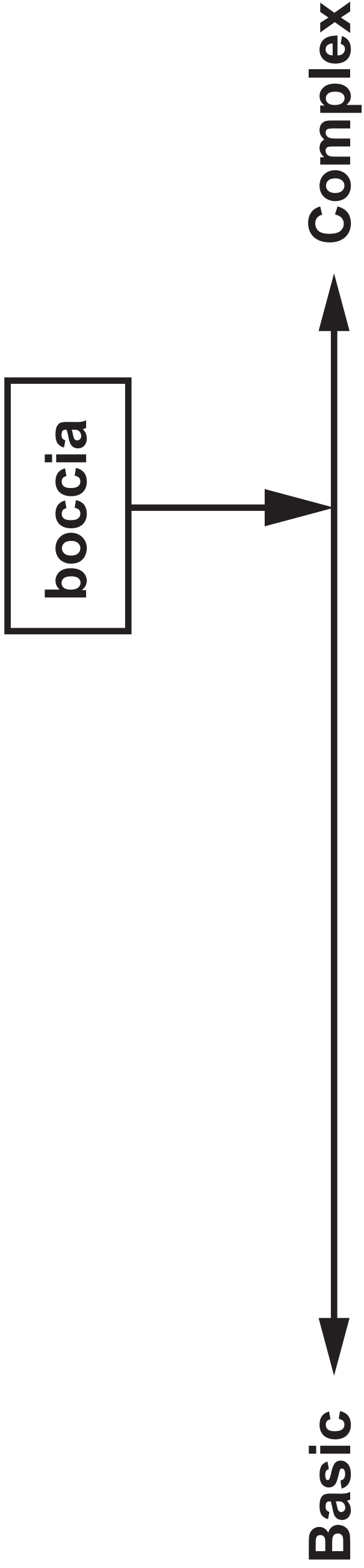
Body composition

☐

Agility

☐

(Turn over)



5 (b) Justify why boccia could be placed towards the complex end of the continuum shown opposite.

[2 marks]

5 (c) Outline why boccia is classified as a self-paced skill. [1 mark]

(d) Explain why varied practice could be used to improve performance in boccia. [2 marks]

5 (e) Explain how fitness testing data could be used to improve performance. [4 marks]

**Decision
making**

Input

Feedback



Information processing allows decisions to be made and hopefully for learning to progress.

5 (f) Identify the missing stage of the basic information processing model opposite. [1 mark]

Place the stage on the line provided.

5 (g) Describe, using examples, input and decision making in sport. [2 marks]

	EXAMPLES
Input	
Decision making	

5 (h) Explain why intrinsic motivation would be beneficial for an elite athlete. [4 marks]

5 (i) Identify TWO benefits of setting goals prior to performing. [2 marks]

• _____

• _____

(j) Identify TWO potential barriers facing disabled athletes. [2 marks]

• _____

• _____

END OF PAPER

[illegible]