

**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.**

<b>Surname</b>					
<b>Other names</b>					
<b>Centre Number</b>					
<b>Candidate Number</b>					

## **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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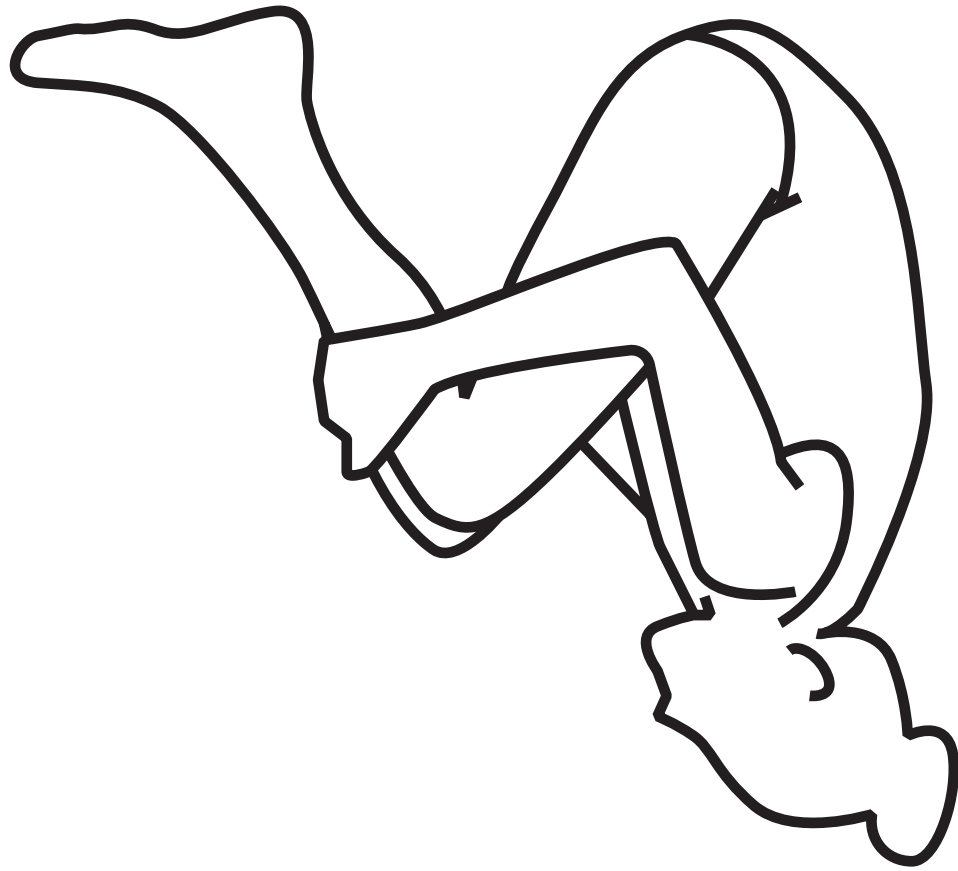
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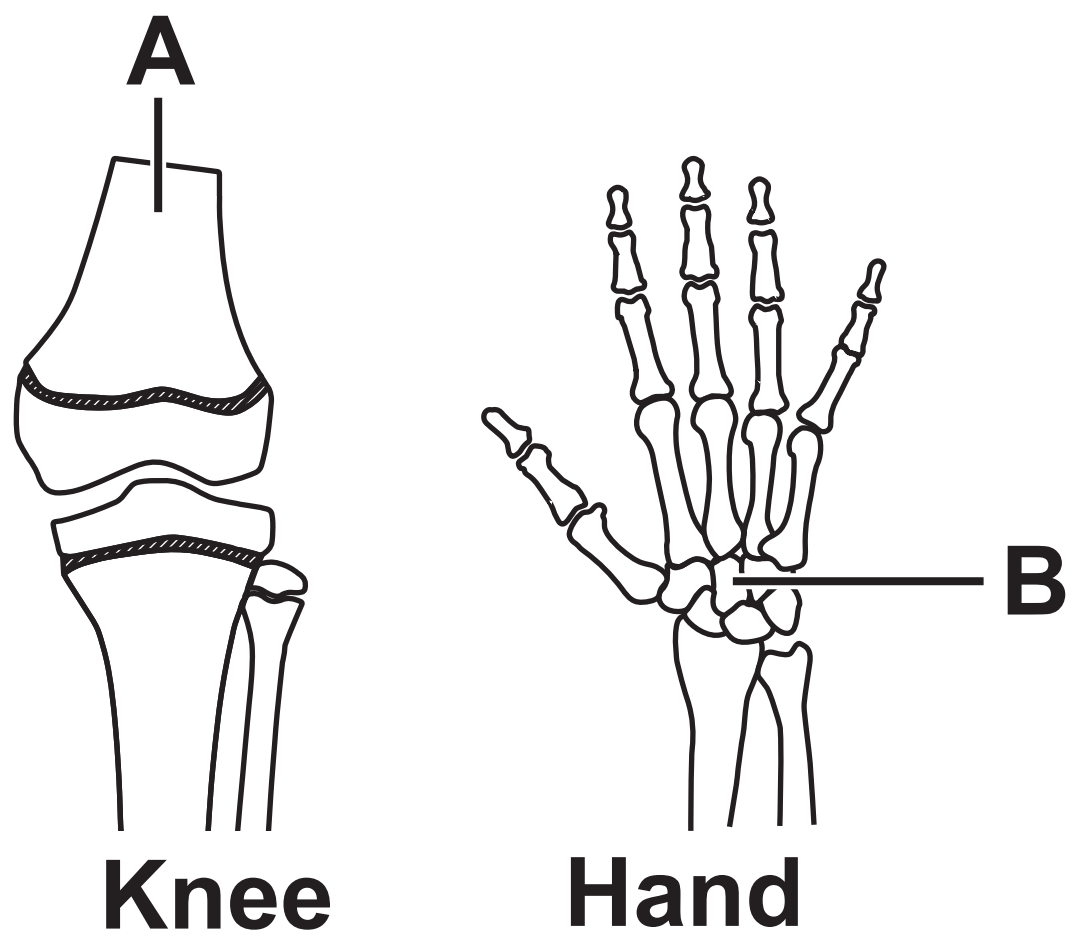
## Question 1(d)

**FIGURE 1**



## Question 2

**FIGURE 2**



# Question 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**

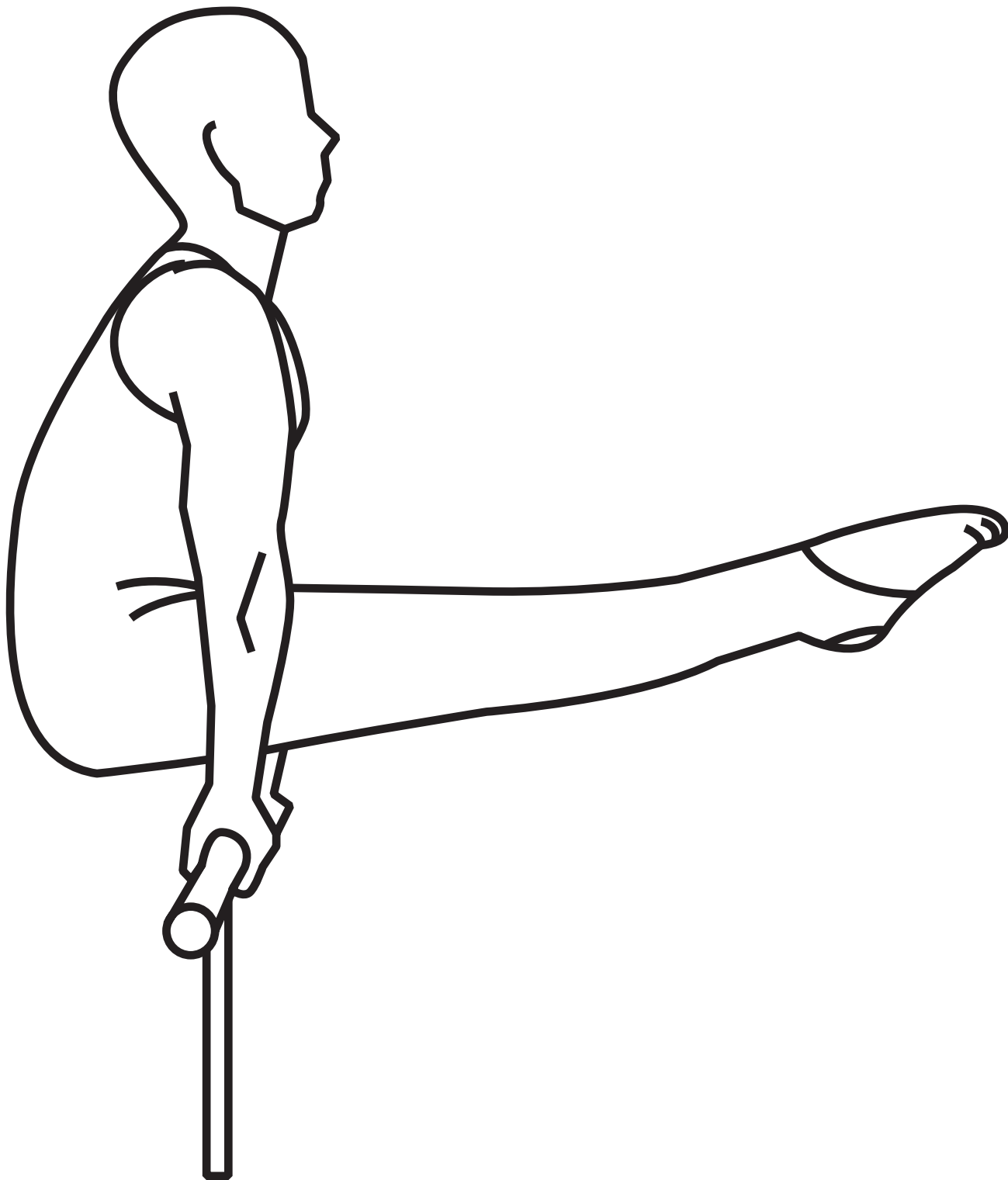
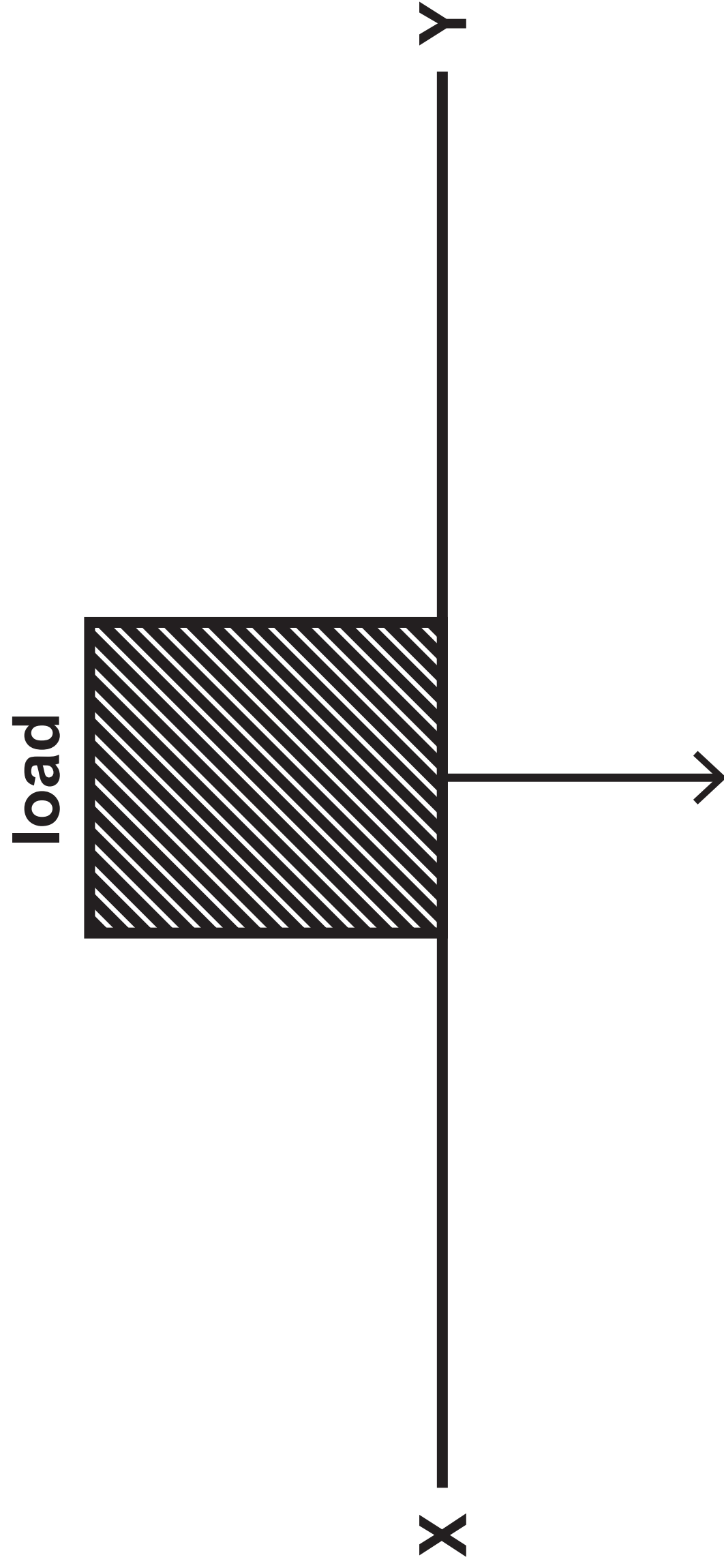


TABLE 2

	(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)

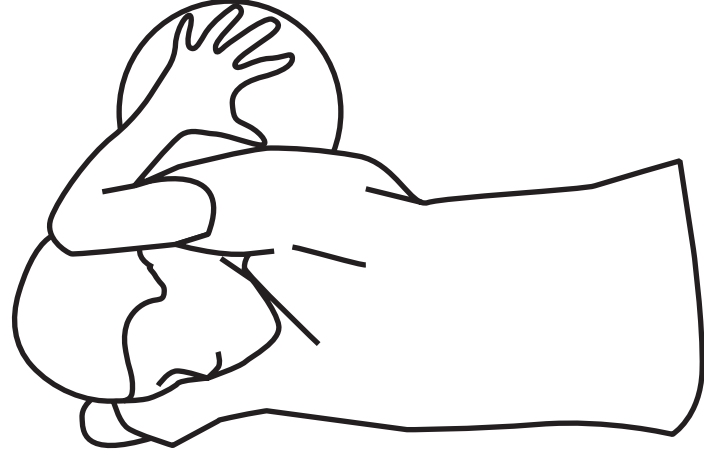


FIGURE 4



**FIGURE 5**

**Throw-in**



**Penalty kick**

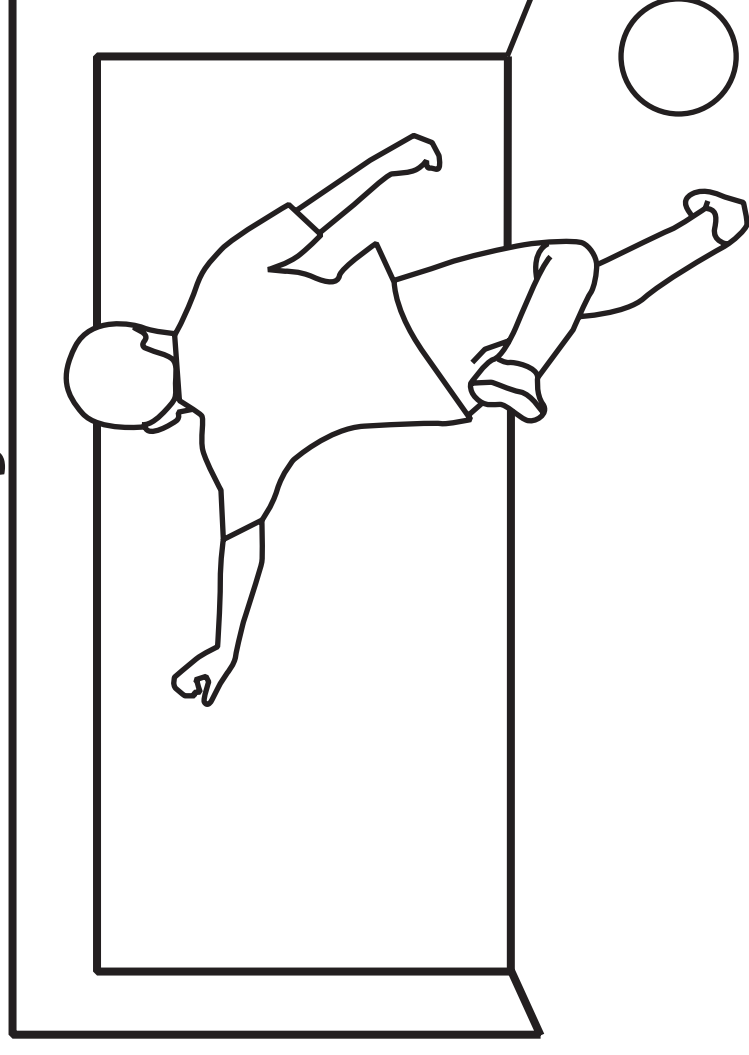


FIGURE 6

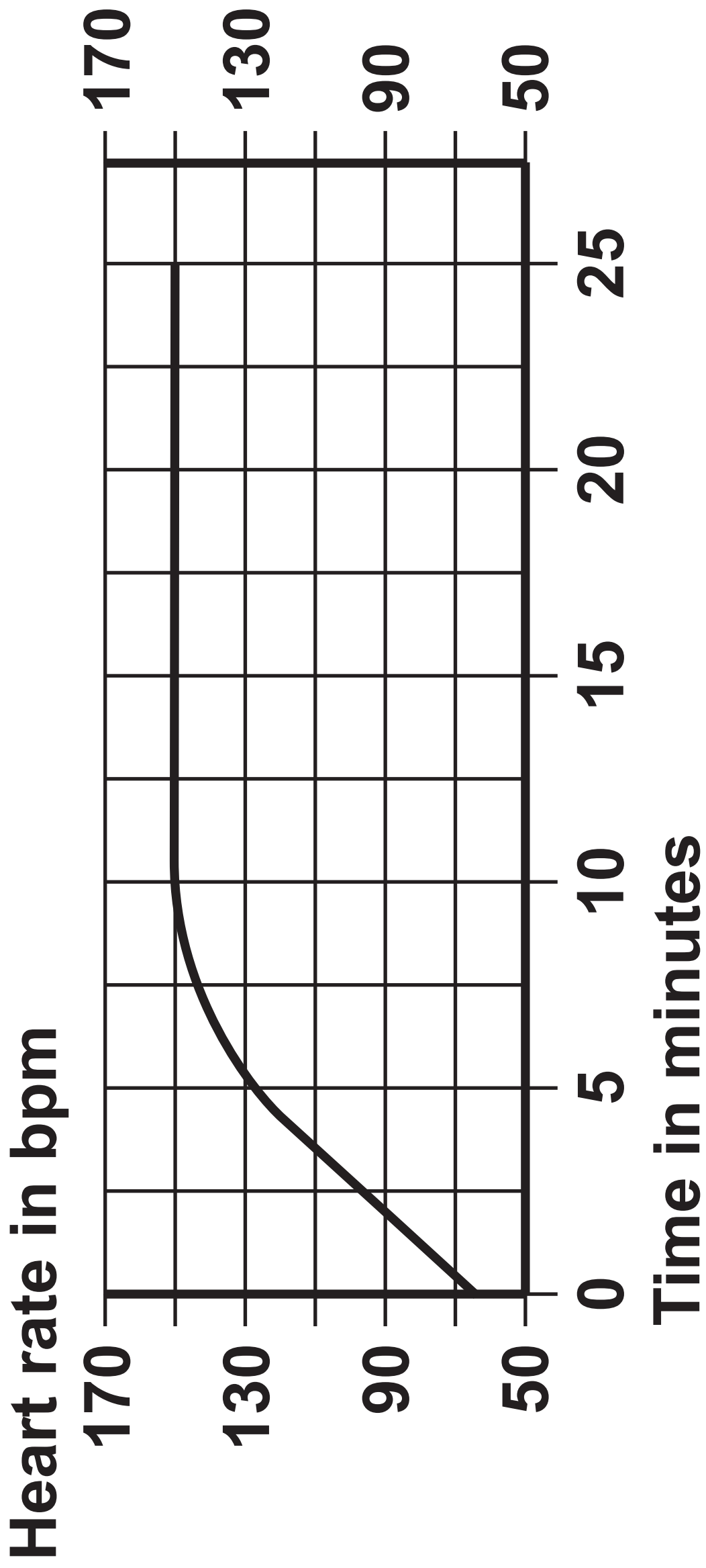


TABLE 3

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

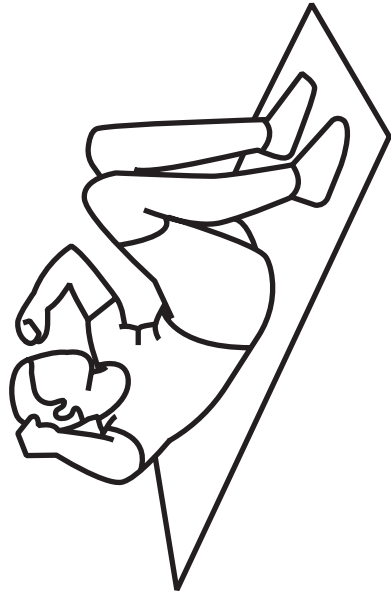
TABLE 4

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

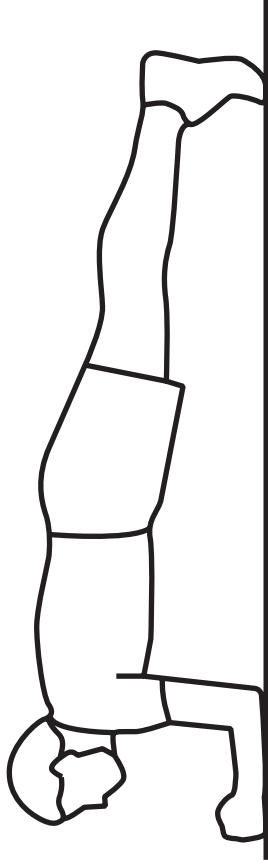
TABLE 5

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

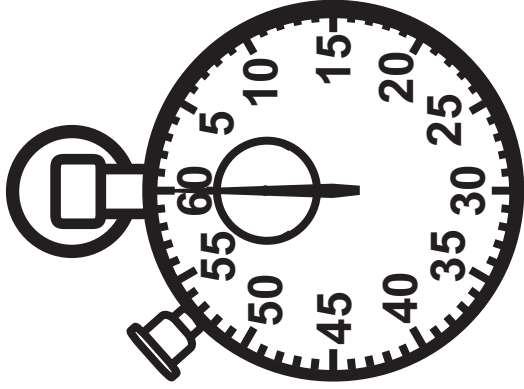
FIGURE 7



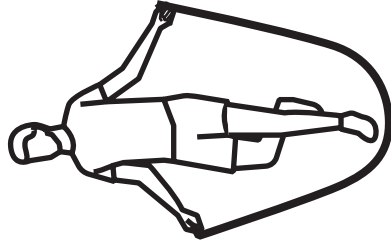
Sit-ups



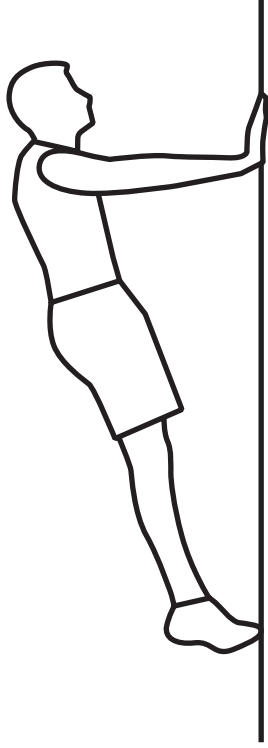
Elbow plank



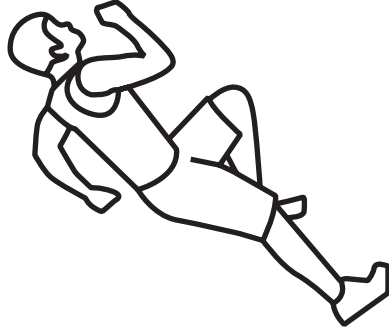
Timer



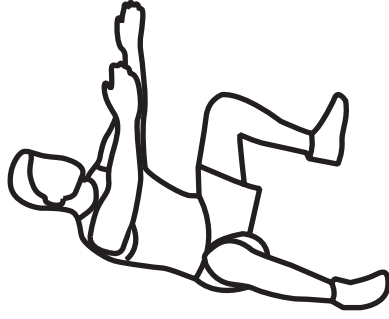
Skipping



Press-ups



Shuttle runs



Body weight squats

TABLE 1

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



TABLE 2

	(a) Fibre type	(b) Characteristic	(c) Example of use
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<b>Harvard step test</b>	<b>(1 mark)</b>	<b>(1 mark)</b>

**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)**