

Paper Reference(s) 1PE0/01
Pearson Edexcel Level 1/2 GCSE (9–1)

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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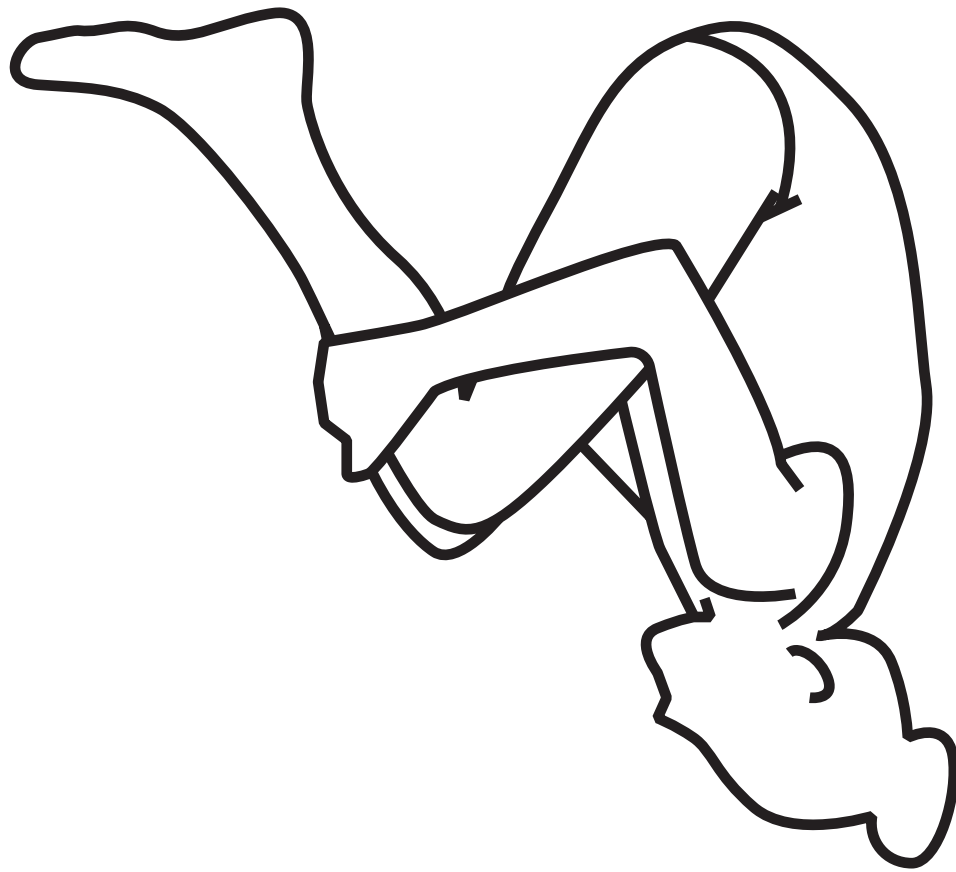
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Question 1(d)

FIGURE 1



Question 2

FIGURE 2

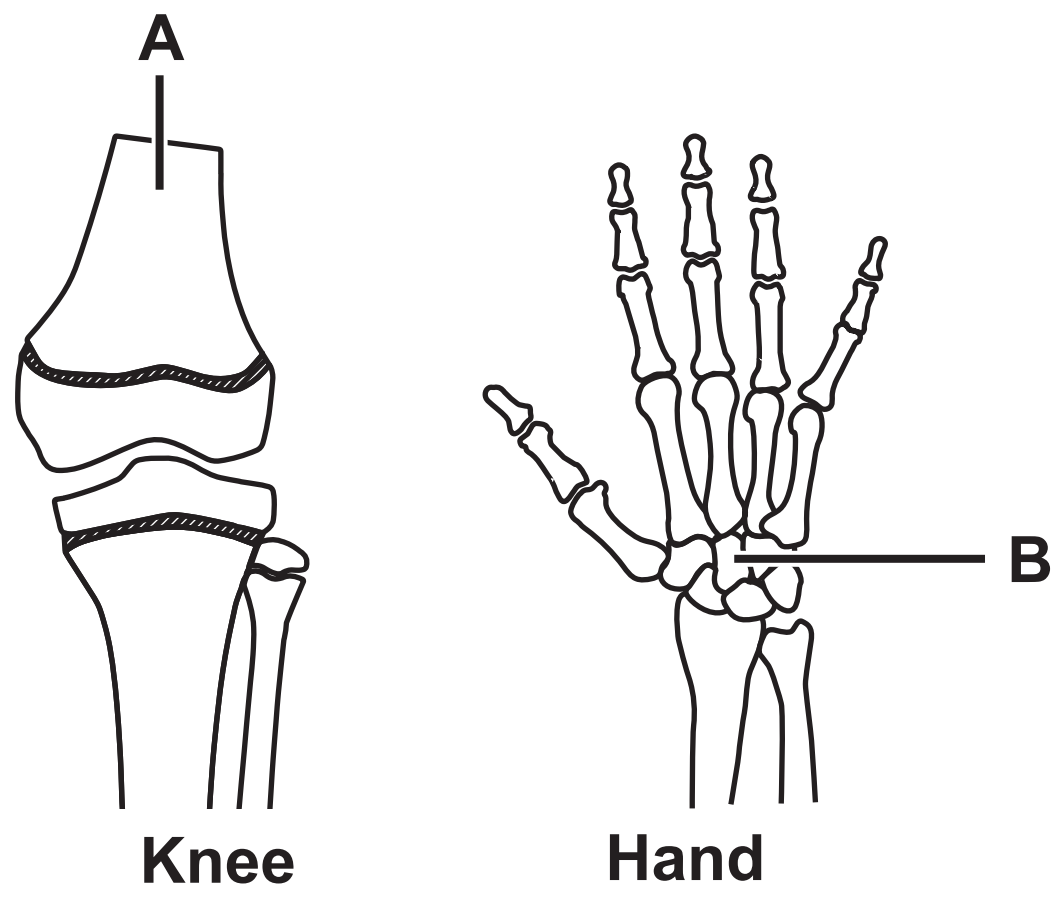


TABLE 1

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

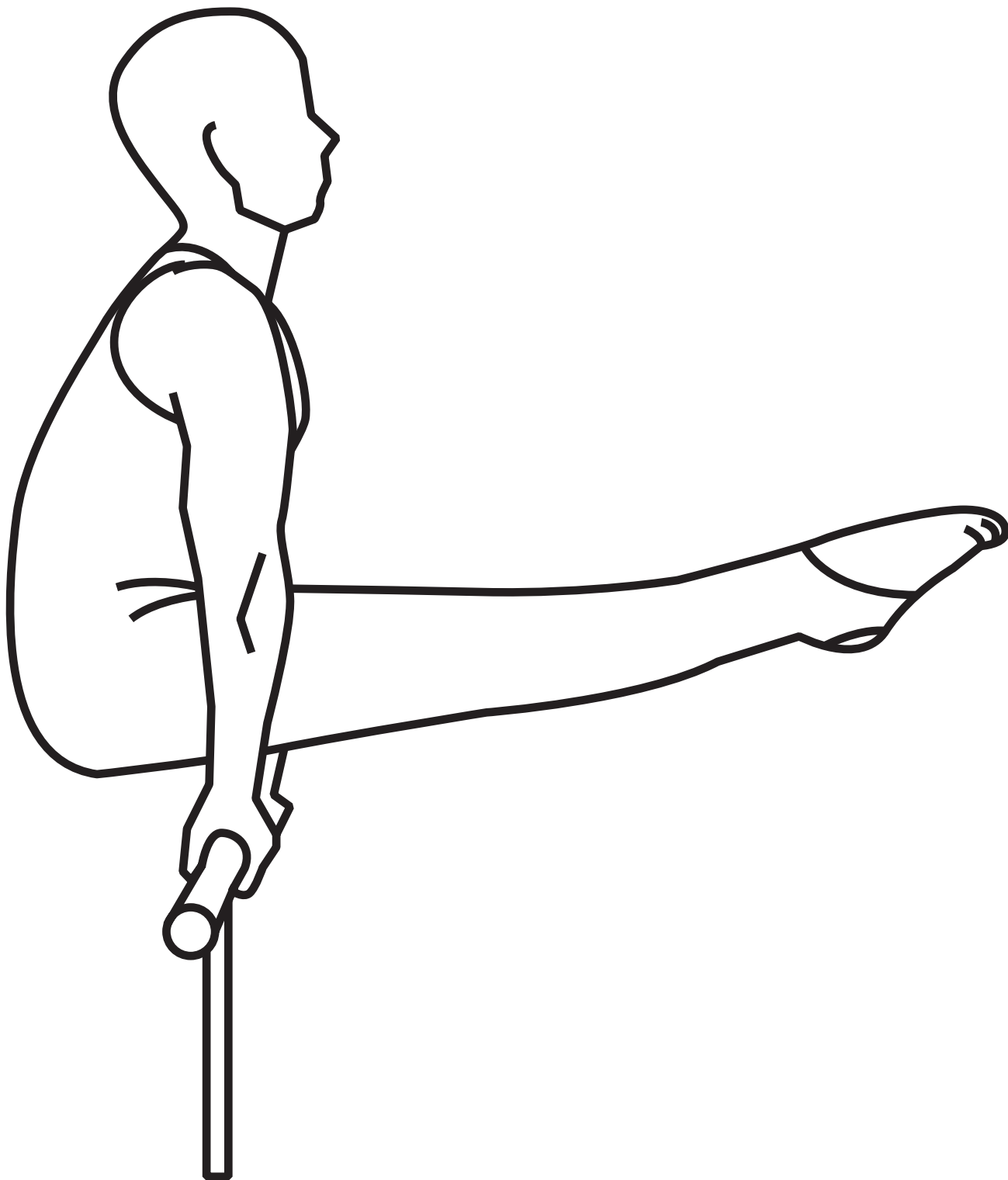


TABLE 2

	(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

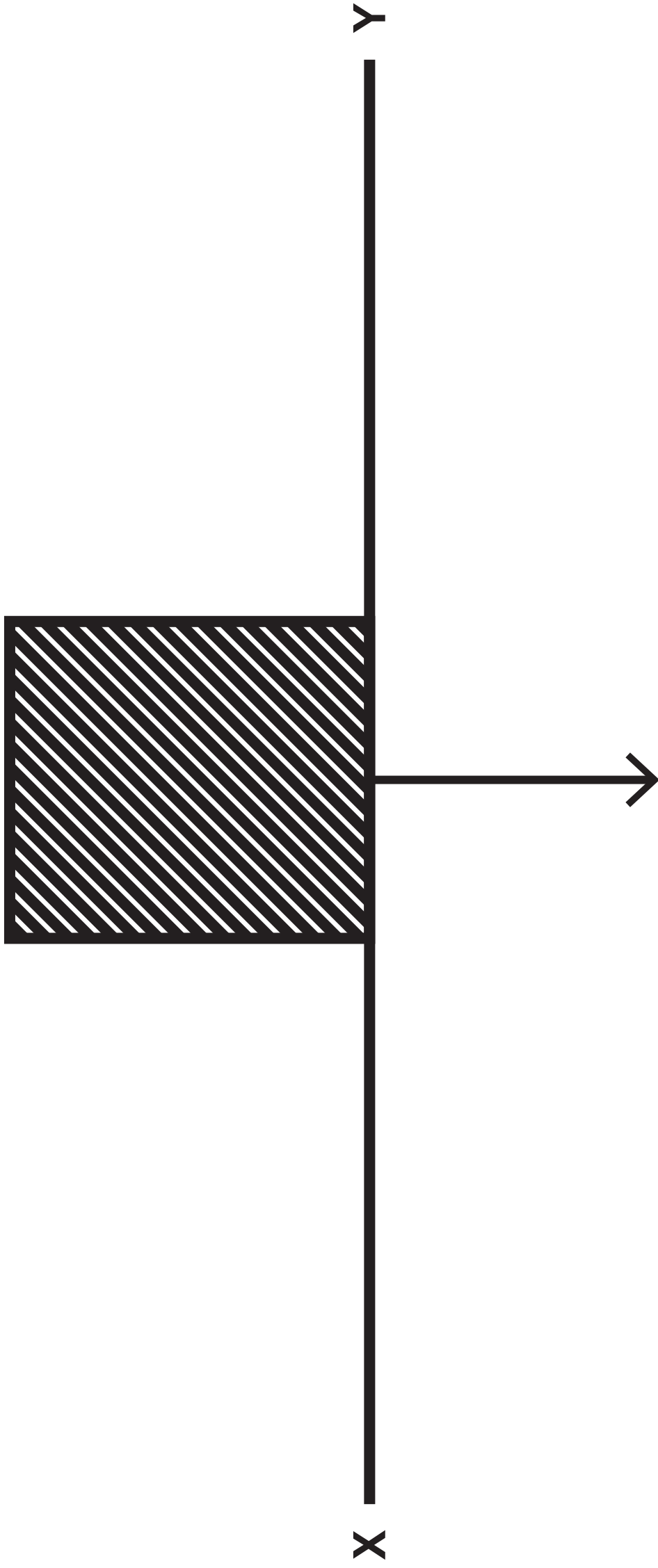
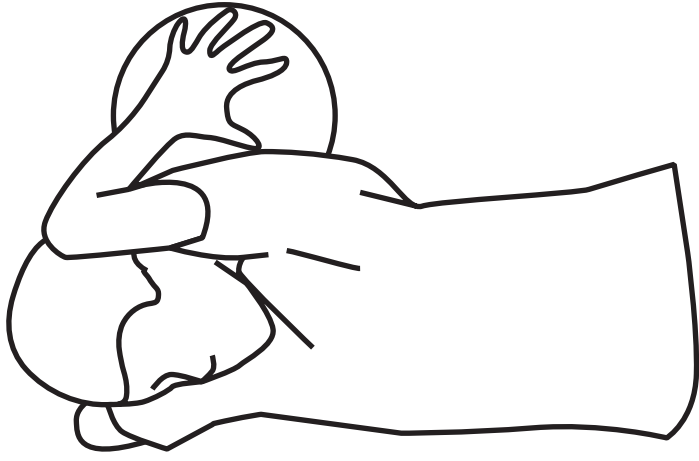


FIGURE 5

Throw-in



Penalty kick

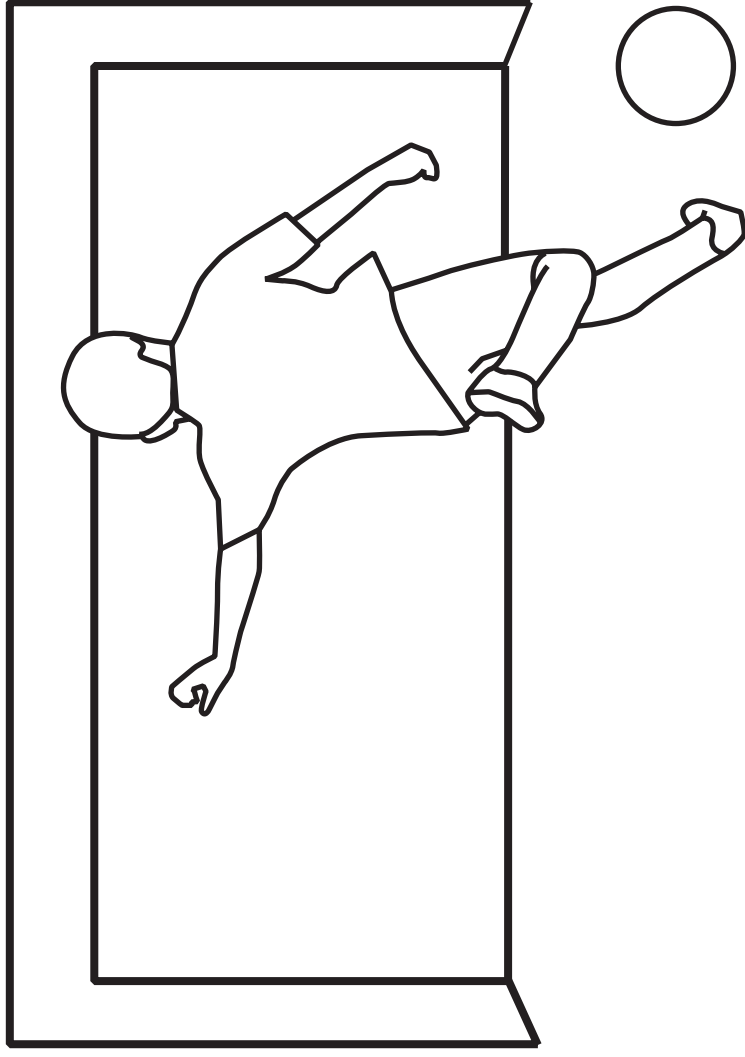


FIGURE 6

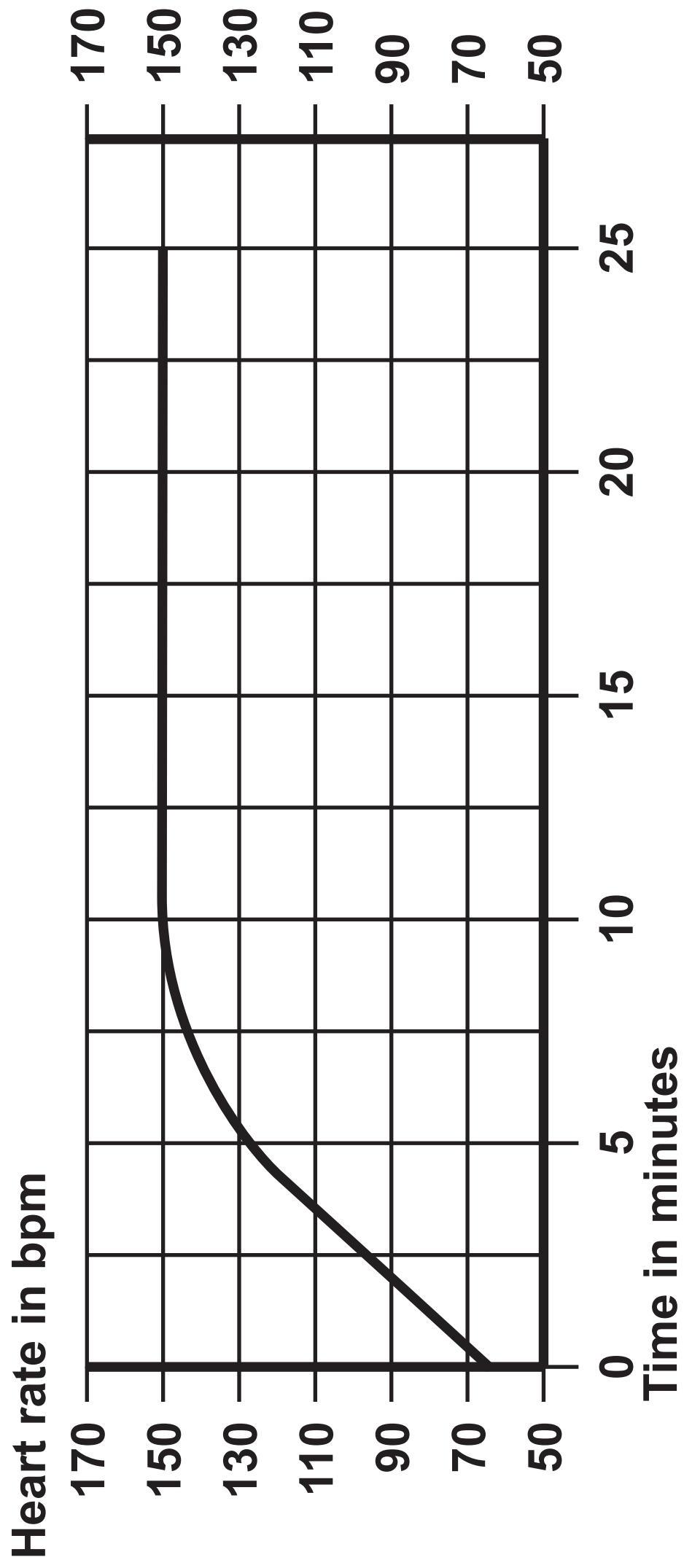


TABLE 3

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

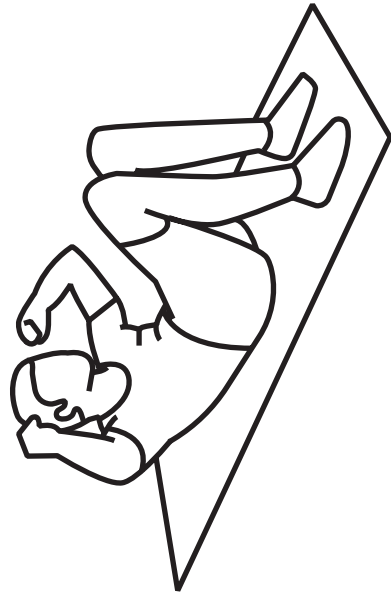
TABLE 4

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

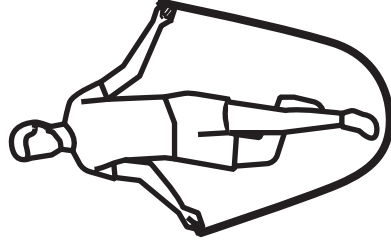
TABLE 5

Fitness test	(d) Component of fitness tested	(e) Method of training or fitness class to improve tested component of fitness
Sit and reach	(1 mark)	(1 mark)
Harvard step test	(1 mark)	(1 mark)

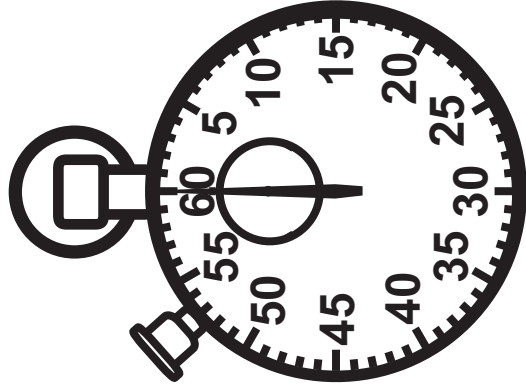
FIGURE 7



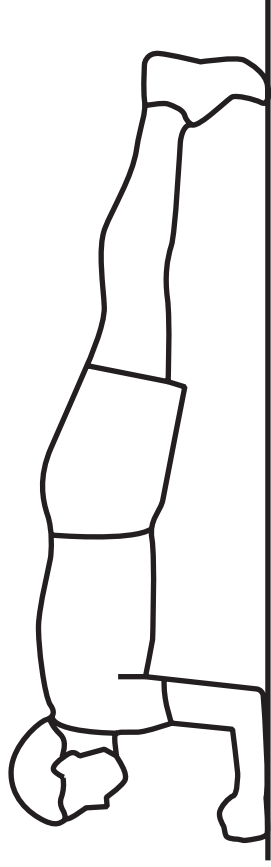
Sit-ups



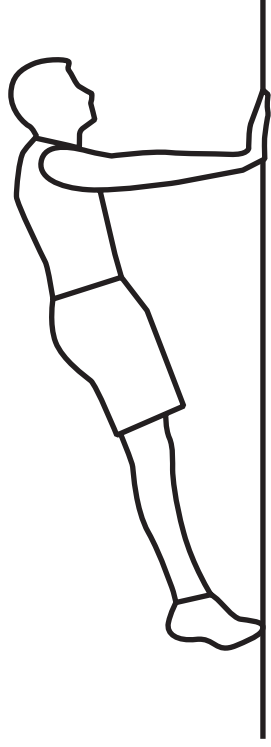
Skipping



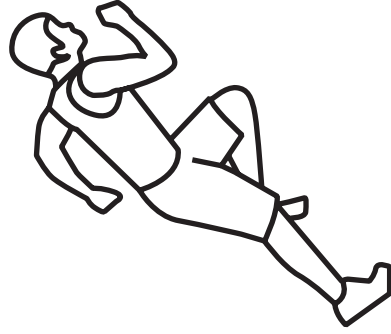
Timer



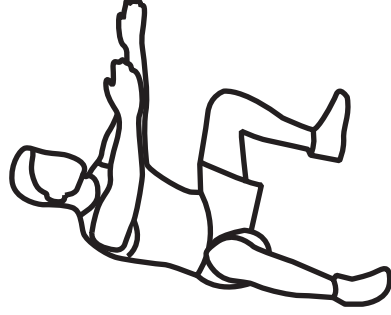
Elbow plank



Press-ups



Shuttle runs



Body weight squats

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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)

Question 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)