



GCSE

3555U10-1

WEDNESDAY, 15 MAY 2019 – MORNING

PHYSICAL EDUCATION (Short Course)

Unit 1: Introduction to Physical Education

1 hour plus your additional time allowance

Surname _____

Other Names _____

Centre Number _____

Candidate Number 0 _____

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1a	11	
1b	6	
1c	3	
2a	6	
2b	6	
2c	4	
2d	4	
3a	6	
3b	4	
Total	50	

INSTRUCTIONS TO CANDIDATES

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

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 continuation page(s) at the back of the booklet, taking care to number the question(s) correctly.

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.

Answer ALL questions.

1. The image opposite is of a high jumper clearing the bar.

(a) (i) Identify the component of fitness shown by the high jumper in the image opposite. [1]

Tick (✓) ONE box only.

Strength

☐

Flexibility

☐

Agility

☐

Muscular Endurance

☐



1(a) (ii) Justify your reasons for choosing the component identified in part 1(a)(i) on page 4. [3]

[illegible]

(iii) Name a recognised fitness test to measure the component of fitness identified in part 1(a)(i) on page 4. [1]

1(a) (iv) Discuss the reasons for using a variety of methods to monitor health and fitness levels. [3]

[illegible]

1(a) (v) Explain why PLYOMETRIC TRAINING could be a suitable method of training for a high jumper. [3]

[illegible]

1(b) (i) Identify THREE functions of the human skeletal system. [3]

— _____

— _____

— _____

(ii) Explain why a high jumper would need to warm up before competing. [3]

- 1(c) Athletes use different energy systems to create the energy needed to train and compete. Draw a line to match the energy system to the correct description. [3]

NAME OF ENERGY SYSTEM

DESCRIPTION

Aerobic

Produces the majority of energy for high intensity activities for up to 1-2 minutes.

Creatine Phosphate

Supplies energy for about 10 seconds and is used in explosive events.

Lactic Acid

Provides energy over a long period of time.

2. The image opposite is of a downhill skier turning at a gate.

(a) (i) Name TWO fitness components required by the skier in order to perform effectively. [2]

— _____

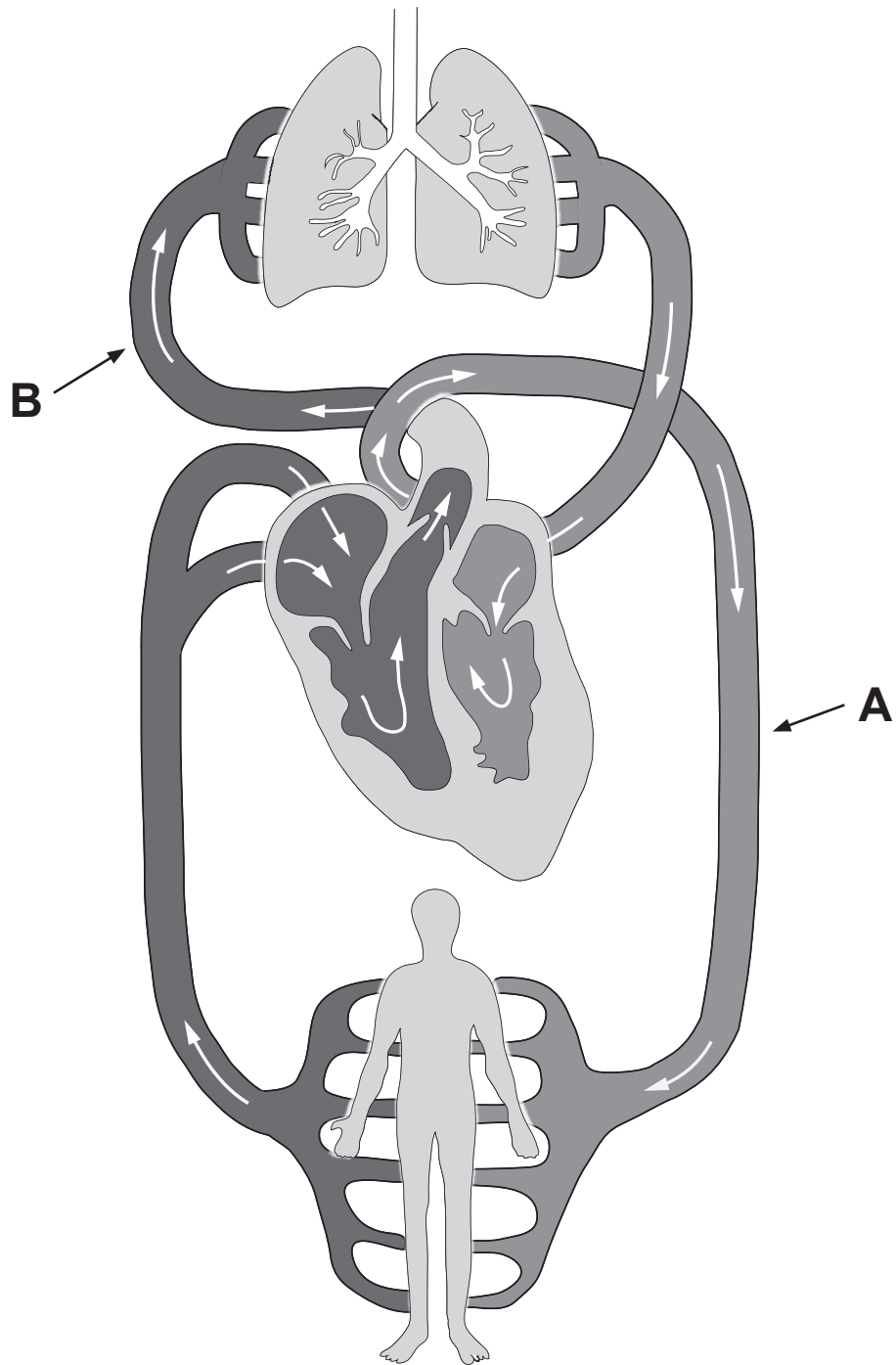
— _____



2(a) (ii) Define each of the fitness components identified in part 2(a)(i) on page 11. [2]

FITNESS COMPONENT	DEFINITION
1.	
2.	

Below is a diagram of the circulatory systems.



- 2(a) (iii) Using the diagram opposite as a guide, name the circulatory systems identified by completing the table below. [2]**

	NAME OF CIRCULATORY SYSTEM
A.	
B.	

2(b) Downhill ski racers often have to ski for over two minutes on difficult terrain.

Discuss why ski racers would need to train within both the Aerobic and Anaerobic Training Zones.

[6]

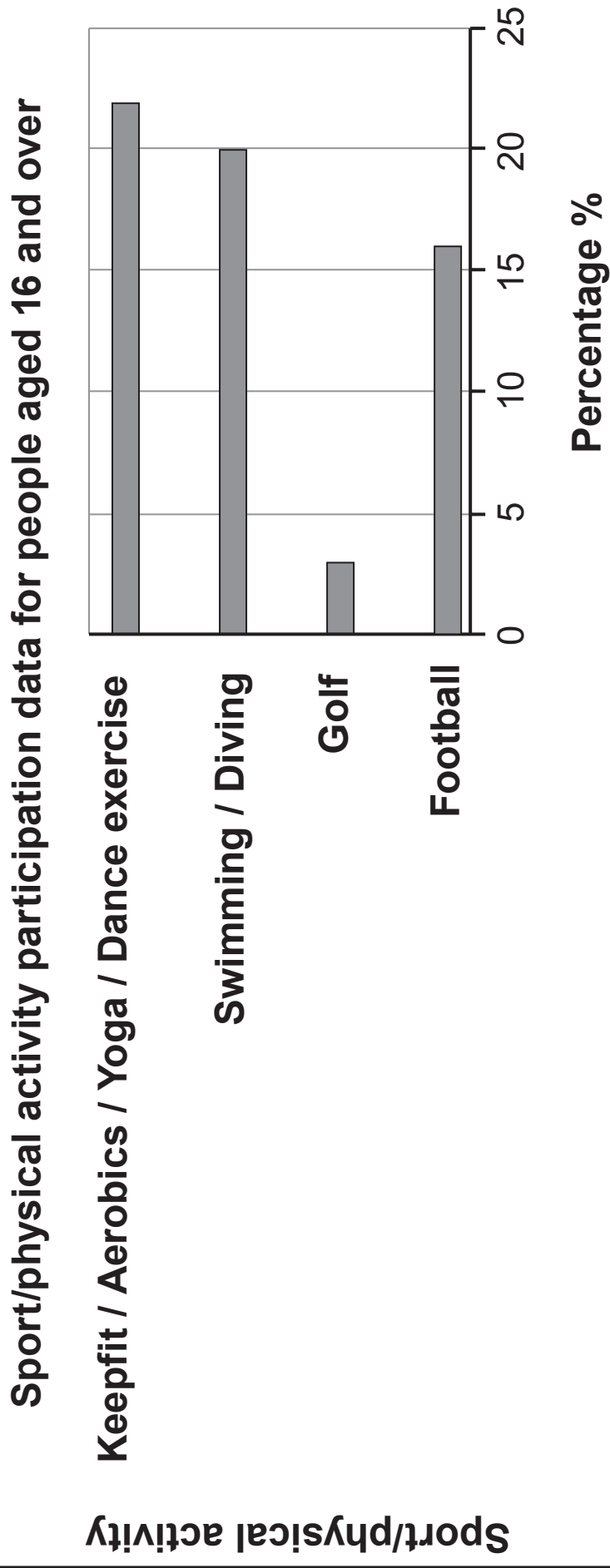
[illegible]

2(c) Using specific sporting examples, evaluate how sports people could use modern technology in order to improve their performance. [4]

[illegible]

2(d) Explain how modern technology can help officials in sport. [4]

[illegible]



3. Study the data shown opposite.

(a) Using the data on participation, evaluate the lifestyle choices made by those participating in sport/physical activity. [6]

[illegible]

[illegible]

3(b) Explain possible social benefits of participating in sport/physical activity such as those shown in the data. [4]

[illegible]

10

END OF PAPER

FOR CONTINUATION ONLY.

[illegible]

FOR CONTINUATION ONLY.

[illegible]