

Pearson Edexcel GCSE
Paper Reference 1PE0/02

Physical Education
Component 2:
Health and Performance

Friday 17 May 2019 – Afternoon

**Time: 1 hour 15 minutes, plus your
additional time allowance**

You do not need any other materials.

**See the Instructions, Information and
Advice on the next two pages.**

Candidate surname					
Other names					
Centre Number					
Candidate Number					

X56389A

Instructions

- **Use BLACK ink or ball-point pen.**
- **FILL IN THE BOXES on the front page with your name, centre number and candidate number.**
- **Answer ALL questions.**
- **Answer the questions in the spaces provided – there may be more space than you need.**

Information

- **The total mark for this paper is 70.**
- **The marks for EACH question are shown in brackets – use this as a guide as to how much time to spend on each question.**

(Turn over)

Advice

- **Read each question carefully before you start to answer it.**
- **Try to answer every question.**
- **Check your answers if you have time at the end.**

(Turn over)

Answer ALL questions. Write your answers in the space provided.

Some questions must be answered with a cross in a box ☐. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☐.

(Questions begin on next page)

(Turn over)

- 1 (a) Which ONE of the following is a social health benefit of participation in physical activity? (1 mark)**

- ☐ **A Aesthetic appreciation**
- ☐ **B Cooperation**
- ☐ **C Improved fitness**
- ☐ **D Stress relief**

(Question continues)

(Turn over)

(b) Which ONE of the following would be classified as a low organisation skill? (1 mark)

- ☐ **A A skill always performed in a predictable environment**
- ☐ **B A skill requiring lots of thought to carry out**
- ☐ **C A skill that can be broken down easily into phases**
- ☐ **D A skill that does not have a clear beginning and end**

(Question continues)

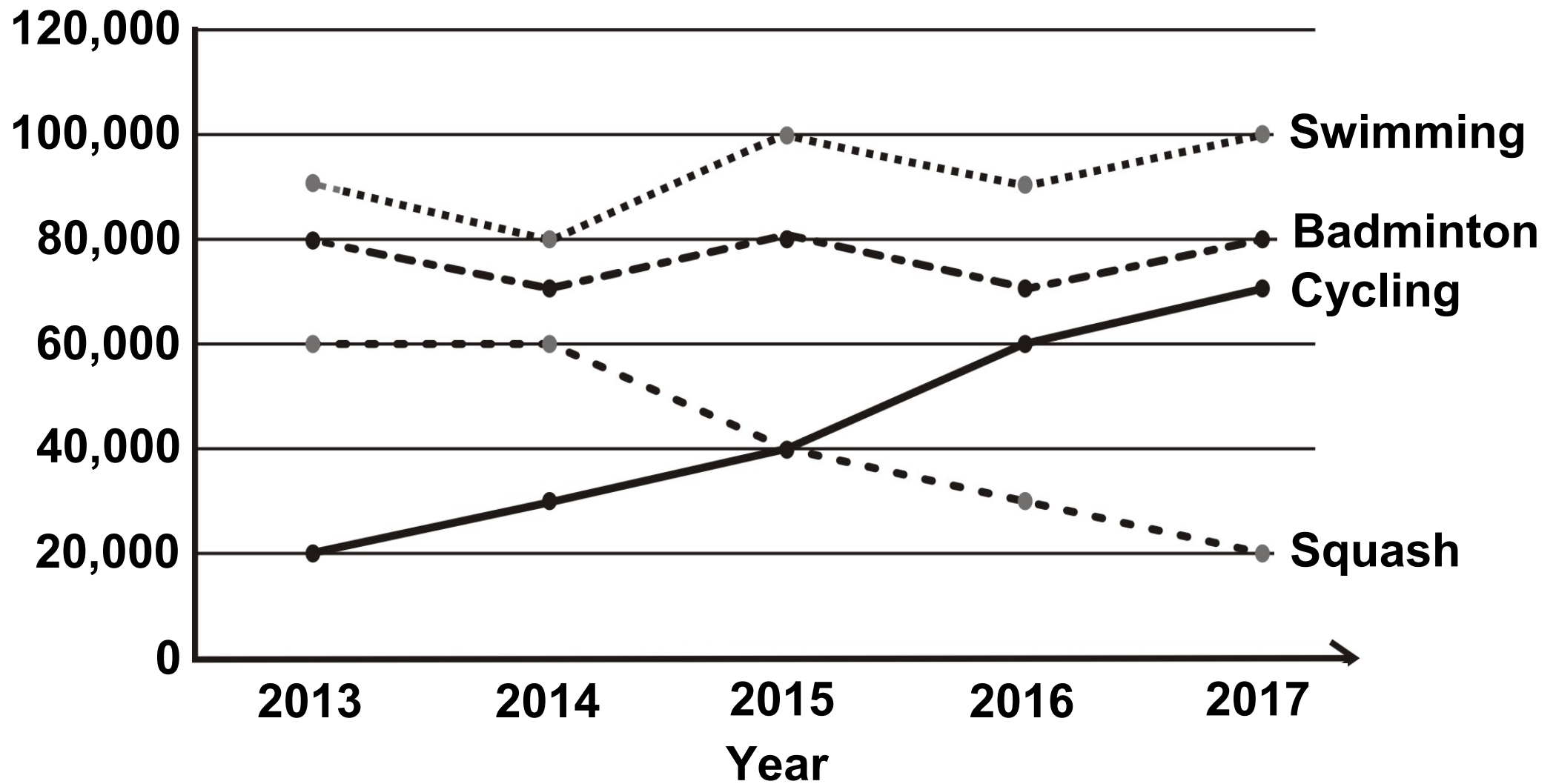
(Turn over)

**For Questions 1(c) and 1(d) use
FIGURE 1 to decide whether
A, B, C or D is correct.**

**FIGURE 1 (on the next page) shows
participation rates in four different
sports by adults in Greater London
between 2013 and 2017.**

(Turn over)

FIGURE 1
Participation
rates by adults



- (c) Identify the sport with the greatest increase in participation rates between 2013 and 2017. (1 mark)**

☐ **A Badminton**

☐ **B Cycling**

☐ **C Squash**

☐ **D Swimming**

(Question continues)

(Turn over)

(d) Identify the sport that has the same participation rate in 2013 and 2017. (1 mark)

☐ **A Badminton**

☐ **B Cycling**

☐ **C Squash**

☐ **D Swimming**

(Question continues)

(Turn over)

(e) Identify the term being described.

**Feedback given at the same time
as the skill is performed. (1 mark)**

☐ **A Concurrent**

☐ **B Manual**

☐ **C Visual**

☐ **D Terminal**

(Question continues)

(Turn over)

(f) Which ONE of the following is the MOST likely risk of drinking too much alcohol over a long period of time? (1 mark)

- ☐ **A Arthritis**
- ☐ **B Liver damage**
- ☐ **C Lung cancer**
- ☐ **D Osteoporosis**

(Total for Question 1 = 6 marks)

(Turn over)

2 Matilda has been training with friends to run in a marathon. This is a social health benefit for Matilda.

(a) State TWO other types of health benefit. (2 marks)

1

2

(Question continues)

(Turn over)

- (b) Matilda does not smoke cigarettes, however some of her friends smoke regularly.**

Explain ONE reason why NOT smoking would be an advantage for Matilda when running a marathon. (2 marks)

(Continue answer on next page)

(Turn over)

15

(Total for Question 2 = 4 marks)

(Turn over)

3 Explain ONE strength and ONE weakness for the SMART target below.

‘I keep dropping the ball in netball so I want to improve my coordination in the next month’.

(a) Strength (2 marks)

(Continue answer on next page)

(Turn over)

(Continue answer on next page)

(Turn over)

(b) Weakness (2 marks)

(Total for Question 3 = 4 marks)

(Turn over)

- 4 Lucas is a 100 m backstroke swimmer. He uses goal setting at the start of the season to improve his performance.**

Give THREE reasons why goal setting is important for Lucas. (3 marks)

1

(Continue answer on next page)

(Turn over)

2

(Continue answer on next page)

(Turn over)

3

(Total for Question 4 = 3 marks)

(Turn over)

- 5** **FIGURE 2 and FIGURE 3 (on the next page) show a tennis serve in an outdoor doubles match and its classification on the open-closed skill continuum.**

FIGURE 2

Tennis player serving



(Continues on next page)

(Turn over)

FIGURE 3

(Continues on next page)

(Turn over)

**Justify, using examples, why the tennis serve has not been placed at the extreme end of the closed part of the continuum.
(4 marks)**

(Continue answer on next page)

(Turn over)

(Turn over)

- 6 (a) Define the term sportsmanship.
(1 mark)**

(Question continues)

(Turn over)

- (b) Explain the difference between gamesmanship and deviancy in sport. (2 marks)**

(Continue answer on next page)

(Turn over)

(Total for Question 6 = 3 marks)

(Turn over)

- 7 Explain TWO reasons why massed practice would be suitable for use with an experienced basketball player. (4 marks)**

1

(Continue answer on next page)

(Turn over)

(Continue answer on next page)

(Turn over)

2

(Total for Question 7 = 4 marks)

(Turn over)

- 8 (a) Identify the types of guidance being used in FIGURE 4 and FIGURE 5.

FIGURE 4



FIGURE 5



(Continues on next page)

(Turn over)

- (i) Type of guidance in FIGURE 4:
(1 mark)

- (i) Type of guidance in FIGURE 5:
(1 mark)

(Question continues)

(Turn over)

- (b) Fatima is coaching netball to young children in her local primary school. She is using verbal guidance in her coaching.**

**Explain TWO disadvantages of using verbal guidance when coaching young children.
(4 marks)**

1

(Continue answer on next page)

(Turn over)

(Continue answer on next page)

(Turn over)

2

(Total for Question 8 = 6 marks)

(Turn over)

- 9 Sleep is essential to recover from the day.

State TWO negative effects of lack of sleep on physical health and well-being. (2 marks)

1

(Continue answer on next page)

(Turn over)

2

(Total for Question 9 = 2 marks)

(Turn over)

- 10 Many professional football clubs use quantitative data to measure the performance of their players.**

TABLE 1 (on the next page) shows some of the data collected on three players during a football match.

(Continues on next page)

(Turn over)

TABLE 1

	PLAYER 1	PLAYER 2	PLAYER 3
Distance run	8.1 km	7.6 km	7.2 km
Successful passes	54	50	38
Unsuccessful passes	5	6	11
Tackles	16	12	25
Shots on target	2	3	0
Shots off target	5	1	5
Interceptions	2	4	7
Successful headers	5	3	12

(Continue answer on next page)

(Turn over)

Analyse the data suggesting TWO strengths and TWO weaknesses of Player 3.

(a) Strengths (2 marks)

1

2

(Continue answer on next page)

(Turn over)

(b) Weaknesses (2 marks)

1

2

(Total for Question 10 = 4 marks)

(Turn over)

11 A balanced diet is made up of macronutrients, micronutrients, fibre and water.

**(a) Identify TWO micronutrients.
(2 marks)**

1

2

(Question continues)

(Turn over)

- (b) Protein is a key factor in the diet of an elite power athlete such as a weightlifter.**

**Explain why it is important for weightlifters to consider the timing of their protein intake.
(3 marks)**

(Continue answer on next page)

(Turn over)

(Total for Question 11 = 5 marks)

(Turn over)

- 12 Explain the energy balance equation for maintaining a healthy weight.
(3 marks)**

(Continue answer on next page)

(Turn over)

(Total for Question 12 = 3 marks)

(Turn over)

- 13 The cyclist Lance Armstrong lost his sponsorship from Nike for taking performance enhancing drugs.**

**Explain why Nike ended Lance Armstrong's sponsorship deal.
(4 marks)**

(Continue answer on next page)

(Turn over)

(Continue answer on next page)

(Turn over)

(Total for Question 13 = 4 marks)

(Turn over)

- 14 Evaluate the importance of intrinsic and extrinsic feedback for a player in an under 12 hockey team. (9 marks)**

(Continue answer on next page)

(Turn over)

(Continue answer on next page)

(Turn over)

(Turn over)

(Turn over)

(Turn over)

(Continue answer on next page)

(Turn over)

(Turn over)

(Turn over)

(Total for Question 14 = 9 marks)

(Turn over)

- 15 Discuss the impact a sedentary lifestyle can have on physical health.
(9 marks)**

(Continue answer on next page)

(Turn over)

(Continue answer on next page)

(Turn over)

(Continue answer on next page)

(Turn over)

(Continue answer on next page)

(Turn over)

(Continue answer on next page)

(Turn over)

(Turn over)

(Turn over)

(Continue answer on next page)

(Turn over)

(Total for Question 15 = 9 marks)

TOTAL FOR PAPER = 70 MARKS

Sources

Q5, Figure 2: (Source: © Sebastian Luis Acosta/Getty Images)

Q8, Figure 4: (Source: ©GONZALO/Bauer-Griffin/Getty Images)

**Q8, Figure 5: (Source:
©Undrey/Shutterstock)**