Please check the examination details below before entering your candidate information

Candidate surname	Other names

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

Centre Number | Candidate Number

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.
- Good luck with your examination.

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 an example of manual guidance?

(1)

☐	**A** Explaining how to position the body to play a badminton shot
☐	**B** Moving a player's arm through the correct motion for a tennis shot
☐	**C** Using a float when practising a swimming stroke
☐	**D** Using video playback to show the correct technique for a golf swing

(b) Which **one** of the following is the **most** likely reason for a marathon runner to use carbohydrate loading?

(1)

☐	**A** To aid digestion
☐	**B** To build strength
☐	**C** To increase energy stores
☐	**D** To lose weight

(c) Which **one** of the following is an example of deviance at elite level?

(1)

☐	**A** Faking an injury in football
☐	**B** Missing a penalty in hockey
☐	**C** Shaking hands at the end of a netball match
☐	**D** Taking performance enhancing drugs in athletics

(d) Which **one** of the following is an example of a complex skill?

(1)

☐	**A** Cycling
☐	**B** Gymnastic vault
☐	**C** Sprinting
☐	**D** Throwing a ball

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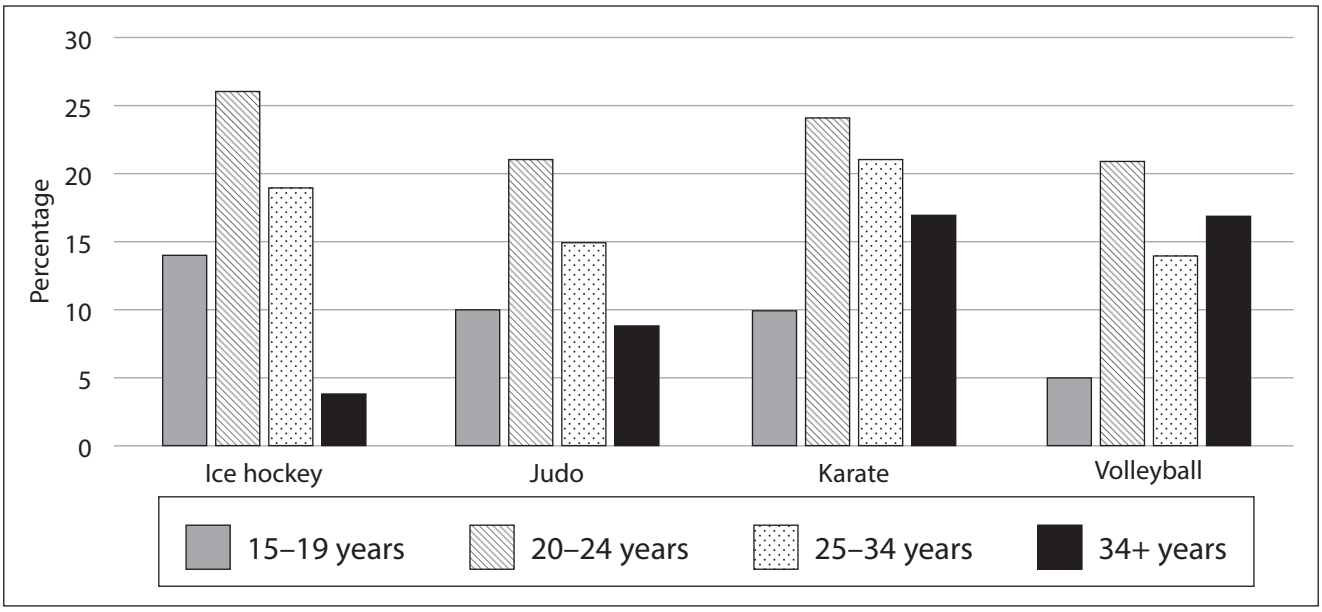
For Questions 1(e) and 1(f) use Figure 1 to decide whether A, B, C or D is correct.

Figure 1 shows the percentage injury rates in four different sports by age.



(Source: © The Sports Journal)

Figure 1

(e) Which sport has the **highest** injury rate for **20–24 year olds** according to the data in **Figure 1**?

(1)

☒	**A** Ice hockey
☒	**B** Judo
☒	**C** Karate
☒	**D** Volleyball

(f) Which age group has the **lowest** injury rate for **karate** according to the data in **Figure 1**?

(1)

☒	**A** 15–19 year olds
☒	**B** 20–24 year olds
☒	**C** 25–34 year olds
☒	**D** 34+ year olds

(Total for Question 1 = 6 marks)

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2 Myra has recently started to play wheelchair rugby.

(a) Identify the **type** of health improved in each of the following statements.

(i) Myra has made new friends at her wheelchair rugby club.

This is a ..... health benefit.

(1)

(ii) Playing wheelchair rugby has improved Myra's upper body strength.

This is a ..... health benefit.

(1)

(b) Explain how starting to play rugby at a club can benefit Myra's emotional health.

(2)

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(Total for Question 2 = 4 marks)

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3 Diet is an important consideration in a healthy, active lifestyle.

(a) State the nutrient which forms the largest proportion of a well-balanced diet.

(1)

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(b) State the importance of protein in a well-balanced diet.

(1)

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(c) State a nutrient which can help increase bone strength.

(1)

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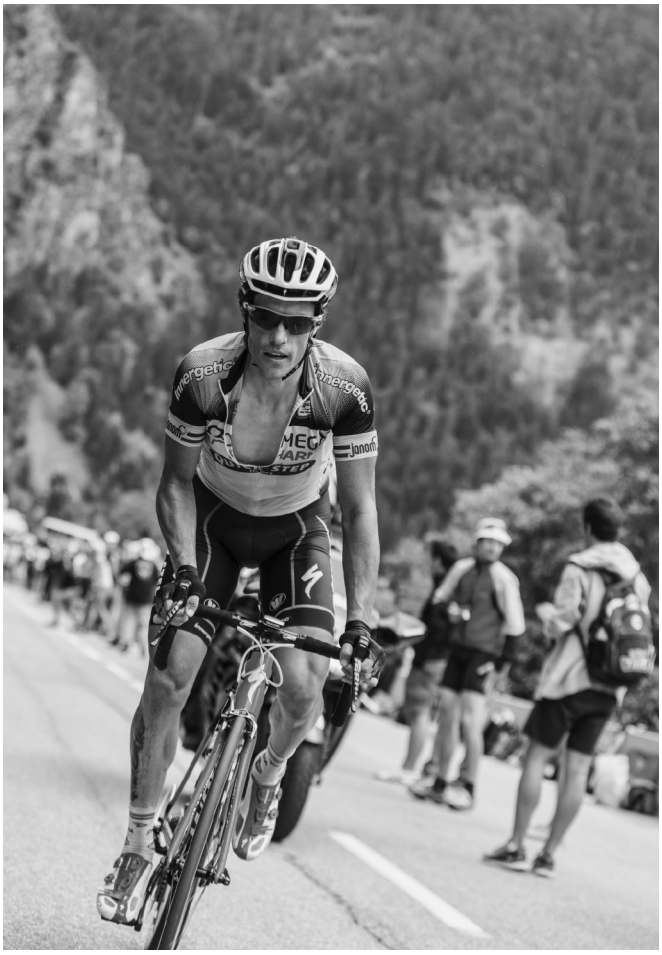
Figure 2 shows a cyclist in the Tour de France. Cyclists race for up to six hours each day for three weeks.



(Source: © Radu Razvan/Shutterstock)

Figure 2

(d) Describe how the cyclists maintain hydration during the three-week race.

(2)

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(Total for Question 3 = 5 marks)

4 Skills can be classified using different continua.

Figure 3 shows a tennis player performing a serve.

(Source: © nd3000/Shutterstock)

Figure 3

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(a) Complete **Table 1** by classifying the tennis serve as either:

(i) Open **or** closed

(ii) Basic **or** complex

(iii) Low **or** high organisation

Skill	Tennis serve
(i) Open **or** closed	**(1)**
(ii) Basic **or** complex	**(1)**
(iii) Low **or** high organisation	**(1)**

Table 1

(b) State **two** characteristics of a basic skill.

(2)

1 .....

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2 .....

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(Total for Question 4 = 5 marks)

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5 (a) Give the meaning of the term sedentary lifestyle.

(1)

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Most adults have sedentary office jobs.

(b) Give **one other** example of how society can lead to a sedentary lifestyle.

(1)

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(c) State **one** consequence of a sedentary lifestyle.

(1)

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(Total for Question 5 = 3 marks)

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6 Karar is new to basketball and is testing his shooting ability over a six-week period. He sets himself the following SMART target.

'I aim to score 42 out of 50 shots in my practice session in Week 6.'

Table 2 shows the results of his test.

Week	1	2	3	4	5	6
Successful shots (out of 50)	12	14	15	19	21	29

Table 2

(a) Complete **Figure 4** by plotting a line graph using Karar's results from **Table 2**.

(2)

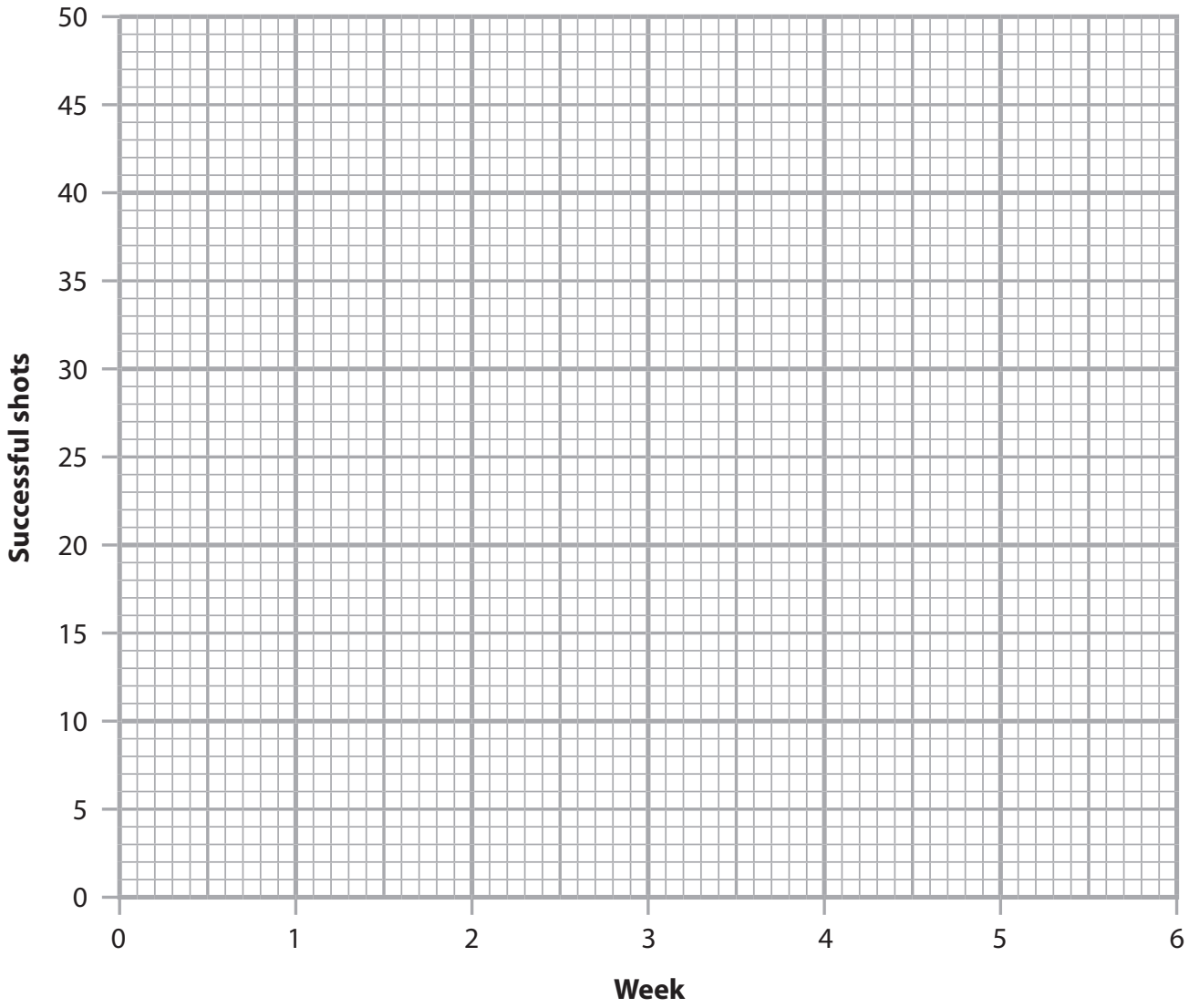

Figure 4

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Karar did not meet his SMART target.

(b) Explain **one** of the SMART principles which has **not** been applied to Karar's target.

(2)

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(c) Explain how visual **and** verbal guidance could be used to improve Karar's basketball shooting.

(4)

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(Total for Question 6 = 8 marks)

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7 Tamara is designing a six-week Personal Exercise Programme (PEP).

Explain **one** reason why Tamara should evaluate her PEP at the end of six weeks.

(2)

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(Total for Question 7 = 2 marks)

8 Explain **two** ways that media coverage can increase participation levels in sport.

(2)

1 .....

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(2)

2 .....

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(Total for Question 8 = 4 marks)

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9 State **two** advantages and **two** disadvantages of massed practice.

(a) Advantages

(2)

1 .....

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2 .....

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(b) Disadvantages

(2)

1 .....

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2 .....

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(Total for Question 9 = 4 marks)

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10 **Figure 5** shows Devon playing for an under 12 cricket team.

(Source: © Chris Van Lennep/Shutterstock)

Figure 5

Extrinsic feedback on performance can be provided by peers.

(a) Give **two other** examples of people who could provide extrinsic feedback to Devon about his performance.

(2)

1 .....

2 .....

(b) Explain why extrinsic feedback would be **more** suitable than intrinsic feedback for an under 12 cricket player.

(2)

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(Total for Question 10 = 4 marks)

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11 Bronchitis is a negative impact of a lifestyle choice.

(a) Identify the lifestyle choice that is the **main** cause of chronic bronchitis.

(1)

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(b) Explain how **two** side effects of drinking alcohol could negatively affect performance in sport and physical activity.

(4)

1 .....

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2 .....

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(Total for Question 11 = 5 marks)

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12 The rugby player in **Figure 6** is using mental rehearsal in preparation to score from a penalty kick.

(Source: © Marco Iacobucci Epp/Shutterstock)

Figure 6

Explain **one** advantage of using mental rehearsal for the kicker.

(2)

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(Total for Question 12 = 2 marks)

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13 Regular training to increase fitness can affect our **physical** health positively and negatively.

Evaluate the positive and negative effects of fitness training on **physical** health.

(9)

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(Total for Question 13 = 9 marks)

14 Sport has become increasingly commercialised.

Evaluate the impact that the media and sponsorship have on professional sports performers.

(9)

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(Total for Question 14 = 9 marks)

TOTAL FOR PAPER = 70 MARKS

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