

**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.**

<b>Candidate surname</b>					
<b>Other names</b>					
<b>Centre Number</b>					
<b>Candidate Number</b>					

# 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 begins on the 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)**

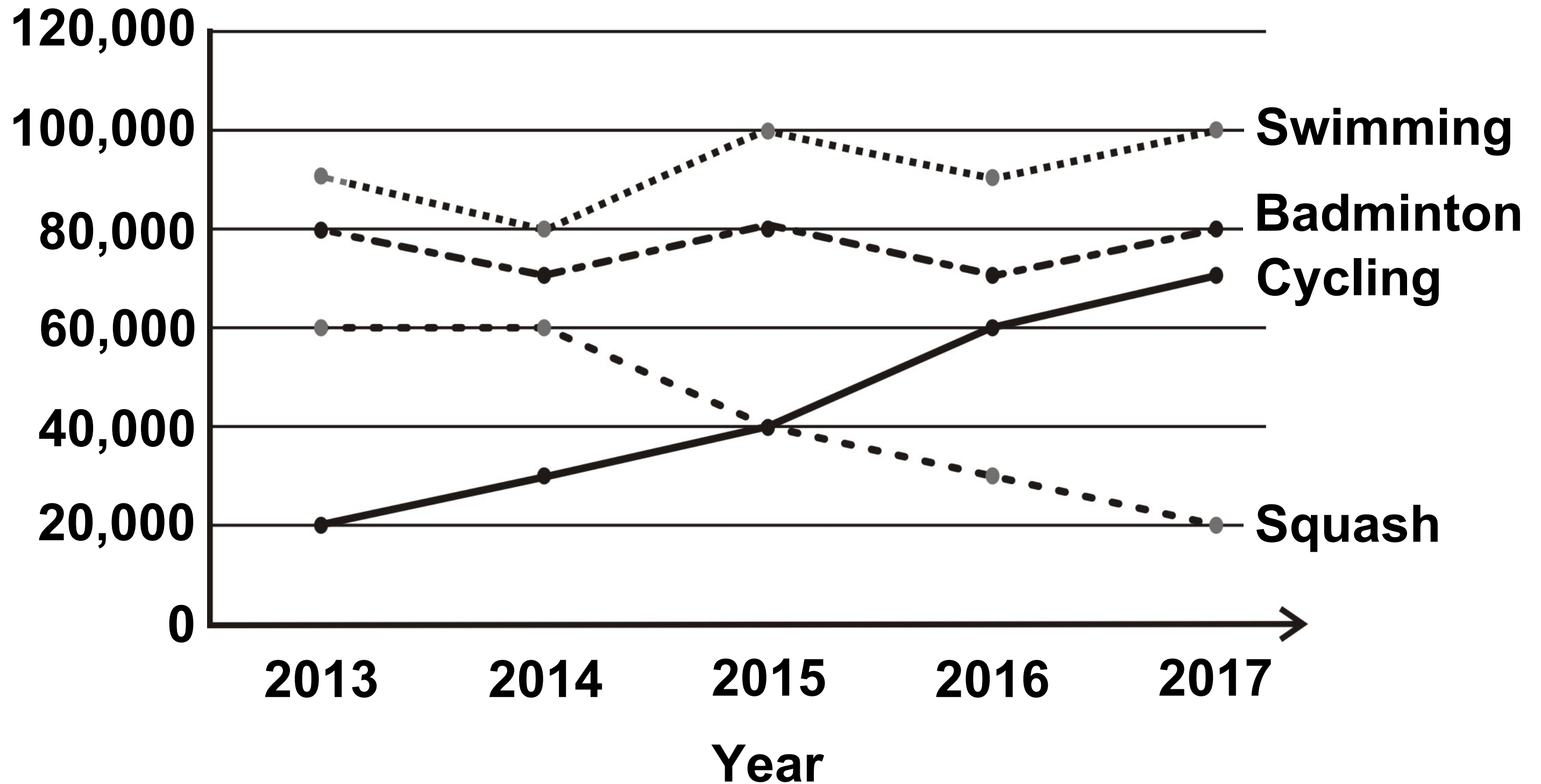
**(Turn over)**

**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**



(Turn over)



**(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)**

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**(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** \_\_\_\_\_

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**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)**

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**(Continue answer on next page)**

**(Turn over)**

**15**

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**(Total for Question 2 = 4 marks)**

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**(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)**

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**(Continue answer on next page)**

**(Turn over)**



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**(Continue answer on next page)**

**(b) Weakness (2 marks)**

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**(Total for Question 3 = 4 marks)**

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**(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)**

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**(Continue answer on next page)**

**(Turn over)**

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3

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**(Total for Question 4 = 3 marks)**

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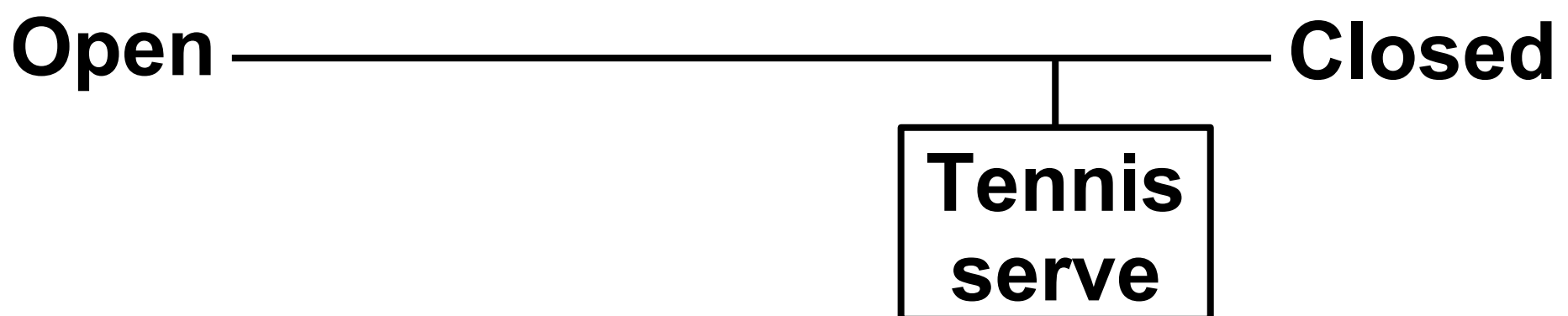
- 5** **FIGURE 2 and FIGURE 3 show a tennis serve in an outdoor doubles match and its classification on the open-closed skill continuum.**

**FIGURE 2**



**Tennis player serving**

**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)**

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**(Turn over)**



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

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**(Question continues)**

**(Turn over)**

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

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**(Total for Question 6 = 3 marks)**

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

**1**

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**(Continue answer on next page)**

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**(Continue answer on next page)**

**(Turn over)**

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# 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)**

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**(ii) Type of guidance in FIGURE 5:  
(1 mark)**

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**(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** \_\_\_\_\_

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**(Total for Question 8 = 6 marks)**

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**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**

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**2**

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**(Total for Question 9 = 2 marks)**

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**(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.**

**TABLE 1**

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

**(Continues on next page)**

**(Turn over)**

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

**(a) Strengths (2 marks)**

**1**

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**2**

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**(Turn over)**

**(b) Weaknesses (2 marks)**

**1**

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**2**

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**(Total for Question 10 = 4 marks)**

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**(Turn over)**

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

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

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**(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)**

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**(Continue answer on next page)**

**(Turn over)**

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**(Total for Question 11 = 5 marks)**

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**(Turn over)**

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

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**(Total for Question 12 = 3 marks)**

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**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)**

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**(Total for Question 13 = 4 marks)**

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

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**(Turn over)**

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

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**(Continue answer on next page)**

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**(Turn over)**

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**(Turn over)**

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**(Total for Question 15 = 9 marks)**

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**TOTAL FOR PAPER = 70 MARKS**