

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.**

Contents

Page

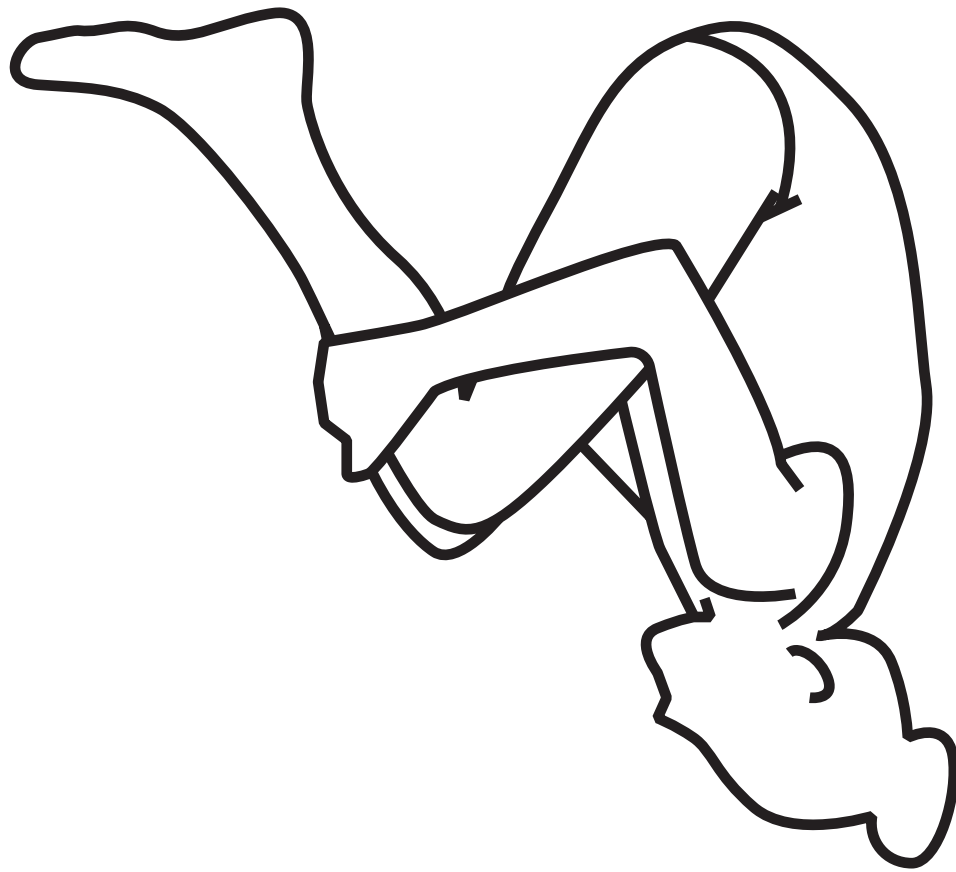
| | |
|-----------|-------------------------------|
| 4 | Question 1(d) |
| 5 | Question 2 |
| 6 | Question 2 |
| 7 | Question 4 |
| 8 | Question 5 |
| 9 | Question 7 |
| 10 | Question 8 |
| 11 | Question 9 |
| 12 | Question 10 |
| 13 | Question 11(c) |
| 14 | Question 11(d) and (e) |
| 15 | Question 11(g) |

Spare Copies

| | |
|-----------|-------------------------------|
| 16 | Question 2 |
| 17 | Question 5 |
| 18 | Question 11(d) and (e) |

Question 1(d)

FIGURE 1



Question 2

FIGURE 2

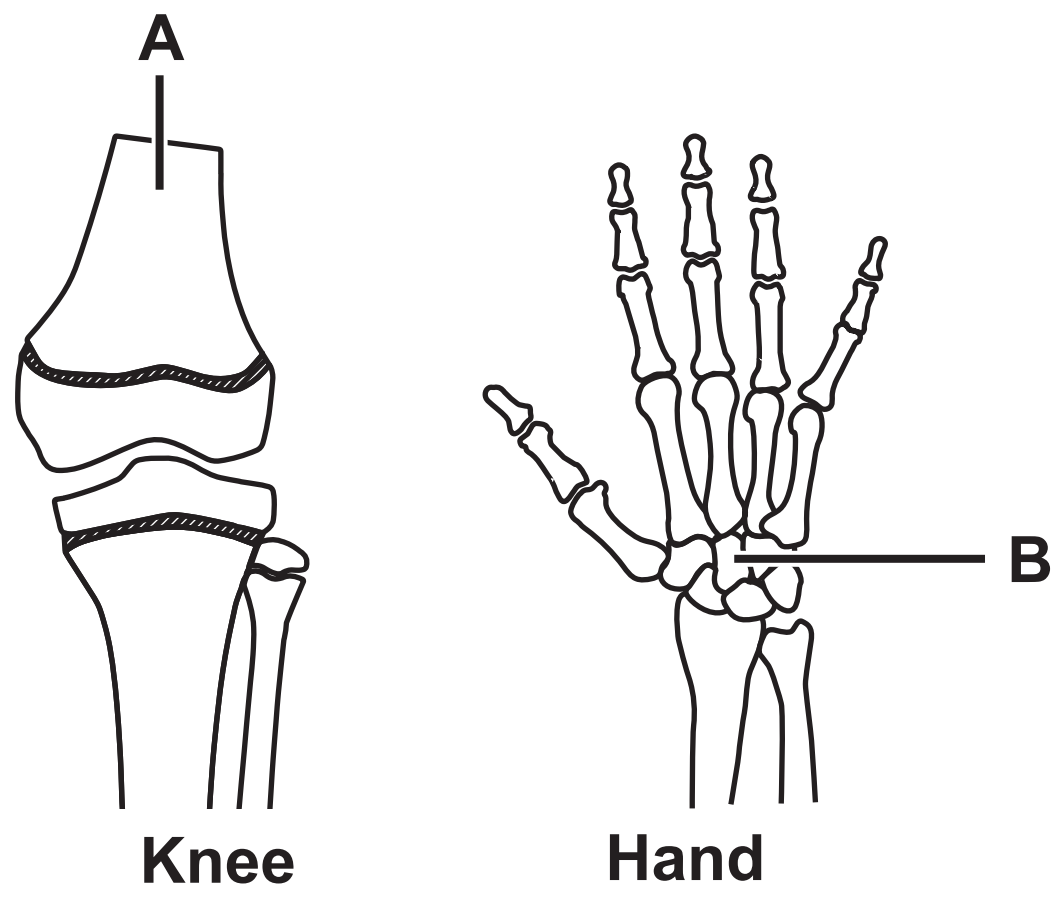


TABLE 1

| 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

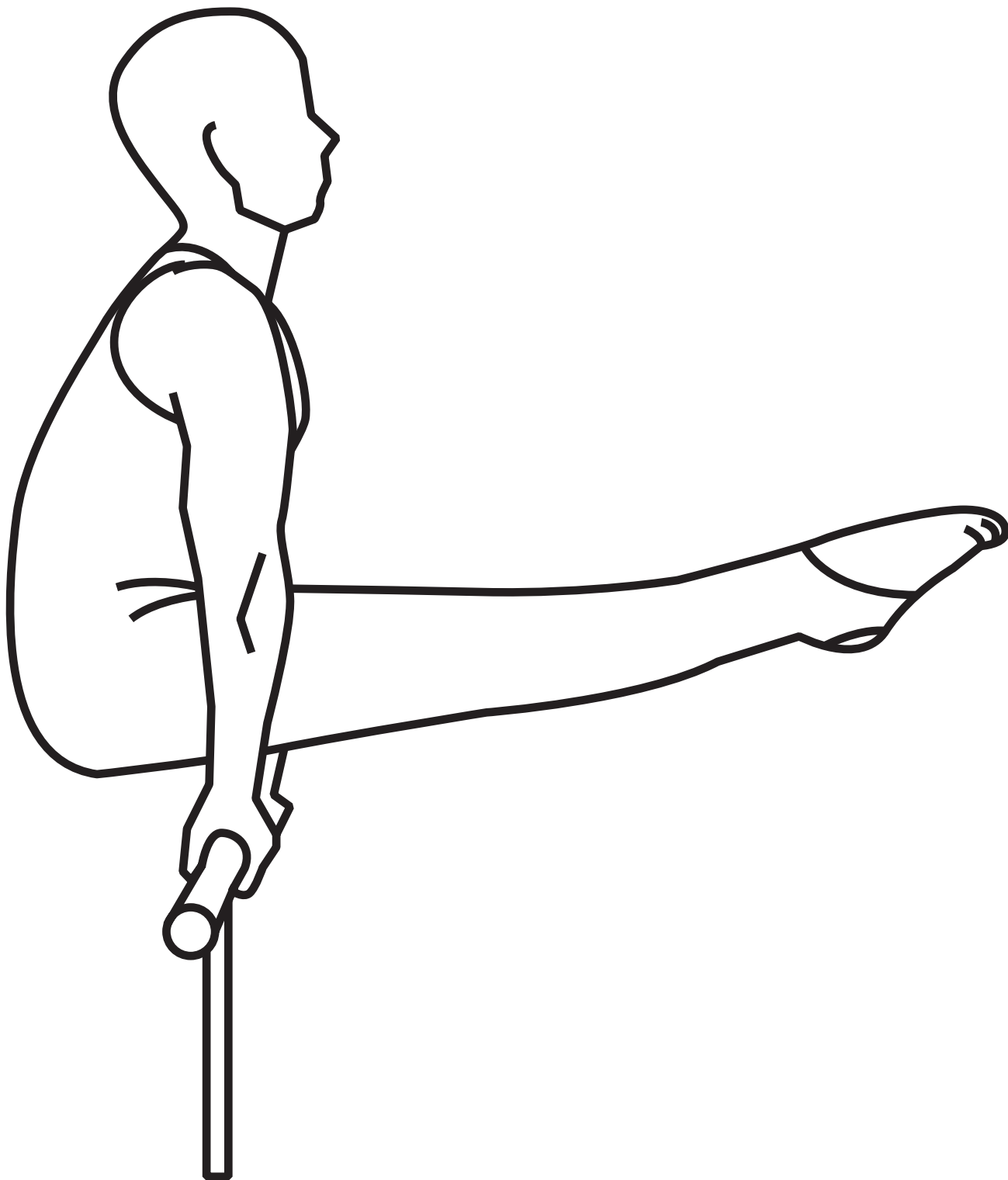


TABLE 2

| | (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

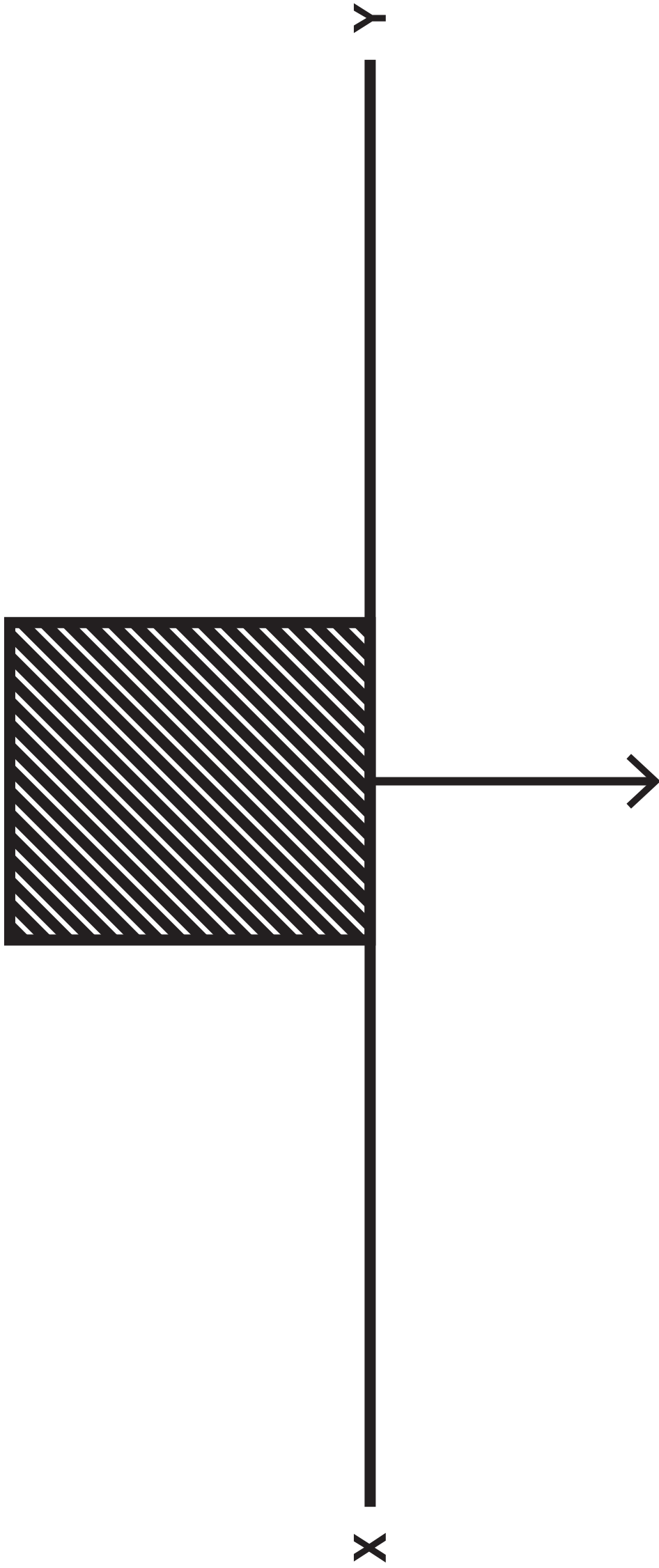
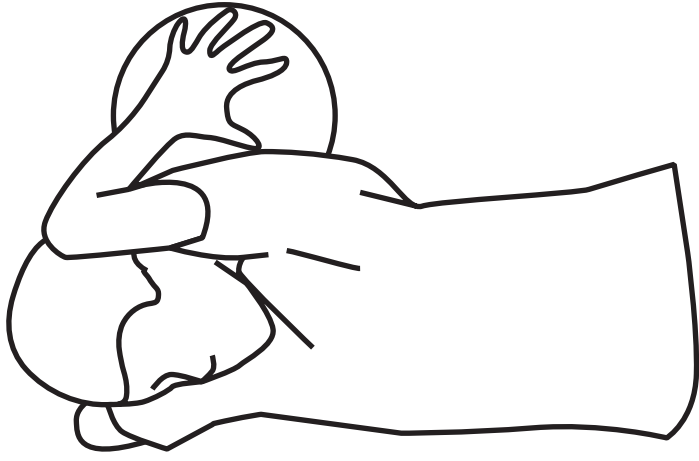


FIGURE 5

Throw-in



Penalty kick

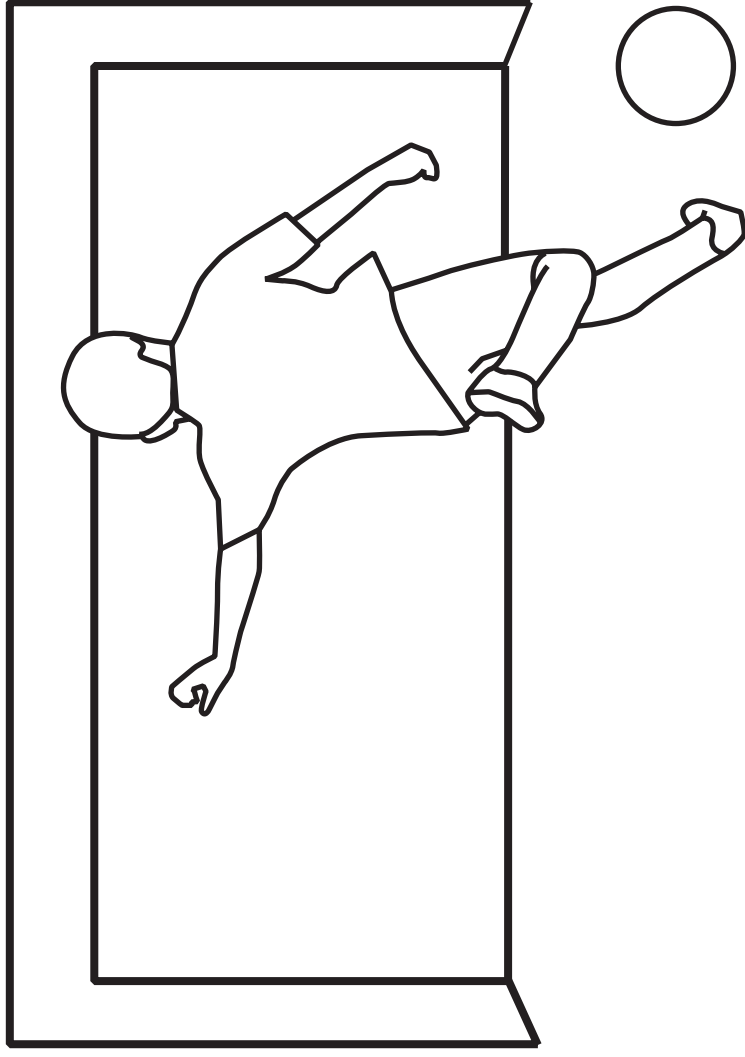


FIGURE 6

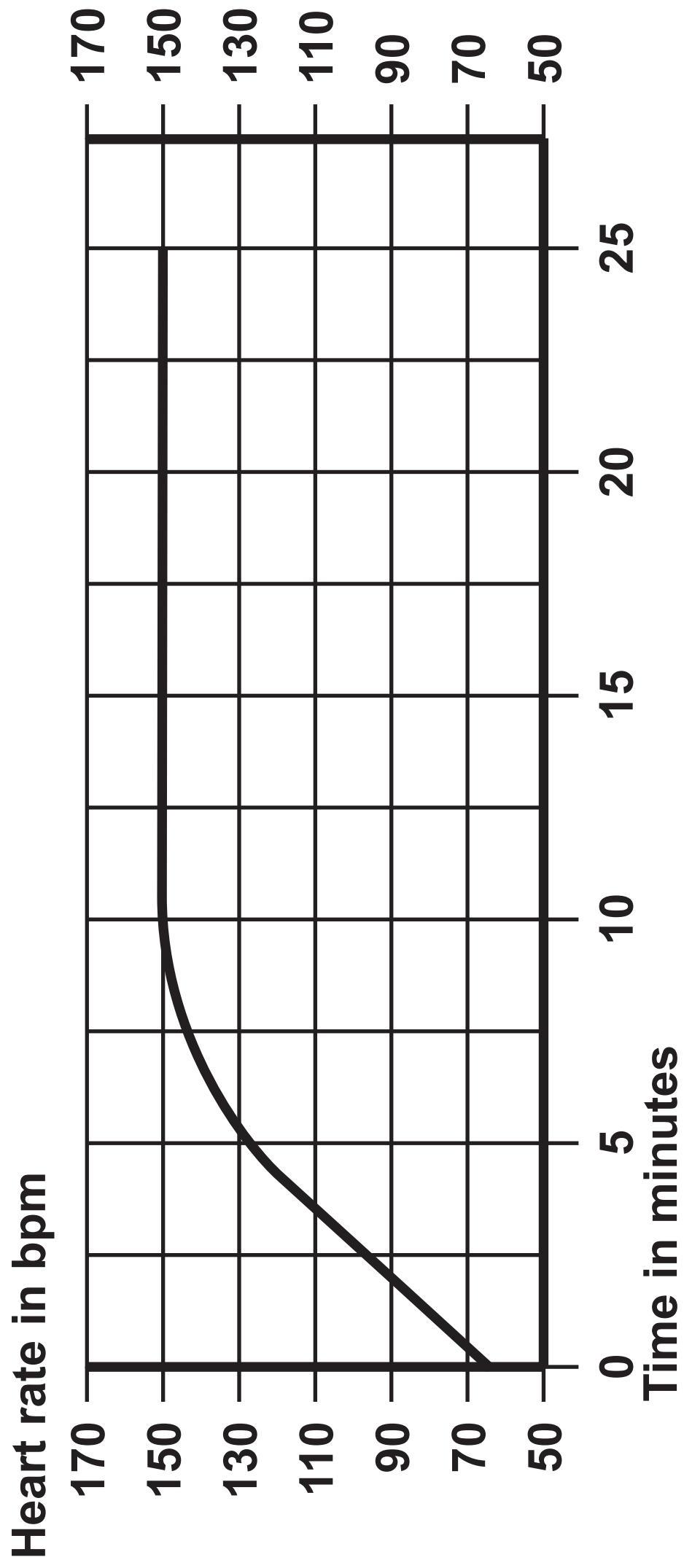


TABLE 3

| 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 |

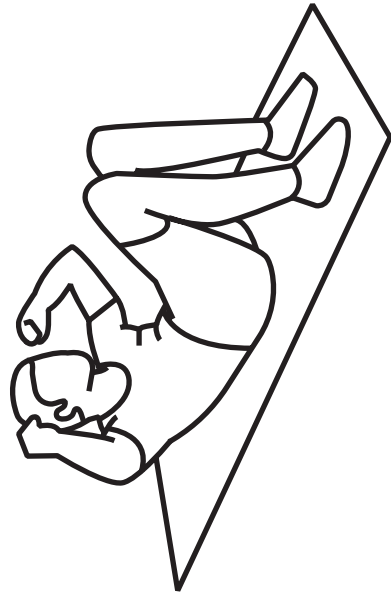
TABLE 4

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

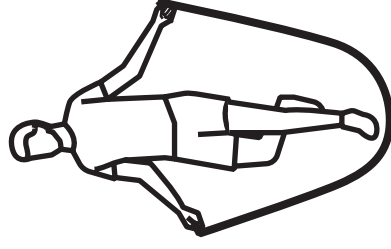
TABLE 5

| 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) |

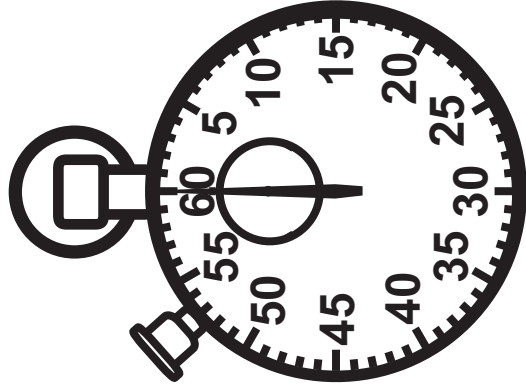
FIGURE 7



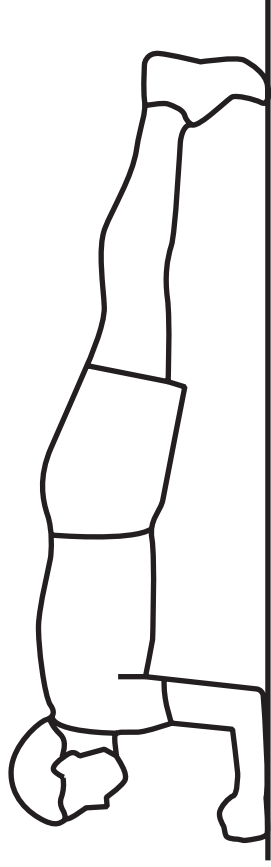
Sit-ups



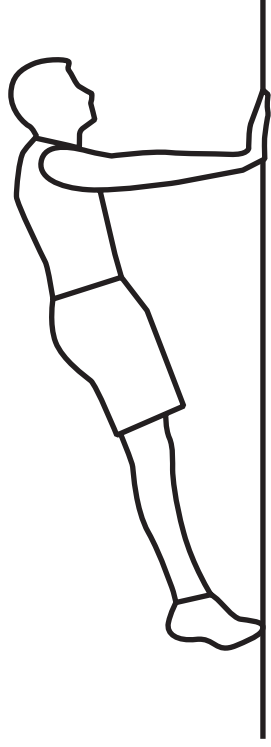
Skipping



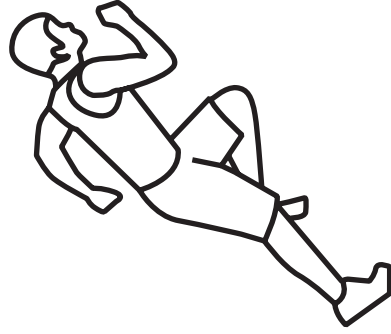
Timer



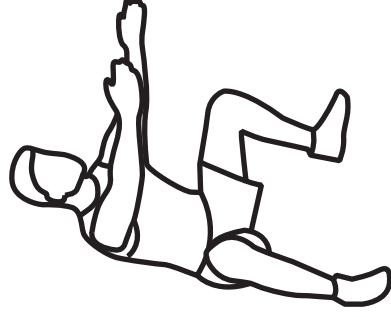
Elbow plank



Press-ups



Shuttle runs



Body weight squats

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| Harvard step test | (1 mark) | (1 mark) |

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)