

GCSE

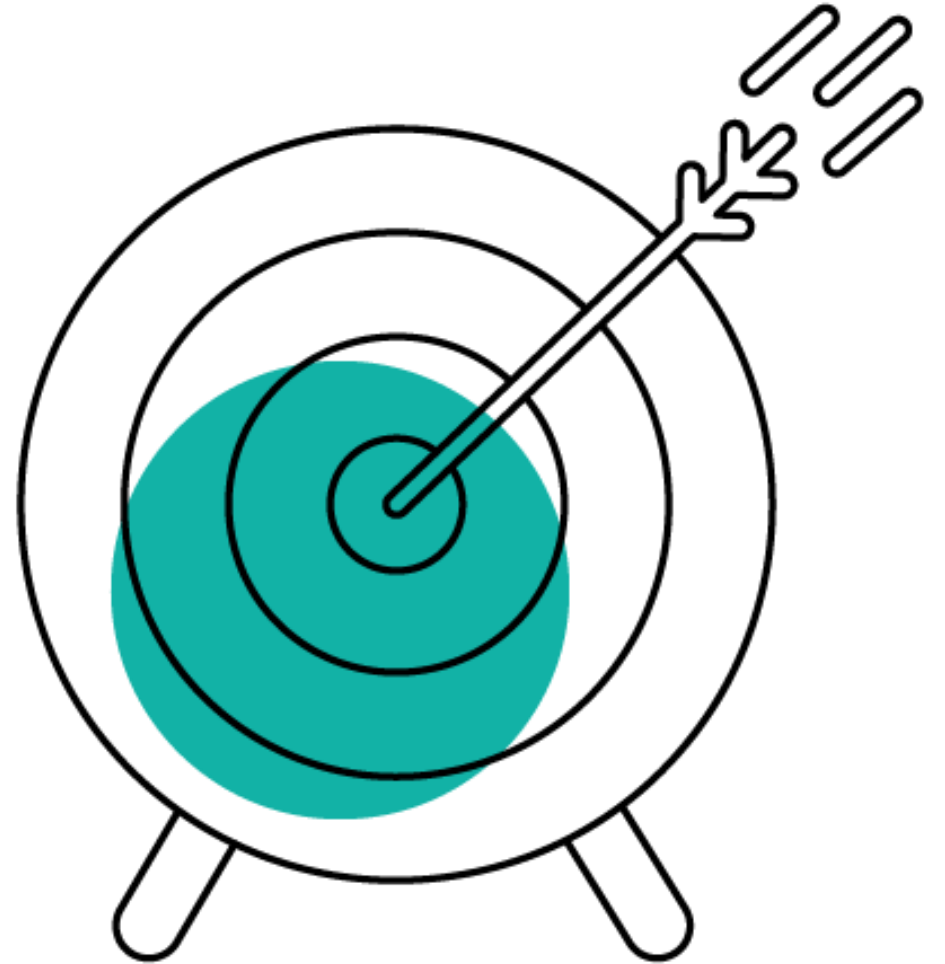
Physical Education

Exam Insights May/June 2024 –
Components 1 and 2



Aims and Objectives

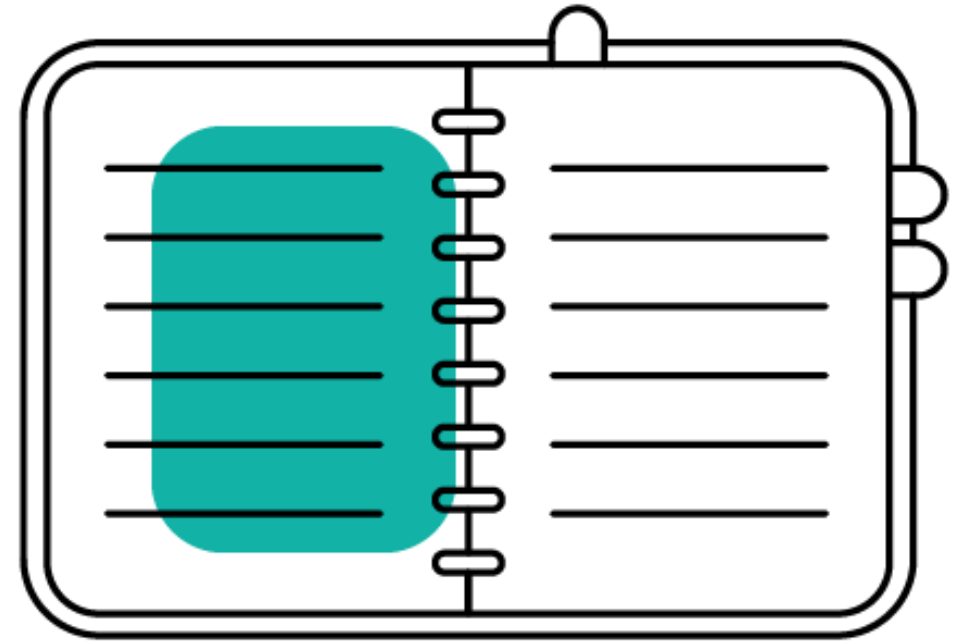
- Look at performance of the papers in summer 2024 examinations.
- Review of Assessment Objectives of the specification.
- Overview of the responses of selected questions from GCSE examination.
- See what further support and resources are available.



Agenda

In this session we are going to look at:

- Welcome and introductions
- Session 1: Grade boundaries and cumulative percentages for the summer 2024 Papers 1 and 2
- Session 2: Deep dive on Paper 1
- Session 3: Deep dive on Paper 2
- Session 4: Further support



Reminder about the changes from 2023 onwards

Component 1	Component 2
<ul style="list-style-type: none">• Section A: Applied Anatomy & Physiology and Movement analysis• Section B: Physical Training• Section C: One extended response on Physical Training topic only• 80 marks – 1 hour 30 mins 36%	<ul style="list-style-type: none">• Section A: Health, Fitness and Wellbeing• Section B: Sports Psychology and sociocultural influences• Section C: One extended response from Sport Psychology or Socio-Cultural differences• 60 marks – 1 hour 15 mins 24%

Variation of questions throughout both Paper 1 and Paper 2

- 1 (a) Which **one** of the following body systems protects the vital organs?

(1)

<input type="checkbox"/>	A Cardiovascular
<input type="checkbox"/>	B Muscular
<input type="checkbox"/>	C Respiratory
<input type="checkbox"/>	D Skeletal

- 2 The ankle and shoulder are examples of joints in the human body.

Complete **Table 1** by:

- (a) Stating the classification of each joint.
(b) Stating **one different** range of movement for each joint.

Joint	(a) Joint classification	(b) Range of movement
Ankle	(1)	(1)
Shoulder	(1)	(1)

Table 1

Muscles are classified as either voluntary, involuntary or cardiac.

- 7 (c) Explain, using an example, why the characteristics of **cardiac** muscle are important to a sports performer.

(3)

- 1 (a) Which **one** of the following is essential for maintaining bone health?

(1)

<input type="checkbox"/>	A Carbohydrates
<input type="checkbox"/>	B Macronutrients
<input type="checkbox"/>	C Minerals
<input type="checkbox"/>	D Protein

- 5 Activity level is a lifestyle choice.

- (a) State **two other** lifestyle choices

(2)

- 1
2

- 8 Misha is a 100m sprinter. She uses goal setting to improve her performance.

Explain **two** reasons why goal setting is important for Misha.

(4)

Variation of questions throughout both Paper 1 and Paper 2 continued

SECTION C

Extended writing question

14 Olivia plays football. She requires high levels of strength, cardiovascular fitness and agility for her playing position.

She trains regularly, using Fartlek training, circuit training and weight training.

Evaluate the importance of these **three** methods of training in improving Olivia's fitness for football.

(9)

SECTION C

Extended writing question

14 **Figure 7** shows Tyrone who is an **elite** trampolinist. He is working with his coach to improve a difficult move.



(Source: © Vladimir Vasilovich/Shutterstock)

Figure 7

Evaluate the effectiveness of **three** types of **feedback** that Tyrone could use with his coach to improve his performance.

(9)

Grade boundaries and cumulative percentages



Grade boundaries and cumulative percentages

Component level key grade boundaries

Boundary	1PE0_01	1PE0_02	1PE0_03	1PE0_04
	Mark / %	Mark / %	Mark / %	Mark / %
7	52 / 28.67	43 / 10.26	77 / 49.67	15 / 18.16
4	37 / 67.25	33 / 50.04	60 / 85.76	9 / 63.45
1	9 / 98.45	11 / 97.91	18 / 99.83	4 / 92.34

Cumulative number of candidates at specified grades and percentages

Grade	9	8	7	6	5	4	3	2	1	0
Mark	278	261	245	223	201	180	138	96	55	0
Cum %	3.23	9.58	19.46	37.77	55.93	70.85	89.85	97.78	99.83	100
Cum Cands	499	1,481	3,008	5,839	8,648	10,954	13,892	15,118	15,434	15,461

Feedback and variation of candidates' performance on MCQs



Variation of candidates' performance on MCQs

Rank order of accessibility of common questions comparable between Component 1 and Component 2.

Component 1

MCQ	Mean mark
1a	0.96
1b	0.50
1c	0.46
1d	0.86
9a	0.92
9b	0.47
9c	0.82
9d	0.99

Component 2

MCQ	Mean mark
1a	0.80
1b	0.88
6a	0.90
6b	0.45
6c	0.99
6d	0.79

Feedback and variation of candidates' performance on short answer questions from paper 1 and paper 2



Student response – Paper 1 Q2a & 2b

Candidate who did well

2 The ankle and shoulder are examples of joints in the human body.

Complete **Table 1** by:

(a) Stating the classification of each joint.

(b) Stating **one different** range of movement for each joint.

Joint	(a) Joint classification	(b) Range of movement
Ankle	hinge (1)	flexion and extension (1)
Shoulder	ball and socket (1)	adduction and abduction (1)

Table 1

Response 2a awarded 2/2 marks
Response 2b awarded 2/2 marks

Student response – Paper 1 Q2a & 2b

Candidate who didn't do so well

2 The ankle and shoulder are examples of joints in the human body.

Complete **Table 1** by:

(a) Stating the classification of each joint.

(b) Stating **one different** range of movement for each joint.

*pivot, condyloid, hinge,
ball & socket*

Joint	(a) Joint classification	(b) Range of movement
Ankle	<i>hinge</i> (1)	<i>plantar-flexion</i> (1)
Shoulder	<i>ball and socket</i> (1)	<i>adduction</i> (1)

Table 1

Response 2a awarded 2/2 marks
Response 2b awarded 0/2 marks

Student response – Paper 1 Q13i & ii

Candidate who did well

13 Some athletes take performance-enhancing drugs (PEDs) to increase their performance.

Explain **one advantage** and **one disadvantage** of growth hormones (GH) for a **100 m sprinter** competing in a major competition.

(i) Advantage

(2)

Growth hormones can increase muscular strength in the affected area, which would make the runner faster as his legs would be stronger and able to exert more force compared to other runners, making him more likely to win.

(ii) Disadvantage

(2)

If the athlete is tested for PEDs, he could be caught using growth hormones or an increased level, meaning they would be disqualified and in trouble with the sport.

Response 13i awarded 2/2 marks

Response 13ii awarded 2/2 marks

Student response – Paper 1 Q13i & ii

Candidate who didn't do so well

13 Some athletes take performance-enhancing drugs (PEDs) to increase their performance.

Explain **one advantage** and **one disadvantage** of growth hormones (GH) for a **100 m sprinter** competing in a major competition.

(i) Advantage

(2)

they may have longer legs meaning that they can take larger strides during the race which means they could finish the race at a better time

(ii) Disadvantage

(2)

the growth may put on extra body mass which could slow them down during the race meaning they may not win the race.

Response 13i awarded 0/2 marks
Response 13ii awarded 0/2 marks

Student response – Paper 2 Q5a

Candidate who did well

5 Activity level is a lifestyle choice.

(a) State **two other** lifestyle choices

1 Diet

2 Smoking

Response 5a awarded 2/2 marks

Student response – Paper 2 Q5a

Candidate who didn't do so well

5 Activity level is a lifestyle choice.

(a) State **two other** lifestyle choices

- 1 Active
- 2 Sedentary

Response 5a awarded 0/2 marks

Student response – Paper 2 Q5b

Candidate who did well

(b) Give **two** negative impacts on **physical** health of **low** activity levels.

- 1 increase risk of type 2 diabetes
- 2 increase risk of stroke and heart attack

Response 5b awarded 2/2 marks

Student response – Paper 2 Q5b

Candidate who didn't do so well

(b) Give **two** negative impacts on **physical** health of **low** activity levels.

1 gain of weight

2 more risk to health conditions

Response 5b awarded 0/2 marks

Why candidates did well – summary

- Questions were read carefully, command words, key words or terms were underlined.
- Responses provided in the question were not repeated.
- The question context was used to arrive at the correct answer.
- Sporting examples were used when needed.

Feedback and variation of candidates' performance on longer answer questions from Paper 1 and Paper 2



Longer questions and command words

- Longer, 3- or 4-mark questions still use a points-based mark scheme.
- Typical command words used are describe and explain.
- Responses need to be linked.
- Responses need to demonstrate development.

Student response – Paper 1 Q3c

Candidate who did well

Muscles are classified as either voluntary, involuntary or cardiac.

- (c) Explain, using an example, why the characteristics of cardiac muscle are important to a sports performer.

(3)

Cardiac muscles are ~~impaired~~^{not} under conscious control. This means they don't need[^] to be thought about^{by athlete}. As a result, they can contract to pump more oxygenated blood[^] to working muscles, so athlete can respire aerobically, without need for athlete's attention.

Response 3c awarded 3/3 marks

Student response – Paper 1 Q3c

Candidate who didn't do so well

Muscles are classified as either voluntary, involuntary or cardiac.

(c) Explain, using an example, why the characteristics of **cardiac** muscle are important to a sports performer.

(3)

The heart is a cardiac muscle and its ability to pump oxygenated blood around the body would aid a long distance runner, who has a higher oxygen demand during a race obtain necessary oxygen for them to complete the race.

Response 3c awarded 1/3 marks

Student response – Paper 1 Q11d

Candidate who did well

(d) Describe the test protocol for the Cooper 12-minute run.

(3)

Set 4 cones on each corner of a square that is around 20m long each side. Then have performers run around the cones as fast as they can for 12 minutes. They should count how many times they completed the square then multiply the length of the whole square (in this case 80m) by how many times they completed the square to find their total distance. (Total for Question 11 = 12 marks)

Response 11d awarded 3/3 marks

Student response – Paper 1 Q11d

Candidate who didn't do so well

(d) Describe the test protocol for the Cooper 12-minute run.

(3)

You go for a 12-minute run and see how far
you can run in 12 minutes.

Response 11d awarded 1/3 marks

Student response – Paper 2 Q8

Candidate who did well

8 Misha is a 100 m sprinter. She uses goal setting to improve her performance.

Explain **two** reasons why goal setting is important for Misha.

(4)

1 ~~It will~~ She will see her progress improving which will increase confidence

2 She will be more motivated as she sees herself getting nearer to her goal

Response 8 awarded 4/4 marks

Student response – Paper 2 Q8

Candidate who didn't do so well

8 Misha is a 100 m sprinter. She uses goal setting to improve her performance.

Explain **two** reasons why goal setting is important for Misha.

(4)

1 So the time bound will not change it would stay the same each time.

2 So the way she trains would not get messed up and it would stay same each time

Response 8 awarded 0/4 marks

Student response – Paper 2 Q10b

Candidate who did well

(b) Explain **two** ways participation in disability sport could be increased.

(4)

1 Increase the amount of local clubs
that ~~is~~ ^{is accessible} and ~~is~~ ^{is} suitable
for disabled people to play a
sport.

2 Increase the media exposure of disabled
role-models ^{playing sports} which will motivate
and inspire more disabled people to ~~play~~
participate as they will look up to them.

Response 10b awarded 4/4 marks

Student response – Paper 2 Q10b

Candidate who didn't do so well

(b) Explain **two** ways participation in disability sport could be increased.

(4)

1 more people from different age groups can join in

2 people start at different levels (grass roots)

Response 10b awarded 0/4 marks

Longer answer questions summary

What candidates did well:

- Knowledge was recalled and applied correctly
- Ideas expressed clearly with appropriate examples
- Higher order thinking skills demonstrated clearly by developing ideas following through points in depth.

What candidates didn't do well:

- Candidates did not use the correct question context
- Candidates found it difficult to develop their responses
- Many lacked application or the required analysis and evaluation
- Lack of performance link when appropriate.

Feedback and variation of candidates' performance on extended answer questions from Paper 1 and Paper 2



The extended answer questions

- Levels based mark scheme
- Requires same skills as long answer questions
- Need to demonstrate development of response
- 3 marks available for each of the Assessment Objectives:
 - AO1 – recall of knowledge
 - AO2 – application of knowledge
 - AO3 – evaluation

The extended answer questions – Paper 1 Q14

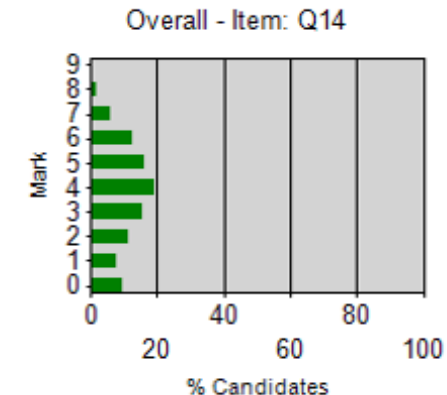
- 14 Olivia plays football. She requires high levels of strength, cardiovascular fitness and agility for her playing position.

She trains regularly, using Fartlek training, circuit training and weight training.

Evaluate the importance of these **three** methods of training in improving Olivia's fitness for football.

(9)

Mark	No Candidates	% Candidates
0	1365	9.6%
1	1096	7.7%
2	1573	11.1%
3	2232	15.8%
4	2689	19.0%
5	2296	16.2%
6	1796	12.7%
7	846	6.0%
8	235	1.7%
9	31	0.2%
Total	14159	



The extended answer questions – Paper 2 Q14

14 **Figure 7** shows Tyrone who is an **elite** trampolinist. He is working with his coach to improve a difficult move.



(Source: © Vladimir Vasilovich/Shutterstock)

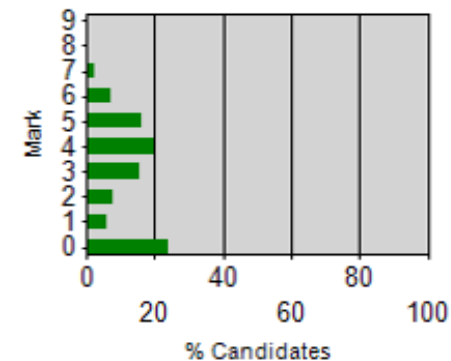
Figure 7

Evaluate the effectiveness of **three** types of **feedback** that Tyrone could use with his coach to improve his performance.

(9)

Mark	No Candidates	% Candidates
0	3952	24.0%
1	995	6.0%
2	1294	7.9%
3	2590	15.7%
4	3215	19.5%
5	2622	15.9%
6	1215	7.4%
7	419	2.5%
8	130	0.8%
9	28	0.2%
Total	16460	

Overall - Item: Q14



Delegate marking – Paper 1 Q14

SECTION C

Extended writing question

14 Olivia plays football. She requires high levels of strength, cardiovascular fitness and agility for her playing position.

She trains regularly, using Fartlek training, circuit training and weight training.

Evaluate the importance of these **three** methods of training in improving Olivia's fitness for football.

Delegate marking – Paper 1 Q14

Fartlek training is training at various intensity in various terrains. It trains cardiovascular fitness which is the ability to perform for long periods of time, endurance, with minimum increase of heart rate. Cardiovascular fitness is key in football as the matches are long and require large amounts of running and movement over a large area. Fartlek training involves various terrains this is not specific to football as the terrains stay constant, there is no inclines or declines. The various intensities are specific as during a match she may be at high and low intensities. Having high levels of cardiovascular fitness will improve performance.

Weight training is the lifting of weights at increasing intensities. It trains and improves strength by increasing muscular hypertrophy. Strength is required in football when tackling or passing the ball as it must cover large

distances with speed and power. Improved strength provides improved performance and Olivia an advantage over her opposition.*

Circuit training is the rotation of multiple exercises for certain periods of time with rests inbetween. It trains Agility which is the ability to change direction at speed with accuracy and is key in football when moving around a player to prevent being tackled.

Circuit training is not specific to football as you do not have breaks between performing in football. However you can tailor the exercises so they are sport specific and adjust intensity.

~~Overall~~ * however lifting weights is not sport specific as most ^{strength} power in football comes from the legs and not arms. Also the movement of lifting weights does not occur in football.

Overall all training methods improve the component of fitness required and improve fitness and performance but aren't sport specific.

Response analysis – Paper 1 Q14

Fartlek training is training at various intensity in various terrains. It trains cardiovascular fitness which is the ability to perform for long periods of time, endurance, with minimum increase of heart rate. Cardiovascular fitness is key in football as the matches are long and require large amounts of running and movement over a large area. Fartlek training involves various terrains this is not specific to football as the terrains stay constant, there is no inclines or declines. The various intensities are specific as during a match she may be at high and low intensities. Having high levels of cardiovascular fitness will improve performance.

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distances with speed and power. Improved strength provides improved performance and gives an advantage over her opposition.*

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~~Weight~~ * however lifting weights is not sport specific as most ^{strength} power in football comes from the legs and not arms. Also the movement of lifting weights does not occur in football.

Overall all training methods improve the component of fitness required and improve fitness and performance but aren't sport specific.

Student response – Paper 1 Q14

Candidate who didn't do so well

Weight training is essential for Olivia if she is trying to improve her overall strength in football. This is good as weight training consists of targeting your type 2x muscle fibres so your legs allow hypertrophy to occur overtime. Strength is key for Olivia in her performance as this excels her chances of gaining and retaining possession.

Adding on to this, cardiovascular fitness is also key for Olivia throughout football games. To improve this, football training is good however intervals could improve this as this is constant fitness on your CV system. ~~This~~ A better CV system would benefit Olivia's overall performance as she can maintain fitness throughout her game resilient to fatigue, resulting in optimum performance.

Lastly, it is important for Olivia to have good agility. To improve this, circuit training would not target the correct muscles. However, plyometrics

could benefit your agility as you are targeting your type 2x muscle fibres. Due to this, your agility will improve which can be tested by completing various agility tests. Agility would improve Olivia's performance as you are more comfortable and reliable on the ball. Also, you can make sharp turns gaining the advantage on your opponents.

Overall, Olivia has got a decent training programme, however she could replace circuit training for plyometrics to ensure better agility.

Delegate marking – Paper 2 Q14

SECTION C

Extended writing question

- 14 **Figure 7** shows Tyrone who is an **elite** trampolinist. He is working with his coach to improve a difficult move.



(Source: © Vladimir Vasilovich/Shutterstock)

Figure 7

Evaluate the effectiveness of **three** types of **feedback** that Tyrone could use with his coach to improve his performance.

(9)

Delegate marking – Paper 2 Q14

(Source: © Vladimir Vasilovich/Shutterstock)

concurrent
terminal

extrinsic

Figure 7

intrinsic

Evaluate the effectiveness of **three** types of **feedback** that Tyrone could use with his coach to improve his performance.

(9)

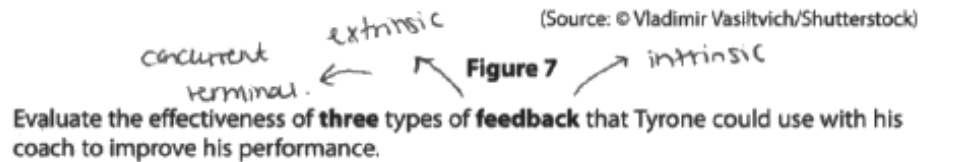
Terminal, concurrent, extrinsic and intrinsic are types of feedback that enable improvement of a skill or activity due to understanding strengths and weaknesses; from a coach or from themselves. Terminal feedback is feedback given after a performance has finished. This could be a video analysis or feedback directly to a performer from a coach. It enables positive reinforcement which also tests and recovers. For Tyrone, his coach could provide feedback of his leg positioning during his move after he has performed it once to aid improvement if he tries again. This is effective as it may allow Tyrone to gain information on what to improve that he may have missed due to not being able to visualise skill. However, for elite athletes like Tyrone, they may have already developed the wrong feel of skill already themselves due to kinesthetic senses. So, therefore Tyrone may have noticed a mistake himself

during his move and would be able to fix it due to feeling it himself. Therefore, terminal feedback may not be an effective way as it is time consuming and not suitable for an elite performer as they need high level coaching to notice mistakes and provide feedback. Alternatively, concurrent feedback is feedback or coaching points given during the performance to aid player. For Tyrone this could mean that his coach is calling to him to point his feet or tuck in his head ~~before~~ next time. This would enable Tyrone to fix his mistakes quite quickly as feedback is given whilst he is performing skill so can adjust mistakes. However, concurrent feedback may be offputting for Tyrone as he is unable to concentrate on two things at once as a trampolining move is a complex skill that requires thought and concentration, so his coach shouting feedback at him may cause him to perform errors which could lead to injury. Therefore concurrent feedback is both effective but can be offputting even for an elite athlete, and a skill may be too short for concurrent feedback to be given in that time. Lastly, extrinsic feedback is feedback given from outside forces like teammates, coaches or match officials. Extrinsic feedback can be positive encouragement and visualising strengths or it can aid development of skill through negative feedback and constructive criticism. So for Tyrone, his coach can provide alternative help on the performance to enable Tyrone to fix his mistakes. A strength of extrinsic feedback would be that it can be used for both concurrent and terminal, so can be used in a variety of situations. However, extrinsic feedback from Tyrone's coach requires his coach to be a high quality coach that is able to improve high quality skills

Delegate marking continued – Paper 2 Q14

from an elite performer.
Overall I believe that, ~~terminal~~ both concurrent and ^{terminal} ~~extrinsic~~ feedback are good ways to improve performance as concurrent is speed pulled for an elite performer and terminal allows for rest and recovery, however ~~they~~ terminal feedback is time consuming ^{for} ~~cost~~ on elite performer like tyrone, and concurrent may not be useful as a slant on a trampoline is very fast paced. Therefore I think that intrinsic or extrinsic would be a better solution to improve tyrones performance as intrinsic enables an elite performer to understand when or where they are making mistakes and ~~the~~ extrinsic feedback can occur in many different scenarios or situations during tyrones performance.

Response analysis – Paper 2 Q14



(9)

Terminal, concurrent, extrinsic and intrinsic are types of feedback that enable improvement of a skill or activity due to understanding strengths and weaknesses; from a coach or from themselves. Terminal feedback is feedback given after a performance has finished. This could be a video analysis or feedback directly to a performer from a coach. It enables positive reinforcement which also tests and recovers. For Tyrone, his coach could provide feedback of his leg positioning during his mare after he has performed it once to aid improvement if he tries again. This is effective as it may allow Tyrone to gain information on what to improve that he may have missed due to not being able to visualise skill. However, for elite athletes like Tyrone, they may have already developed the wrong feel of skill already themselves due to kinesthetic senses. So, therefore Tyrone may have noticed a mistake himself

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Response analysis continued – Paper 2 Q14

from an elite performer.

Overall I believe that, ~~terminal~~ both concurrent and ^{terminal} ~~extrinsic~~ feedback are good ways to improve performance as concurrent is good suited for an elite performer and terminal allows for rest and recovery, however ~~they~~ terminal feedback is time consuming ^{for} ~~and~~ on elite performer like tyrone, and concurrent may not be useful as a slant on a trampoline is very fast paced. Therefore I think that intrinsic or extrinsic would be a better solution to improve tyrones performance as intrinsic enables an elite performer to understand when or where they are making mistakes and ~~the~~ extrinsic feedback can occur in many different scenarios or situations during tyrones performance.

Student response – Paper 2 Q14

Candidate who didn't do so well

14 Figure 7 shows Tyrone who is an elite trampolinist. He is working with his coach to improve a difficult move.

Verbal
Visual
Mechanical
Manual



(Source: © Vladimir Vasilovich/Shutterstock)

Figure 7

Evaluate the effectiveness of three types of **feedback** that Tyrone could use with his coach to improve his performance.

Verbal Feedback is the feedback given verbally to a person. Visual feedback is feedback given in a demonstrable or video for the person to watch - Manual feedback is feedback where the coach helps the performer by moving their bodies into the correct positions.

Verbal feedback is helpful to Tyrone, as although he is an elite performer, given comments can help him make small adjustments and improvements to his performance and this difficult move.

Visual feedback is helpful to Tyrone, as he can see exactly how to do the complex skill. Tyrone can watch this and notice exactly how to copy the skill. Manual feedback is not helpful to Tyrone at all as he is

an elite trampolinist. Manually helping in such a complex skill would be very difficult and not improve the skill more than the level he already got it at.

Overall I think that both visual and verbal feedback are important for improving the skill, but Manual feedback is not helpful at all. Tyrone should only use verbal and visual feedback to help improve his performance.

Common issues on extended answer questions

- Bullet points used
- Lack of planning before beginning response
- Lack of application of knowledge to the question
- Lack of analysis and evaluation of the topic
- Lack of developed responses

A good approach to extended answer questions

To achieve well on these types of questions it is essential that relevant facts are stated, applied and then evaluated.

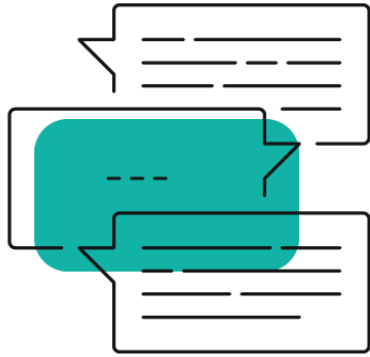
In the context of paper 1 Q14, a relevant fact could be that weight training uses free weights(AO1), and by using high weight with low reps they could increase their strength, allowing them to kick the ball harder (AO2). As strength is a required component of fitness for their position, and as the other two methods do not effectively improve strength, it makes weight training essential because it specifically targets strength (AO3).

Further Support



Subject Advisor Support

Our subject advisors are experts in their fields and are here to support you throughout the year.



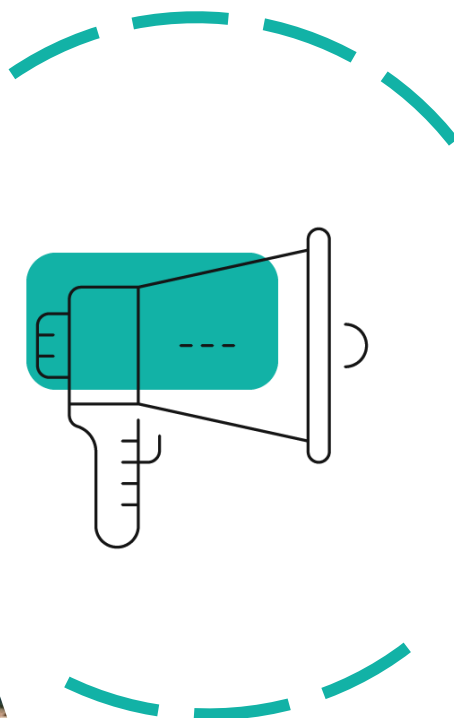
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Your Feedback Matters

Following this event, you will receive an invitation to share your thoughts about the session. Your feedback is invaluable to us, as it helps us tailor our professional development materials to better meet your needs. Please don't hesitate to let us know what you'd like to see more of and what areas you think could be improved.



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