

Please check the examination details below before entering your candidate information

Candidate surname		Other names	
<b>Pearson</b> <b>Edexcel GCSE</b>		Centre Number <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Candidate Number <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<b>Friday 17 May 2019</b>			
Afternoon (Time: 1 hour 15 minutes)		Paper Reference <b>1PE0/02</b>	
<b>Physical Education</b> <b>Component 2: Health and Performance</b>			
You do not need any other materials.			Total Marks <input type="text"/>

## Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this 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.*

## 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 ►

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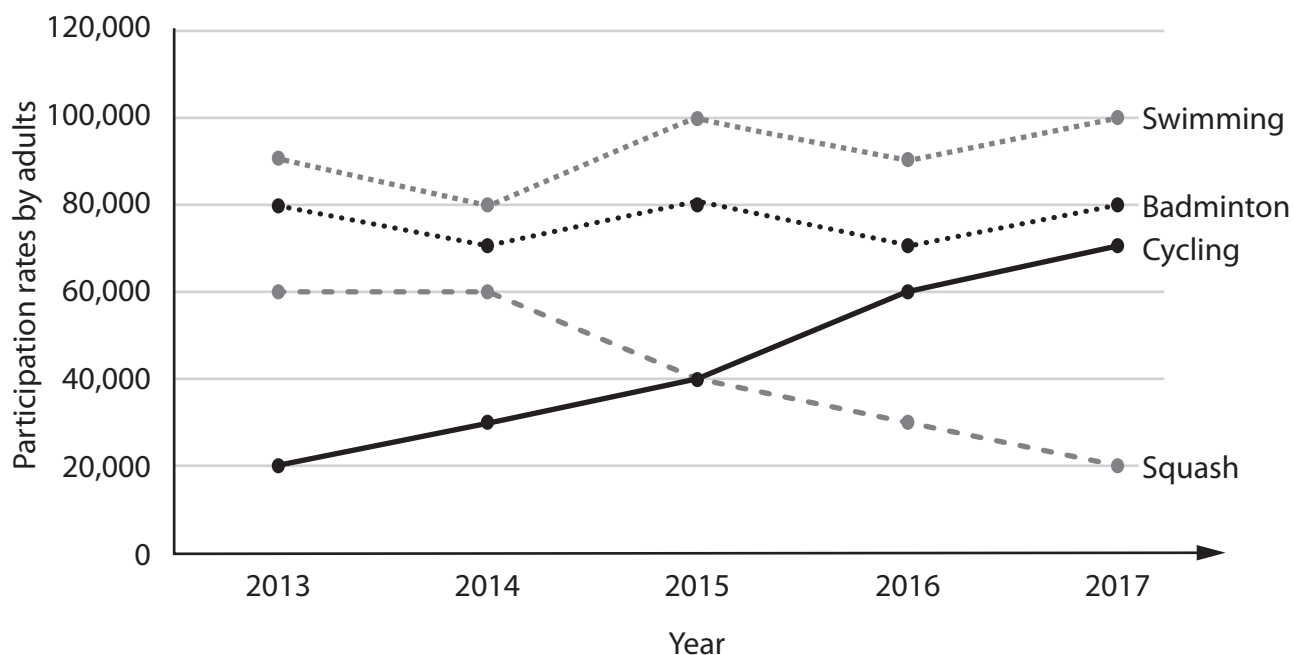
**Answer ALL questions. Write your answers in the spaces provided.**

**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 ☒.**

- 1 (a) Which **one** of the following is a social health benefit of participation in physical activity? (1)
- ☐ **A** Aesthetic appreciation
  - ☐ **B** Cooperation
  - ☐ **C** Improved fitness
  - ☐ **D** Stress relief
- (b) Which **one** of the following would be classified as a low organisation skill? (1)
- ☐ **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

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

**Figure 1** shows participation rates in four different sports by adults in Greater London between 2013 and 2017.



**Figure 1**

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

(1)

- ☐ **A** Badminton
- ☐ **B** Cycling
- ☐ **C** Squash
- ☐ **D** Swimming

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

(1)

- ☐ **A** Badminton
- ☐ **B** Cycling
- ☐ **C** Squash
- ☐ **D** Swimming

(e) Identify the term being described.

Feedback given at the same time as the skill is performed.

(1)

- ☐ **A** Concurrent
- ☐ **B** Manual
- ☐ **C** Visual
- ☐ **D** Terminal

(f) Which **one** of the following is the **most** likely risk of drinking too much alcohol over a long period of time?

(1)

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

(Total for Question 1 = 6 marks)

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)

(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)

(Total for Question 2 = 4 marks)

**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)

(b) Weakness

(2)

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

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- 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)

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(Total for Question 4 = 3 marks)

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



(Source: © Sebastian Luis Acosta/Getty Images)

**Figure 2**

**Tennis player serving**



**Figure 3**

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

(4)

**(Total for Question 5 = 4 marks)**



6 (a) Define the term sportsmanship.

(1)

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

(2)

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

- 7 Explain **two** reasons why massed practice would be suitable for use with an experienced basketball player.

(4)

(Total for Question 7 = 4 marks)

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



**Figure 4**



**Figure 5**

(Source: ©GONZALO/Bauer-Griffin/Getty Images)

(Source: ©Undrey/Shutterstock)

(i) Type of guidance in **Figure 4**:

(1)

(ii) Type of guidance in **Figure 5**:

(1)

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- (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)

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(Total for Question 8 = 6 marks)

9 Sleep is essential to recover from the day.

State **two** negative effects of lack of sleep on physical health and well-being.

(2)

(Total for Question 9 = 2 marks)

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

**Table 1** shows some of the data collected on three players during a football match.

	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

**Table 1**

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

(a) Strengths

(2)

(b) Weaknesses

(2)

(Total for Question 10 = 4 marks)

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

(a) Identify **two** micronutrients.

(2)

(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)

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(Total for Question 11 = 5 marks)

**12** Explain the energy balance equation for maintaining a healthy weight.

(3)

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(Total for Question 12 = 3 marks)



- 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)

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(Total for Question 13 = 4 marks)

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

(9)

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(Total for Question 14 = 9 marks)

**15** Discuss the impact a sedentary lifestyle can have on physical health.

**(9)**

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

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**TOTAL FOR PAPER = 70 MARKS**

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