Please check the examination details below before entering your candidate information

| Candidate surname | Other names |
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Centre Number | Candidate Number

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

**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 skills would be placed towards the **open** end of the open-closed skill continuum?

**(1)**

| | |
|---|---|
| ☐ | **A** A footballer dribbling around a defender |
| ☐ | **B** A gymnast performing a handstand |
| ☐ | **C** A high board diver performing a double somersault |
| ☐ | **D** An athlete throwing a javelin |

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

**(1)**

| | |
|---|---|
| ☐ | **A** A skill that can be broken down easily into different phases |
| ☐ | **B** A skill that cannot be broken down and practised separately |
| ☐ | **C** A skill that is affected by the environment |
| ☐ | **D** A skill that requires little concentration to execute |

(c) Which **one** of the following affects optimum weight?

**(1)**

| | |
|---|---|
| ☐ | **A** Age |
| ☐ | **B** Bone structure |
| ☐ | **C** Ethnicity |
| ☐ | **D** Fitness |

(d) Which **one** of the following is associated with a sedentary lifestyle?

**(1)**

| | |
|---|---|
| ☐ | **A** Cycling 5km to work every day |
| ☐ | **B** Eating five portions of fruit and vegetables every day |
| ☐ | **C** Sitting still at work every day |
| ☐ | **D** Walking up the stairs instead of taking the lift every day |

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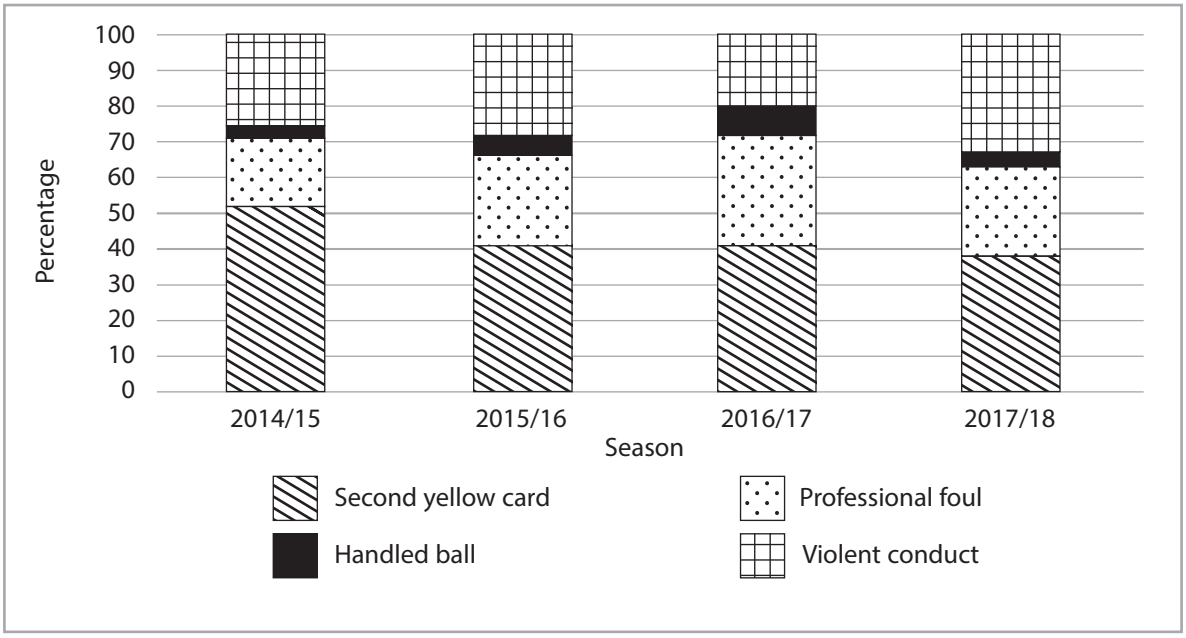
**For Questions 1(e) and 1(f) use Figure 1 to decide whether A, B, C or D is correct.**

**Figure 1** shows the reasons for red cards in the Premier Football League between the 2014/15 and 2017/18 seasons.




(Source: © Sky Sports, 2017/ https://www.skysports.com/football/news/11096/11074552/premier-league-red-cards-are-dismissals-on-the-rise)

**Figure 1**

(e) Which **one** of the following reasons causes the **lowest** percentage of red cards each season?

**(1)**

| | |
|---|---|
| ☒ | **A** Handled ball |
| ☒ | **B** Professional foul |
| ☒ | **C** Second yellow card |
| ☒ | **D** Violent conduct |

(f) Identify the season when the largest percentage of players received a second yellow card.

**(1)**

| | |
|---|---|
| ☒ | **A** 2014/15 |
| ☒ | **B** 2015/16 |
| ☒ | **C** 2016/17 |
| ☒ | **D** 2017/18 |

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

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**2** Participation in sport and physical activity can bring many health benefits.

Complete **Table 1** by:

(a) Stating the **type** of each of the following health benefits.

| Benefit | (a) **Type** of health benefit |
|---|---|
| (i) Improved co-operation | **(1)** |
| (ii) Lowered resting heart rate | **(1)** |
| (iii) Reduced stress | **(1)** |

**Table 1**

(b) Describe how participation in sport and physical activity can improve co-operation.

**(2)**

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**(Total for Question 2 = 5 marks)**

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**3** Regular exercise can reduce the risk of coronary heart disease and osteoporosis.

Explain **two other** long-term health risks that can be reduced through regular participation in exercise.

**(3)**

Long-term health risk 1

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**(3)**

Long-term health risk 2

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

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**4** **Figure 2** shows players working together to win a rugby scrum.

(Source: © Paolo Bona/Shutterstock)

**Figure 2**

**Figure 3** shows three locations on the basic–complex skill continuum.

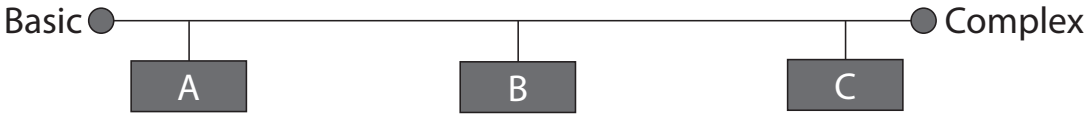


**Figure 3**

(a) Identify, using A, B or C in **Figure 3**, where on the basic–complex skill continuum the rugby scrum would **most** likely be placed.

**(1)**

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(b) State **two** differences between a basic skill and a complex skill.

**(2)**

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**(Total for Question 4 = 3 marks)**

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**5** Pavel is a 100m breaststroke swimmer. He uses SMART targets to improve his performance.

Explain why Pavel's SMART targets should be **realistic** and **time-bound**.

(i) **Realistic**

**(2)**

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(ii) **Time-bound**

**(2)**

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

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**6** **Figure 4** shows a football coach providing feedback to an under 11 football team **after** a game has finished.

(Source: © Fotokostic/Shutterstock)

**Figure 4**

(a) State the **type** of feedback being used by the football coach after the game has finished in **Figure 4**.

**(1)**

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(b) Explain why **concurrent** feedback from the football coach could improve the performance of the football team.

**(3)**

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**(Total for Question 6 = 4 marks)**

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**7** Mental rehearsal is a technique used by many athletes to improve performance.

State **two** benefits of mental rehearsal.

**(2)**

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2 .....

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**(Total for Question 7 = 2 marks)**

**8** The NHS recommends that teenagers have 8 to 10 hours of sleep a day to maintain the correct work/sleep balance for good health.

Explain why a lack of sleep can have a **negative** impact on **physical** health.

**(2)**

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**(Total for Question 8 = 2 marks)**

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**9** **Figure 5** shows Bella being taught to swim using a float for mechanical guidance.

(Source: © Joe MoJo/Shutterstock)

**Figure 5**

State **one** advantage and **one** disadvantage of using mechanical guidance when teaching Bella to swim.

(i) Advantage

**(1)**

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(ii) Disadvantage

**(1)**

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**(Total for Question 9 = 2 marks)**

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**10** Coaches use different types of practice structure to teach different skills.

Explain why **variable** practice is used to develop open skills.

**(2)**

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**(Total for Question 10 = 2 marks)**

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**11** Serena's tennis coach has carried out an analysis of her last match. The data collected is shown in **Table 2**.

| | |
|---|---|
| 1st serve percentage | 80% |
| Aces (service winner) | 11 |
| Double service faults | 14 |
| Win percentage on 1st serve | 73% |
| Win percentage on 2nd serve | 20% |
| Forehand winners | 3 |
| Forehand unforced errors | 12 |
| Backhand winners | 13 |

**Table 2**

Analyse the data in **Table 2** to determine **two** strengths and **two** weaknesses of Serena's performance.

(a) Strengths

**(2)**

1 .....

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2 .....

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(b) Weaknesses

**(2)**

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

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**12** During a football match, a player may display **sportsmanship** or **gamesmanship**.

(a) Describe the difference between **sportsmanship** and **gamesmanship**.

**(2)**

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(b) Explain the importance of elite performers demonstrating **sportsmanship**.

**(3)**

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**(Total for Question 12 = 5 marks)**

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**13** Deviant behaviour in elite level sport, such as taking performance-enhancing drugs, has consequences for sport.

Give **three** consequences of deviancy for **sport**.

**(3)**

1 .....

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2 .....

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3 .....

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**(Total for Question 13 = 3 marks)**

**14** Explain **one** advantage and **one** disadvantage of sponsorship for **sport**.

(i) Advantage

**(2)**

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(ii) Disadvantage

**(2)**

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**(Total for Question 14 = 4 marks)**

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**15** Ethnicity and gender are two of the personal factors that can have a negative impact on adults' participation in sport.

Evaluate **three other** personal factors which can negatively impact on an adult's participation in sport.

**(9)**

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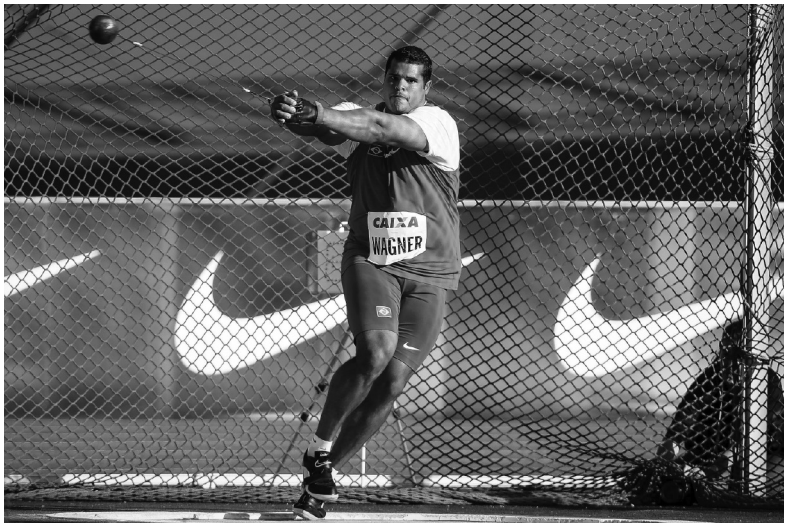
**(Total for Question 15 = 9 marks)**

**16** **Figure 6** shows Demitri, who is an elite power athlete, throwing the hammer.




(Source: © Wagner Carmo/Shutterstock)

**Figure 6**

Evaluate the importance of **protein**, **carbohydrates** and **vitamins** for elite power athletes such as Demitri.

**(9)**

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**(Total for Question 16 = 9 marks)**

**TOTAL FOR PAPER = 70 MARKS**

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