

**Paper Reference(s) 1PE0/02**

**Pearson Edexcel Level 1/Level 2 GCSE (9–1)**

# **Physical Education**

## **Component 2: Health and Performance**

**Total Marks**

**Friday 15 May 2020 – Afternoon**

**Time: 1 hour 15 minutes plus your additional time allowance**

**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>					

**YOU MUST HAVE**

**Nil**

**YOU WILL BE GIVEN**

**Diagram Booklet**

**INSTRUCTIONS**

**Answer ALL questions.**

**Answer the questions in the spaces provided – there may be more space than you need.**

**INFORMATION**

**The total mark for this paper is 70.**

**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.**

**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 ☒.**

- 1 (a) Which ONE of the following is the correct reason for eating fibre as part of a healthy diet?**  
**(1 mark)**

- ☐ **A For energy**
- ☐ **B For growth and repair**
- ☐ **C To aid digestion**
- ☐ **D To keep hydrated**

**(continued on the next page)**

**1 continued.**

**(b) Which ONE of the following is classified as a basic skill?  
(1 mark)**

- ☐ **A Cross country running**
- ☐ **B Lay-up in basketball**
- ☐ **C Smash in badminton**
- ☐ **D Tennis serve**

**There are different types of practice structures.**

**(c) Which ONE of the following is NOT a type of practice structure?  
(1 mark)**

- ☐ **A Alternate**
- ☐ **B Distributed**
- ☐ **C Fixed**
- ☐ **D Massed**

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**1 continued.**

**One way of classifying skills is using the open–closed continuum.**

**(d) Which ONE of the following skills would be placed towards the closed end of the continuum?  
(1 mark)**

- ☐ **A A goalkeeper saving a shot in hockey**
- ☐ **B A player dribbling around a defender in football**
- ☐ **C A rugby tackle**
- ☐ **D A tennis serve**

**(continued on the next page)**

**1 continued.**

**For Questions 1(e) and 1(f) use Figure 1 to decide whether A, B, C or D is correct.**

**Look at FIGURE 1 for Question 1(e) and 1(f) in the Diagram Booklet. It shows the percentage of male and female smokers in different age groups in a recent study.**

**(e) Identify the age group with the highest percentage of male smokers.  
(1 mark)**

☐ **A 18–24**

☐ **B 25–34**

☐ **C 35–49**

☐ **D 50–64**

**(continued on the next page)**

**1 continued.**

**(f) Identify the age group with the lowest percentage of both male and female smokers.**

**(1 mark)**

☐ **A 18–24**

☐ **B 25–34**

☐ **C 35–49**

☐ **D 50–64**

**(Total for Question 1 = 6 marks)**

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- 2 Regular participation in physical activity can provide social health benefits.**

**Look at TABLE 1 for Question 2 in the Diagram Booklet. Complete TABLE 1 by:**

- (a) stating TWO social health benefits of regular participation in physical activity  
(2 marks)**
- (b) stating how each social benefit is achieved.  
(2 marks)**

**(Total for Question 2 = 4 marks)**

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**3 A sedentary lifestyle is a major problem of modern-day society.**

**(a) Identify TWO reasons why regular exercise can be difficult to achieve for young people.  
(2 marks)**

**Reason 1**

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**Reason 2**

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**3 continued.**

- (b) Explain TWO possible consequences of a sedentary lifestyle on the long-term health of young people.  
(4 marks)**

**Possible consequence 1**

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**Possible consequence 2**

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**3 continued.**

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**(Total for Question 3 = 6 marks)**

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**4 Sex is one factor that can affect optimum weight.**

**(a) State TWO OTHER factors that can affect optimum weight.  
(2 marks)**

**Factor 1**

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**Factor 2**

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**4 continued.**

- (b) Explain why a professional jockey would have a different optimum weight from a professional rugby player.  
(3 marks)**

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**(Total for Question 4 = 5 marks)**

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- 5 Look at FIGURE 2 for Question 5(a) in the Diagram Booklet. It shows a representation of macronutrients and micronutrients in a balanced diet for a healthy adult.**

**(a) State the missing micronutrient labelled A.  
(1 mark)**

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**5 continued.**

**Minerals are essential for a healthy body.**

- (b) Explain, using an example, the importance of minerals to a sports performer.  
(3 marks)**

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**(Total for Question 5 = 4 marks)**

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- 6 Look at FIGURES 3 AND 4 for Question 6 in the Diagram Booklet. They show performers completing two different skills.**

**Look at FIGURE 5 for Question 6(a) in the Diagram Booklet. It shows the low organisation–high organisation skill continuum.**

- (a) Label FIGURE 5 to show where the two skills would be placed on the low organisation–high organisation continuum.**

**(2 marks)**

- (b) State ONE difference between low organisation and high organisation skills.**

**(1 mark)**

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**(Total for Question 6 = 3 marks)**



- 7 Bryan is completing an eight-week Personal Exercise Programme (PEP). He has completed some fitness tests and applied the principles of SMART target setting to improve his cardiovascular fitness.**

**(a) Identify the principle represented by the letter R in SMART.**

**(1 mark)**

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**Bryan completes a second set of fitness tests halfway through his PEP.**

**(b) Explain why Bryan reviews his SMART targets after this second set of fitness tests.**

**(3 marks)**

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**7 continued.**

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**(Total for Question 7 = 4 marks)**

**8 Look at FIGURE 6 for Question 8 in the Diagram Booklet. It shows Leanne competing as an elite gymnast. She works with her coach to improve her vault.**

**(a) Explain ONE reason why concurrent feedback is NOT suitable for Leanne during her vault.  
(2 marks)**

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**8 continued.**

- (b) Explain a more suitable method of feedback  
Leanne's coach could use to improve her vault.  
(3 marks)**

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**8 continued.**

**Elite gymnasts rely on feedback from themselves and their coach.**

**(c) State the type of feedback, other than concurrent, that Leanne would provide for herself.**

**(1 mark)**

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**(Total for Question 8 = 6 marks)**

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- 9 Look at FIGURE 7 for Question 9 in the Diagram Booklet. It shows the number of people participating in sport in FOUR different regions of the United Kingdom (UK) in 2014 and 2018.**

**Examine, using the data in FIGURE 7, the changing patterns of participation in different regions of the UK.  
(3 marks)**

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**(Total for Question 9 = 3 marks)**

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**10 Explain ONE way a person's socio-economic group can influence their choice of physical activity. (3 marks)**

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**10 continued.**

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**(Total for Question 10 = 3 marks)**

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**11 Demonstration is an example of visual guidance used to help a performer learn a skill.**

**(a) Give TWO OTHER examples of visual guidance that can be provided to the performer.  
(2 marks)**

**1** \_\_\_\_\_  
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**2** \_\_\_\_\_  
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**11 continued.**

- (b) Explain why it is essential that any demonstration is performed correctly.  
(2 marks)**

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**(Total for Question 11 = 4 marks)**

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**12 Live coverage of the 2017 Women's Cricket World Cup led to an increase in participation in women's cricket.**

**(a) State TWO reasons why showing women's cricket on television raised participation.  
(2 marks)**

**Reason 1**

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**Reason 2**

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**12 continued.**

**Many sports, for example cricket, have made changes to their rules to make the sport more attractive for television.**

- (b) State TWO ways making changes to the rules can lead to a sport becoming more attractive for television.  
(2 marks)**

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**(Total for Question 12 = 4 marks)**

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**13 Evaluate whether an Under 15s football team should accept sponsorship from a betting company. (9 marks)**

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**13 continued.**

[illegible]

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**13 continued.**

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**13 continued.**

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**13 continued.**

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**13 continued.**

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**(Total for Question 13 = 9 marks)**

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**14 Evaluate the reasons for, and consequences of, deviance in sport at the elite level.  
(9 marks)**

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**14 continued.**

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**14 continued.**

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**(Total for Question 14 = 9 marks)**

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**TOTAL FOR PAPER = 70 MARKS**  
**END**