

Physical Education  
COMPONENT 1: Fitness and Body Systems

Wednesday 17 May 2023 – Afternoon

Diagram Booklet

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

Surname					
Other names					
Centre Number					
Candidate Number					

## INSTRUCTIONS

There may be spare copies of some diagrams in case you need them.

**THIS DIAGRAM BOOKLET *MUST* BE RETURNED WITH THE QUESTION PAPER AT THE END OF THE EXAMINATION.**

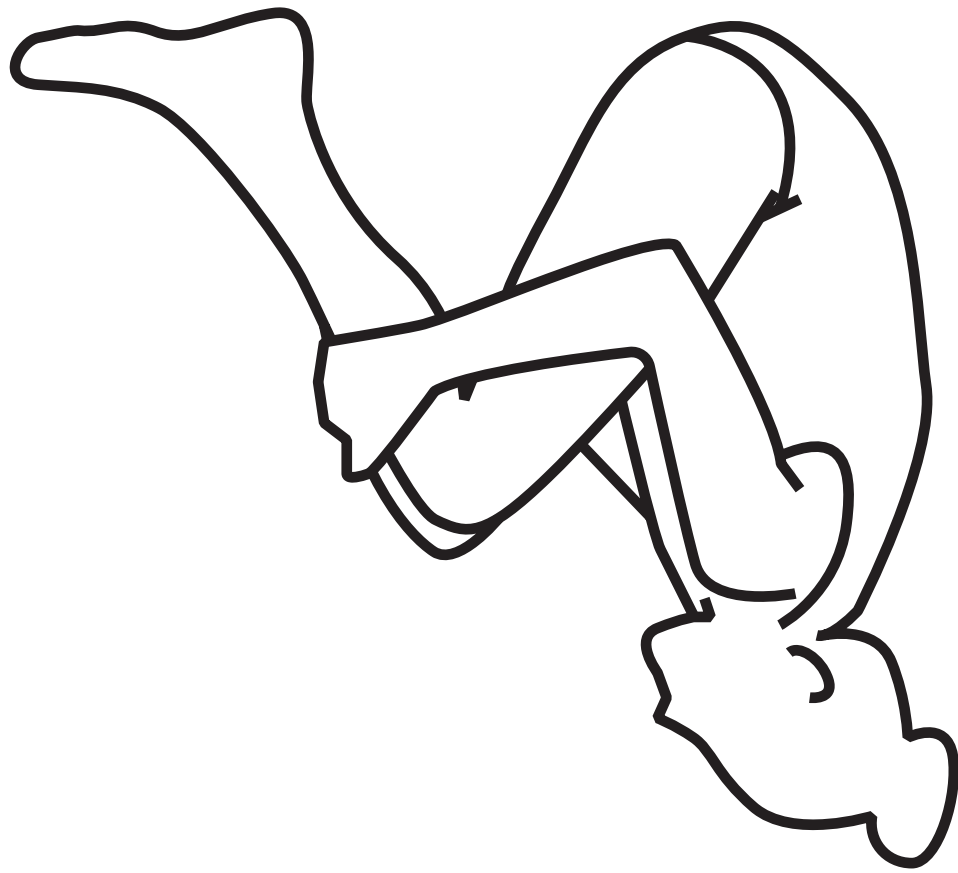
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**Question 1(d)****FIGURE 1**

## Question 2

FIGURE 2

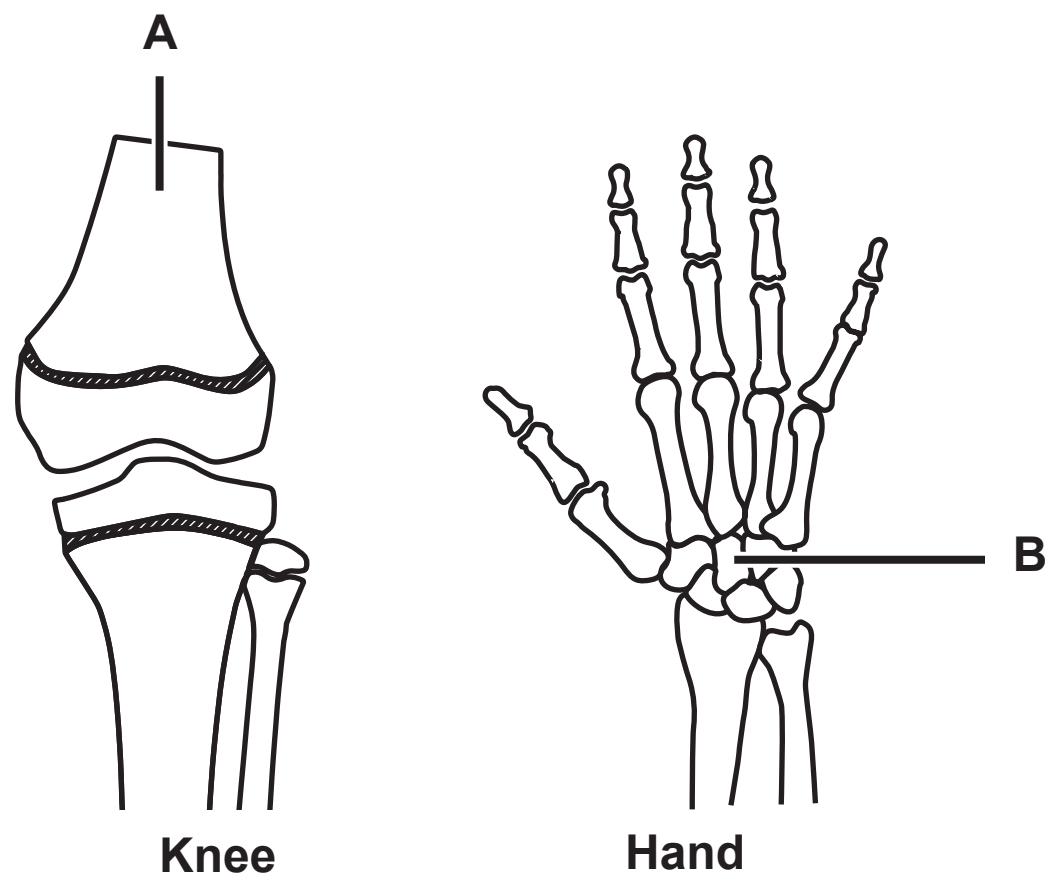


TABLE 1

Label	(a) Identification of bones	(b) Function of each bone type	(c) Example of use
A	(1 mark)	(1 mark)	(1 mark)
B	(1 mark)	(1 mark)	(1 mark)

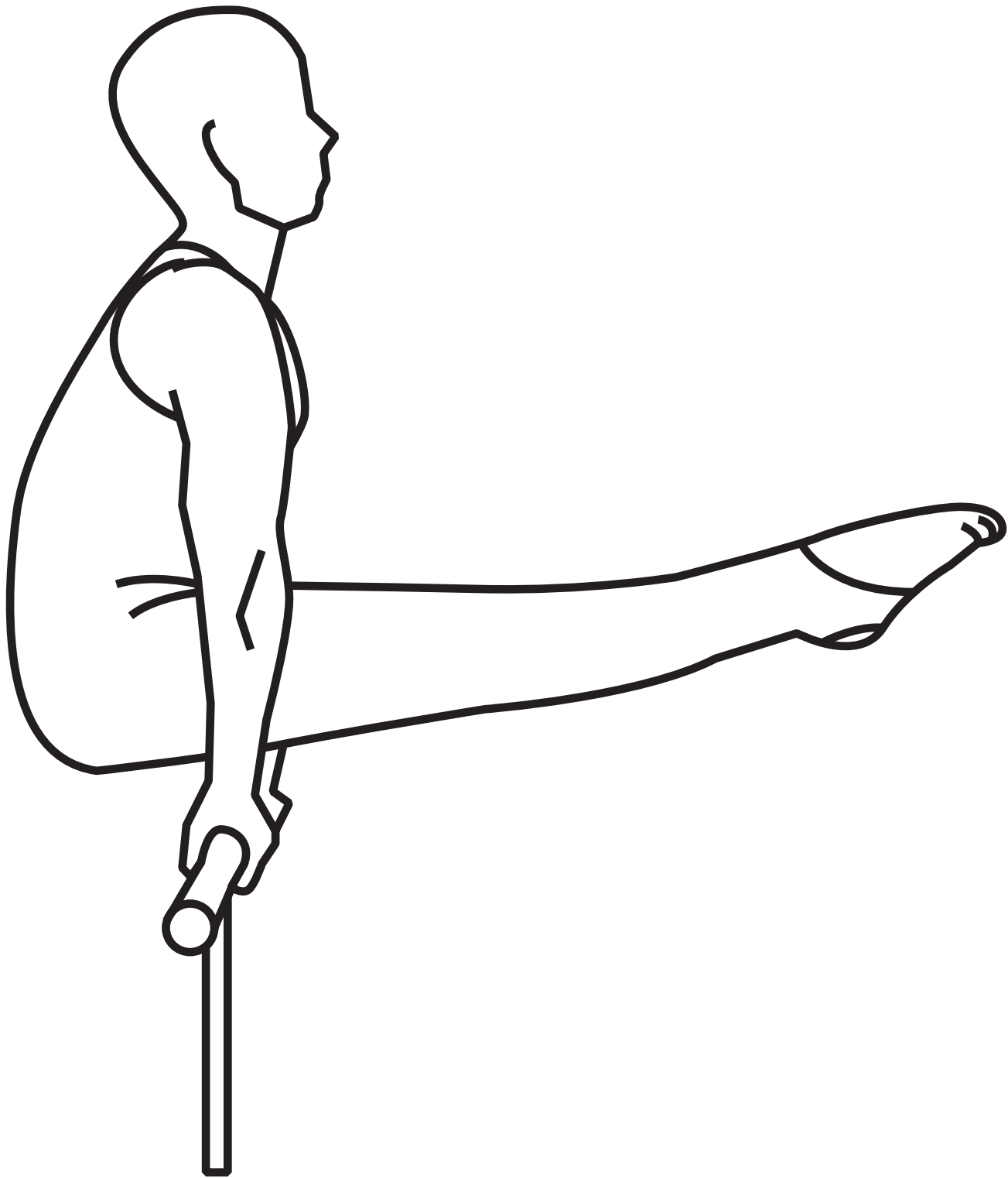
**Question 4****FIGURE 3**

TABLE 2

	(a) Fibre type	(b) Characteristic	(c) Example of use
Row A	(1 mark)	(1 mark)	Take off in high jump
Row B	(1 mark)	Most resistant to fatigue	(1 mark)



FIGURE 4

load

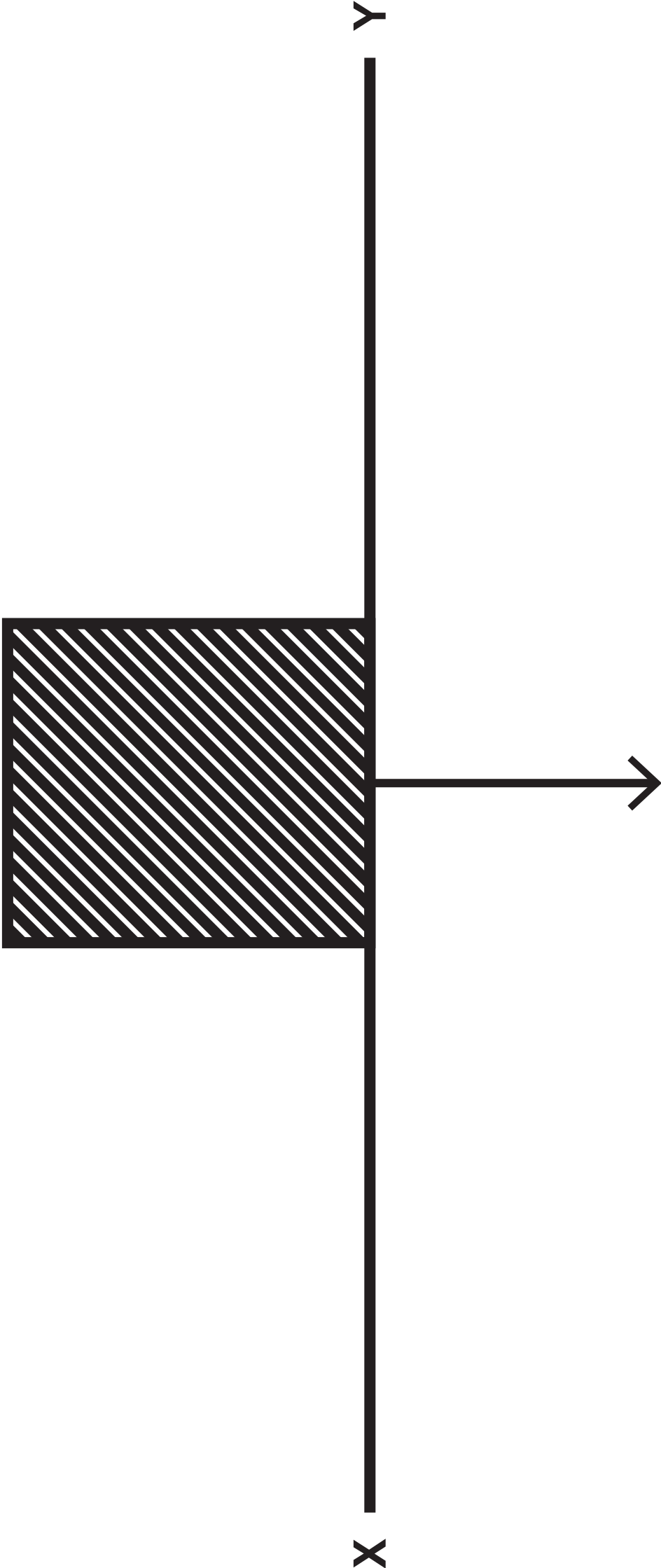
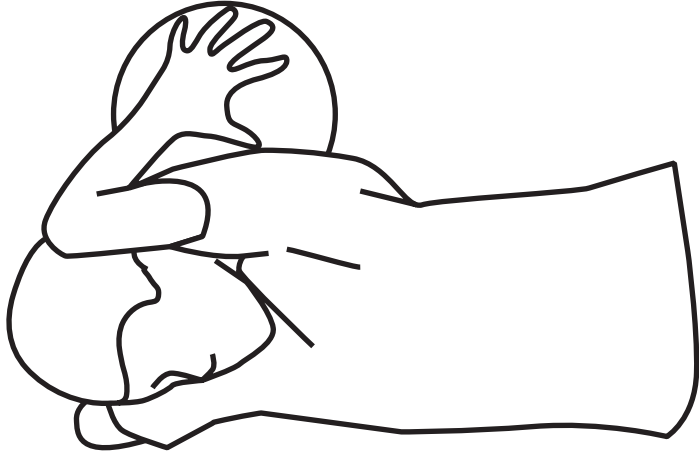


FIGURE 5

Throw-in



Penalty kick

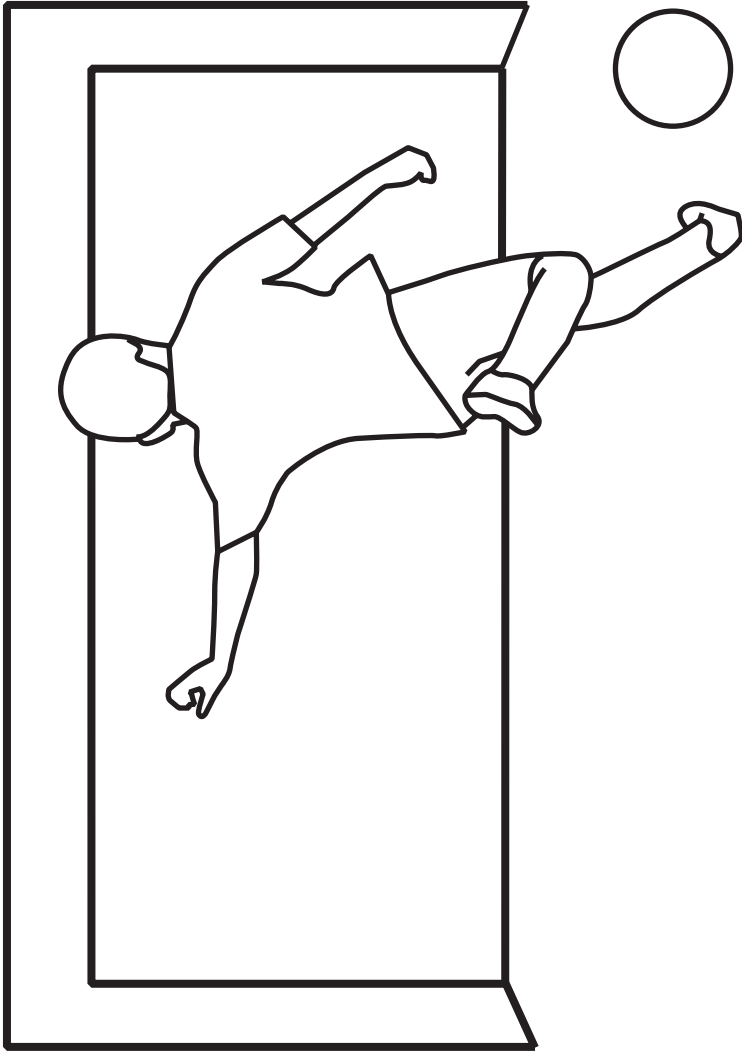


FIGURE 6

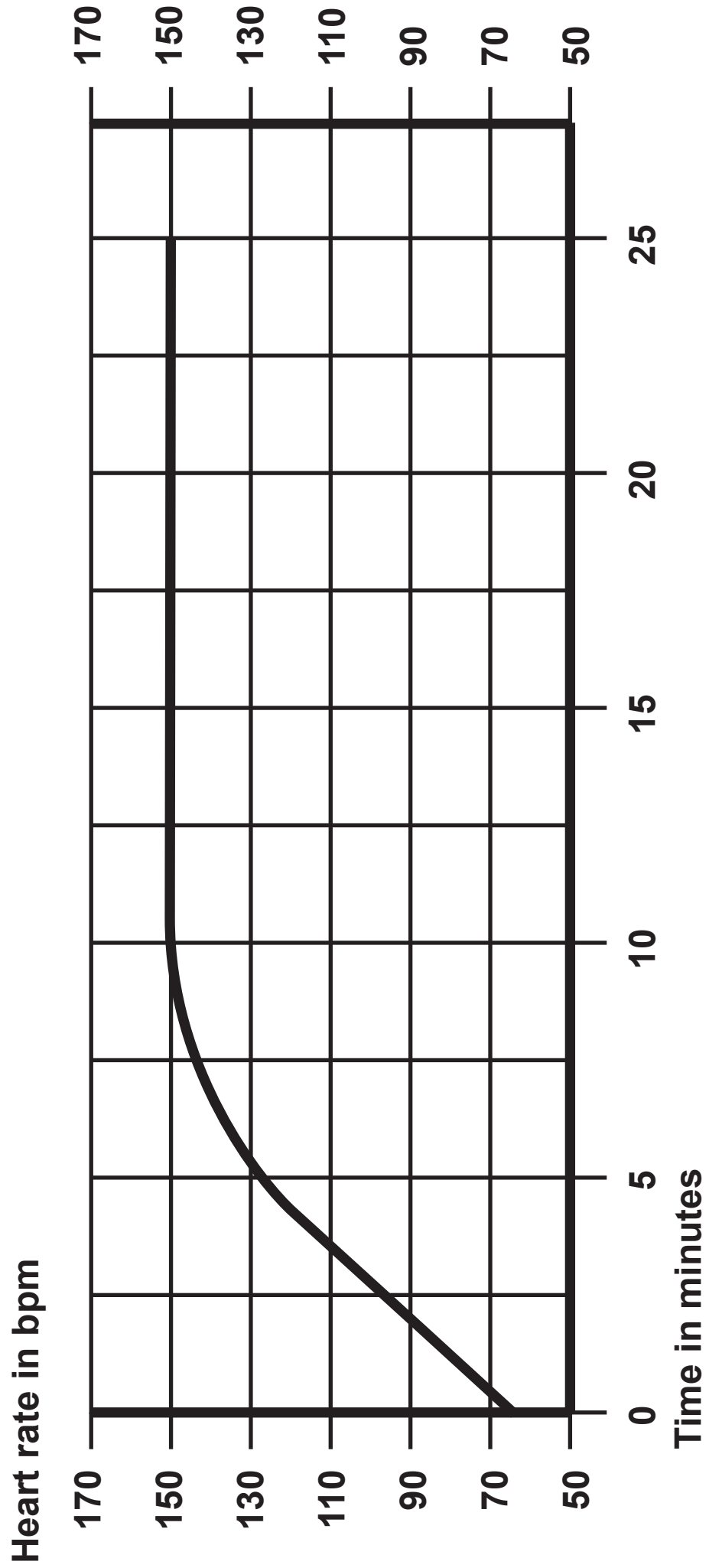


TABLE 3

Part of session	Distance cycled (kilometres)	Time taken to complete (minutes)	Terrain
Part 1	10	20	Flat
Part 2	10	30	Hilly
Part 3	10	20	Flat

TABLE 4

SEX	EXCELLENT	GOOD	AVERAGE	FAIR
Male	>56	51–56	45–50	39–44

TABLE 5

Fitness test	(d) Component of fitness tested	(e) Method of training or fitness class to improve tested component of fitness
Sit and reach		
Harvard step test		

FIGURE 7

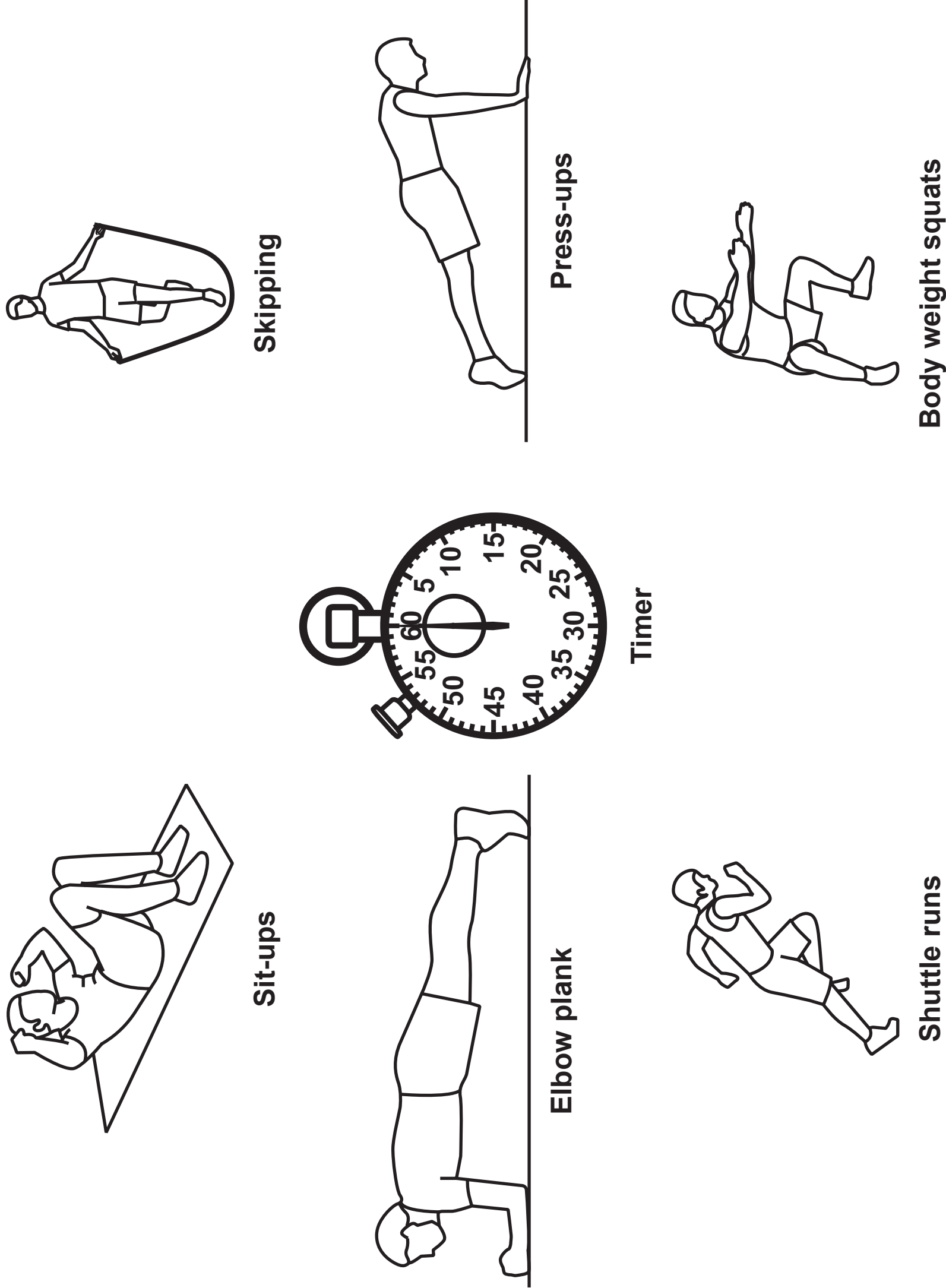


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**Question 1(d)**

(Source adapted from: TYEWI118807 Image © Peter Muller/Getty Images)

**Question 2**

(Source adapted from: © PAL AL1327536)

**Question 4**

(Source adapted from: TYEWI118862 Image © PAL)

**Questions 8**

Credit – AL1330208

Credit – AL1271906

**Question 11(c)**

(Source adapted from: <https://www.brianmac.co.uk/grip.htm>)

**Question 11(g)**

(Source adapted from: Image ID's Shutterstock:

Sit-ups: 1662971440; Skipping: 1827211172; Press-ups: 1825050095;

Body weight squats: 1818633245 Shuttle runs: 1816498478;

Elbow plank: 1821029399; Stopwatch:117591715)