

Please check the examination details below before entering your candidate information

Candidate surname		Other names	
Centre Number		Candidate Number	
Pearson Edexcel Level 1/Level 2 GCSE (9–1)		<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	
Friday 15 May 2020			
Afternoon (Time: 1 hour 15 minutes)		Paper Reference 1PE0/02	
Physical Education Component 2: Health and Performance			
You do not need any other materials.			Total Marks

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.
- 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.

Turn over ►

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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)

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

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

- ☐ **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)

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

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

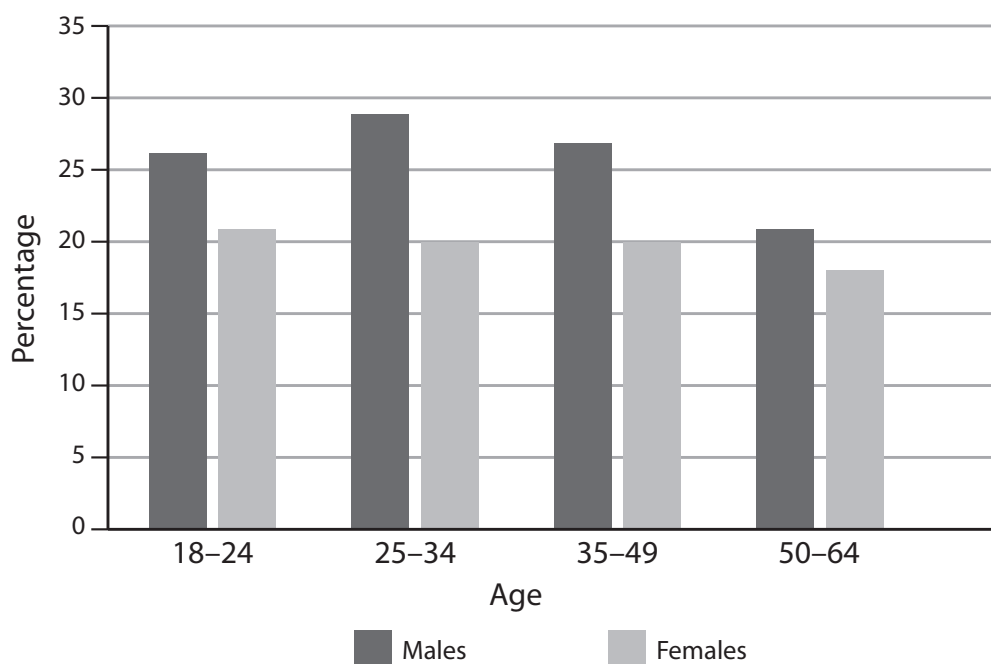
(d) Which **one** of the following skills would be placed towards the closed end of the continuum?

(1)

- ☐ **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

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

Figure 1 shows the percentage of male and female smokers in different age groups in a recent study.



(Source: Adapted from Office for National Statistics / <https://www.ons.gov.uk/peoplepopulationandcommunity/culturalidentity/sexuality/bulletins/integratedhouseholdsurvey/2013-10-03>)

Figure 1

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

(1)

- ☐ A 18-24
- ☐ B 25-34
- ☐ C 35-49
- ☐ D 50-64

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

(1)

- ☐ A 18-24
- ☐ B 25-34
- ☐ C 35-49
- ☐ D 50-64

(Total for Question 1 = 6 marks)

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

Complete **Table 1** by:

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

(a) Social benefit of regular participation	(b) How each social benefit is achieved
(1)	(1)
(1)	(1)

Table 1

(Total for Question 2 = 4 marks)

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)

Reason 1

Reason 2

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

(4)

Possible consequence 1

Possible consequence 2

(Total for Question 3 = 6 marks)

4 Sex is one factor that can affect optimum weight.

(a) State **two other** factors that can affect optimum weight.

(2)

Factor 1

Factor 2

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

(3)

(Total for Question 4 = 5 marks)

- 5 **Figure 2** shows a representation of macronutrients and micronutrients in a balanced diet for a healthy adult.

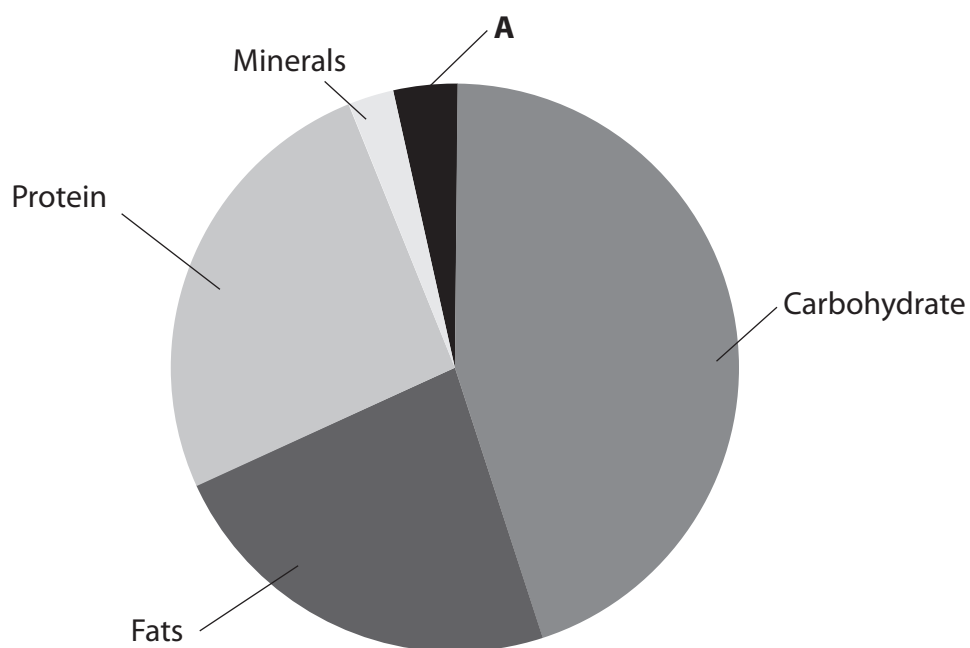


Figure 2

- (a) State the missing micronutrient labelled **A**.

(1)

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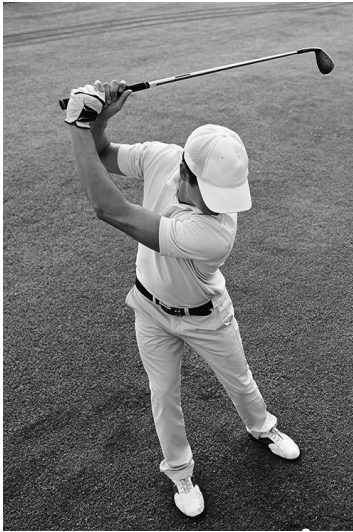
Minerals are essential for a healthy body.

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

(3)

(Total for Question 5 = 4 marks)

6 **Figures 3** and **4** show performers completing two different skills.



(Source: © Daxiao Productions/Shutterstock)

Golf swing

Figure 3



(Source: © Boris Ryaposov/Shutterstock)

Backstroke swimmer

Figure 4

Figure 5 shows the low organisation–high organisation skill continuum.

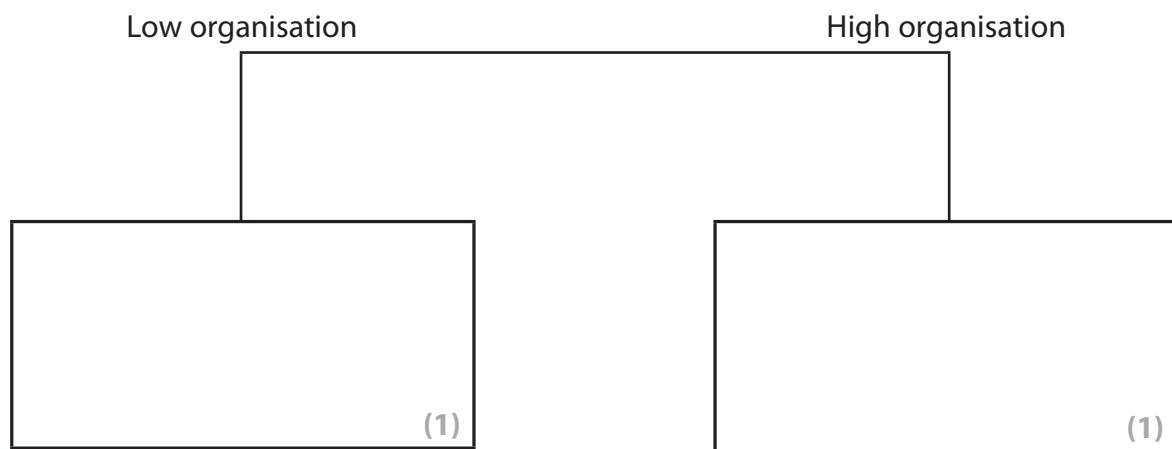


Figure 5

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

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

(1)

(Total for Question 6 = 3 marks)

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- 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)

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)

(Total for Question 7 = 4 marks)

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- 8 **Figure 6** shows Leanne competing as an elite gymnast. She works with her coach to improve her vault.



(Source: © Sasha Samardzija/Shutterstock)

Figure 6

- (a) Explain **one** reason why concurrent feedback is **not** suitable for Leanne during her vault. (2)
- (b) Explain a more suitable method of feedback Leanne's coach could use to improve her vault. (3)

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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)

(Total for Question 8 = 6 marks)

- 9 **Figure 7** shows the number of people participating in sport in **four** different regions of the United Kingdom (UK) in 2014 and 2018.

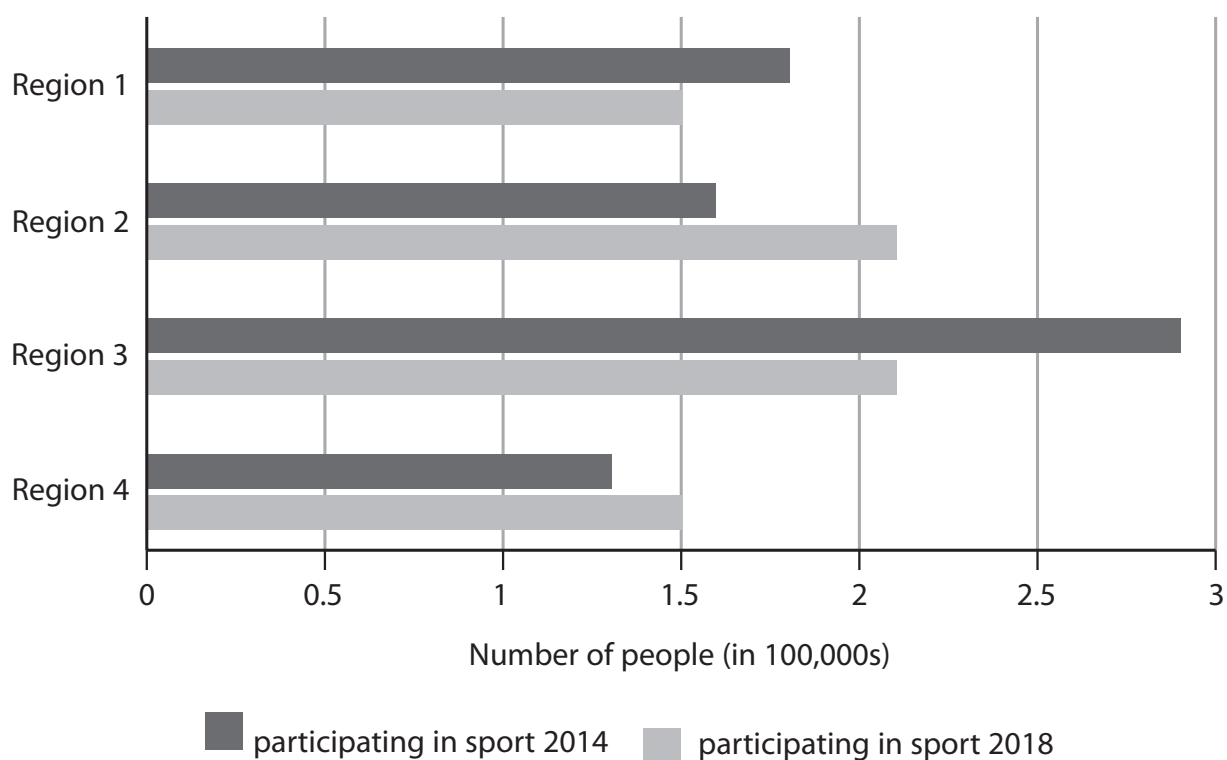


Figure 7

Examine, using the data in **Figure 7**, the changing patterns of participation in different regions of the UK.

(3)

(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)

(Total for Question 10 = 3 marks)

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)

1

2

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

(2)

(Total for Question 11 = 4 marks)

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)

Reason 1

Reason 2

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)

1

2

(Total for Question 12 = 4 marks)

13 Evaluate whether an Under 15s football team should accept sponsorship from a betting company.

(9)

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(Total for Question 13 = 9 marks)

14 Evaluate the reasons for, and consequences of, deviance in sport at the elite level.

(9)

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(Total for Question 14 = 9 marks)

TOTAL FOR PAPER = 70 MARKS

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