

Physical Education  
COMPONENT 2: Health  
and Performance

Total Marks
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Time: 1 hour 15 minutes

In the boxes below, write your name, centre number and candidate number.

Surname					
Other names					
Centre Number					
Candidate Number					

**YOU MUST HAVE**

**Nil**

**YOU WILL BE GIVEN**

**Diagram Booklet**

**INSTRUCTIONS**

**Answer ALL questions.**

**Answer the questions in the spaces provided in this Question Paper or in the separate Diagram Booklet – 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.**

**There may be spare copies of some diagrams.**

**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.**

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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 skills would be placed towards the OPEN end of the open-closed skill continuum?  
(1 mark)**

- ☐ **A A footballer dribbling around a defender**
- ☐ **B A gymnast performing a handstand**
- ☐ **C A high board diver performing a double somersault**
- ☐ **D An athlete throwing a javelin**

**(continued on the next page)**

**1 continued.**

**(b) Which ONE of the following  
is a description of a HIGH  
ORGANISATION skill?  
(1 mark)**

- ☐ **A A skill that can be broken down  
easily into different phases**
- ☐ **B A skill that cannot be broken  
down and practised separately**
- ☐ **C A skill that is affected by  
the environment**
- ☐ **D A skill that requires little  
concentration to execute**

**(continued on the next page)**

**1 continued.**

**(c) Which ONE of the following affects optimum weight?  
(1 mark)**

☐ **A Age**

☐ **B Bone structure**

☐ **C Ethnicity**

☐ **D Fitness**

**(continued on the next page)**

**1 continued.**

**(d) Which ONE of the following is associated with a sedentary lifestyle?  
(1 mark)**

☐ **A Cycling 5 km to work every day**

☐ **B Eating five portions of fruit and vegetables every day**

☐ **C Sitting still at work every day**

☐ **D Walking up the stairs instead of taking the lift every day**

**(continued on the next page)**



**1 continued.**

**Look at FIGURE 1 for Questions 1(e) and 1(f) in the Diagram Booklet.**

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

**FIGURE 1 shows the reasons for red cards in the Premier Football League between the 2014/15 and 2017/18 seasons.**

**(continued on the next page)**

**1 continued.**

**(e) Which ONE of the following reasons causes the LOWEST percentage of red cards each season?  
(1 mark)**

- ☐ **A Handled ball**
- ☐ **B Professional foul**
- ☐ **C Second yellow card**
- ☐ **D Violent conduct**

**(continued on the next page)**

**1 continued.**

**(f) Identify the season when the largest percentage of players received a second yellow card.  
(1 mark)**

☐ **A 2014/15**

☐ **B 2015/16**

☐ **C 2016/17**

☐ **D 2017/18**

**(Total for Question 1 = 6 marks)**

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**Turn over**

- 2 Participation in sport and physical activity can bring many health benefits.**

**Look at TABLE 1 for Question 2(a) in the Diagram Booklet. Complete TABLE 1 by:**

- (a) Stating the TYPE of each of the following health benefits.  
(3 marks)**

**(continued on the next page)**

**2 continued.**

**(b) Describe how participation in sport and physical activity can improve co-operation.  
(2 marks)**

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**(Total for Question 2 = 5 marks)**

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**Turn over**

- 3 Regular exercise can reduce the risk of coronary heart disease and osteoporosis.**

**Explain TWO OTHER long-term health risks that can be reduced through regular participation in exercise.**

**Long-term health risk 1  
(3 marks)**

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**Turn over**

**3 continued.**

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**3 continued.**

**Long-term health risk 2  
(3 marks)**

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**Turn over**



**3 continued.**

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

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**4 Look at FIGURE 3 for Question 4(a) in the Diagram Booklet. It shows three locations on the basic–complex skill continuum.**

**(a) Identify, using A, B or C in FIGURE 3, where on the basic–complex skill continuum a rugby scrum would MOST likely be placed.  
(1 mark)**

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**(continued on the next page)**

**4 continued.**

**(b) State TWO differences between a basic skill and a complex skill.  
(2 marks)**

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**4 continued.**

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

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

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- 5 Pavel is a 100 m breaststroke swimmer. He uses SMART targets to improve his performance.**

**Explain why Pavel's SMART targets should be REALISTIC and TIME-BOUND.**

**(i) REALISTIC  
(2 marks)**

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**Turn over**

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**(ii) TIME-BOUND  
(2 marks)**

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

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**Turn over**

**6 A football coach provides feedback to an under 11 football team AFTER a game has finished.**

**(a) State the TYPE of feedback being used by the football coach after the game has finished.  
(1 mark)**

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**6 continued.**

**(b) Explain why CONCURRENT  
feedback from the football coach  
could improve the performance of  
the football team.  
(3 marks)**

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**Turn over**

**6 continued.**

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**(Total for Question 6 = 4 marks)**

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- 7 Mental rehearsal is a technique used by many athletes to improve performance.**

**State TWO benefits of mental rehearsal.  
(2 marks)**

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

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**7 continued.**

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

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**(Total for Question 7 = 2 marks)**

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- 8 The NHS recommends that teenagers have 8 to 10 hours of sleep a day to maintain the correct work/sleep balance for good health.**

**Explain why a lack of sleep can have a NEGATIVE impact on PHYSICAL health.  
(2 marks)**

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**(Total for Question 8 = 2 marks)**

**Turn over**

- 9 Bella is being taught to swim using a float for mechanical guidance.**

**State ONE advantage and ONE disadvantage of using mechanical guidance when teaching Bella to swim.**

**(i) Advantage  
(1 mark)**

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**9 continued.**

**(ii) Disadvantage  
(1 mark)**

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

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**10 Coaches use different types of practice structure to teach different skills.**

**Explain why VARIABLE practice is used to develop open skills.  
(2 marks)**

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**(Total for Question 10 = 2 marks)**

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**11 Look at TABLE 2 for Question 11 in the Diagram Booklet.**

**Serena's tennis coach has carried out an analysis of her last match. The data collected is shown in TABLE 2.**

**Analyse the data in TABLE 2 to determine TWO strengths and TWO weaknesses of Serena's performance.**

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

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

\_\_\_\_\_

\_\_\_\_\_

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

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\_\_\_\_\_

**(continued on the next page)**

**Turn over**

**11 continued.**

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

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

\_\_\_\_\_

\_\_\_\_\_

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

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**(Total for Question 11 = 4 marks)**

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**Turn over**

**12 During a football match, a player may display SPORTSMANSHIP or GAMESMANSHIP.**

**(a) Describe the difference between SPORTSMANSHIP and GAMESMANSHIP.  
(2 marks)**

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**12 continued.**

**(b) Explain the importance of elite performers demonstrating SPORTSMANSHIP.  
(3 marks)**

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**12 continued.**

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**(Total for Question 12 = 5 marks)**

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**13 Deviant behaviour in elite level sport, such as taking performance-enhancing drugs, has consequences for sport.**

**Give THREE consequences of deviancy for SPORT.  
(3 marks)**

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

\_\_\_\_\_

\_\_\_\_\_

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

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**13 continued.**

**3** \_\_\_\_\_

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**(Total for Question 13 = 3 marks)**

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**14 Explain ONE advantage and ONE disadvantage of sponsorship for SPORT.**

**(i) Advantage  
(2 marks)**

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**14 continued.**

**(ii) Disadvantage  
(2 marks)**

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**(Total for Question 14 = 4 marks)**

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**Turn over**

- 15 Ethnicity and gender are two of the personal factors that can have a negative impact on adults' participation in sport.**

**Evaluate THREE OTHER personal factors which can negatively impact on an adult's participation in sport.  
(9 marks)**

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

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**16 Look at FIGURE 6 for Question 16 in the Diagram Booklet. It shows Demitri, who is an elite power athlete, throwing the hammer.**

**Evaluate the importance of PROTEIN, CARBOHYDRATES and VITAMINS for elite power athletes such as Demitri.  
(9 marks)**

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**16 continued.**

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**16 continued.**

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**(Total for Question 16 = 9 marks)**

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**TOTAL FOR PAPER = 70 MARKS**  
**END OF PAPER**