

Please check the examination details below before entering your candidate information	
Candidate surname	Other names
Centre Number	Candidate Number
<input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/>	<input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/>
<b>Pearson Edexcel Level 1/2 GCSE (9–1)</b>	
<b>Monday 3 June 2024</b>	
Afternoon (Time: 1 hour 15 minutes)	<div style="display: inline-block; border: 1px solid black; padding: 2px 5px;">Paper reference</div> <div style="display: inline-block; background-color: #333; color: white; padding: 5px 10px; font-weight: bold; font-size: 1.2em;">1PE0/02</div>
<div style="border: 1px solid black; padding: 10px;"> <b>Physical Education</b>  <b>COMPONENT 2: Health and Performance</b> </div>	
<div style="border: 1px solid black; padding: 5px;"> <b>You do not need any other materials.</b> </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Total Marks </div>

## Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **ALL** questions in Sections A, B and C.
- Answer the questions in the spaces provided  
– *there may be more space than you need.*

## Information

- The total mark for this paper is 60.
- The marks for **each** question are shown in brackets  
– *use this as a guide as to how much time to spend on each question.*

## 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.

Turn over ►

R75444A

©2024 Pearson Education Ltd.  
F:1/1/1/1/1/1/1/1

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 ☒.

SECTION A

Health, fitness, and wellbeing

- 1 (a) Which **one** of the following is essential for maintaining bone health?

(1)

<input type="checkbox"/>	<b>A</b> Carbohydrates
<input type="checkbox"/>	<b>B</b> Macronutrients
<input type="checkbox"/>	<b>C</b> Minerals
<input type="checkbox"/>	<b>D</b> Protein

- (b) Which **one** of the following is the result of dehydration?

(1)

<input type="checkbox"/>	<b>A</b> Lower resting heart rate
<input type="checkbox"/>	<b>B</b> Muscle tone
<input type="checkbox"/>	<b>C</b> Nausea
<input type="checkbox"/>	<b>D</b> Osteoporosis

(Total for Question 1 = 2 marks)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

- 2 Taking part in sport and physical activity can have physical, social and emotional health benefits.

Kamran has been training at his local club for his first marathon.

- (a) Give **one example** of each type of health benefit for Kamran when training at his local club.

(i) Physical health

(1)

(ii) Social health

(1)

(iii) Emotional health

(1)

Kamran smokes cigarettes regularly.

- (b) Explain **one** reason why smoking is a **disadvantage** to Kamran's marathon performance.

(2)

(Total for Question 2 = 5 marks)

- 3 **Figure 1** and **Figure 2** show an elite male and an elite female rugby player including their height and weight.



Height: 1.80 m  
Weight: 80 kg

(Source: © PhotoStock10/  
Shutterstock (ed))

**Figure 1**



Height: 1.80 m  
Weight: 77 kg

(Source: © Vitalii Vitleo/  
Getty Images)

**Figure 2**

Explain **one** reason why the weight of the two players is different.

(2)

**(Total for Question 3 = 2 marks)**

4 A balanced diet is made up of macronutrients, micronutrients, fibre and water.

One macronutrient is protein.

(a) State **one other** macronutrient.

(1)

(b) Protein is a key factor in the diet of an elite power athlete such as a discus thrower.

Explain why it is important for discus throwers to consider the **timing** of their protein intake.

(3)

---

(Total for Question 4 = 4 marks)

5 Activity level is a lifestyle choice.

(a) State **two other** lifestyle choices

(2)

1

2

(b) Give **two** negative impacts on **physical** health of **low** activity levels.

(2)

1

2

Elite sports performers take part in high levels of physical activity.

(c) Explain why **too much** physical activity can have a negative effect on an elite sports performer's **emotional** wellbeing.

(3)

(Total for Question 5 = 7 marks)

TOTAL FOR SECTION A = 20 MARKS

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 ☒.

## SECTION B

### Sport psychology and socio-cultural influences

- 6 **Figure 3** shows a gymnast receiving guidance from her coach.



(Source: © Rawpixel.com/Shutterstock)

**Figure 3**

- (a) Which **one** of the following is the correct type of guidance being given by her coach?

(1)

<b>A</b>	Concurrent
<b>B</b>	Intrinsic
<b>C</b>	Manual
<b>D</b>	Mechanical

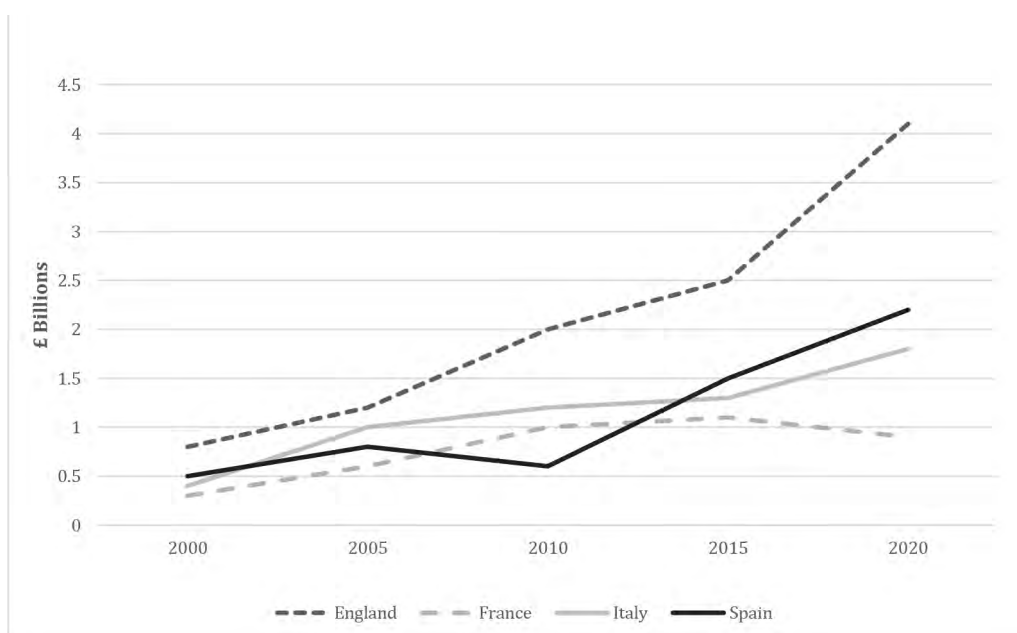
(b) Which **one** of the following is an example of a **high organisation** skill?

(1)

<b>A</b>	Golf swing
<b>B</b>	Front crawl swimming stroke
<b>C</b>	Tennis serve
<b>D</b>	Triple jump

For Questions 6(c) and 6(d) use Figure 4 to decide whether A, B, C or D is correct.

**Figure 4** shows the revenue for four European football leagues between the years 2000 and 2020.



(Source: adapted from Deloitte)

**Figure 4**



- (c) Which European League received the **largest** increase in revenue between 2000 and 2020 according to the data in **Figure 4**?

(1)

	<b>A</b> England
	<b>B</b> France
	<b>C</b> Italy
	<b>D</b> Spain

- (d) Which European League received the **lowest** revenue in 2010 according to the data in **Figure 4**?

(1)

	<b>A</b> England
	<b>B</b> France
	<b>C</b> Italy
	<b>D</b> Spain

(Total for Question 6 = 4 marks)

7 Sporting skills are often classified using the open–closed continuum.

(a) Define the term **closed skill**.

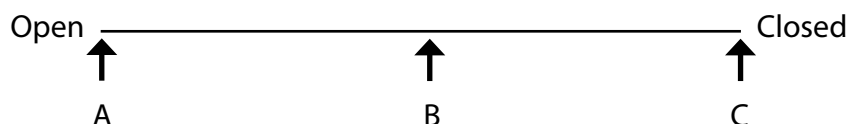
(1)

**Figure 5** shows the sporting skill of a rugby tackle and **Figure 6** shows the open–closed continuum.



(Source: © Pearson Asset Library AL1282569)

**Figure 5**



**Figure 6**

(b) Identify as A, B or C where the skill of rugby tackling would **most** likely be placed on the continuum shown in **Figure 6**.

(1)

(c) Identify **one** practice structure that would be **most** relevant in developing **closed** skills.

(1)

(Total for Question 7 = 3 marks)

**8** Misha is a 100 m sprinter. She uses goal setting to improve her performance.

Explain **two** reasons why goal setting is important for Misha.

(4)

1

2

(Total for Question 8 = 4 marks)

9 **Table 1** shows some quantitative data for three basketball players in a game.

	<b>Yasmin</b>	<b>Tia</b>	<b>Victoria</b>
<b>Points scored</b>	26	18	16
<b>Assists</b>	8	21	19
<b>Rebounds</b>	19	24	32
<b>Steals</b>	11	7	6
<b>Blocks</b>	4	7	5
<b>Three-point goal percentage scored</b>	20%	45%	40%
<b>Free throw goal percentage scored</b>	95%	90%	85%

**Table 1**

Analyse the data stating **two strengths** and **two weaknesses** of **Yasmin** compared to the other two players.

(i) Strengths

(2)

1

2

(ii) Weaknesses

(2)

1

2

**(Total for Question 9 = 4 marks)**

**10** Personal factors such as disability and ethnicity can affect participation in sport.

(a) State **two other** personal factors that can affect participation in sport.

(2)

1

2

(b) Explain **two** ways participation in disability sport could be increased.

(4)

1

2

(Total for Question 10 = 6 marks)

**11** Commercialisation of sport has an impact on spectators.

Explain **one advantage** and **one disadvantage** of commercialisation of sport for the **spectator**.

(i) Advantage

(2)

(ii) Disadvantage

(2)

(Total for Question 11 = 4 marks)

**12** Describe the difference between **deviance** and **gamesmanship**.

(2)

(Total for Question 12 = 2 marks)

- 13** In 2021 some companies withdrew their sponsorship of Yorkshire County cricket club following concerns of racism at the club.

Explain why these companies felt it necessary to end their sponsorship deals with Yorkshire County cricket club.

(4)

---

**(Total for Question 13 = 4 marks)**

---

**TOTAL FOR SECTION B = 31 MARKS**



## SECTION C

### Extended writing question

- 14 **Figure 7** shows Tyrone who is an **elite** trampolinist. He is working with his coach to improve a difficult move.



(Source: © Vladimir Vasilovich/Shutterstock)

**Figure 7**

Evaluate the effectiveness of **three** types of **feedback** that Tyrone could use with his coach to improve his performance.

(9)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

(Total for Question 14 = 9 marks)

**TOTAL FOR SECTION C = 9 MARKS**  
**TOTAL FOR PAPER = 60 MARKS**



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

**BLANK PAGE**



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

**BLANK PAGE**

