Please check the examination details below before entering your candidate information

Candidate surname	Other names

Centre Number | Candidate Number

Pearson Edexcel Level 1/2 GCSE (9–1)

Thursday 8 June 2023

Morning (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 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

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Pearson

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 **most** likely to be a consequence of a sedentary lifestyle?

(1)

☐	**A** Bronchitis
☐	**B** Lung cancer
☐	**C** Muscle tone
☐	**D** Osteoporosis

(b) Which **one** of the following performers is **most** likely to use a protein supplement to enhance performance?

(1)

☐	**A** A discus thrower
☐	**B** A golfer
☐	**C** A jockey
☐	**D** A netball player

(Total for Question 1 = 2 marks)

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2 Cassandra has recently moved to a new school.

To help her make friends she has joined the netball club at school.

(a) Identify the **type** of health benefit for Cassandra when making new friends.

(1)

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(b) State **two** emotional health benefits that joining the school netball club could have for Cassandra.

(2)

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(Total for Question 2 = 3 marks)

3 Bone structure is one factor that can affect optimum weight.

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

(2)

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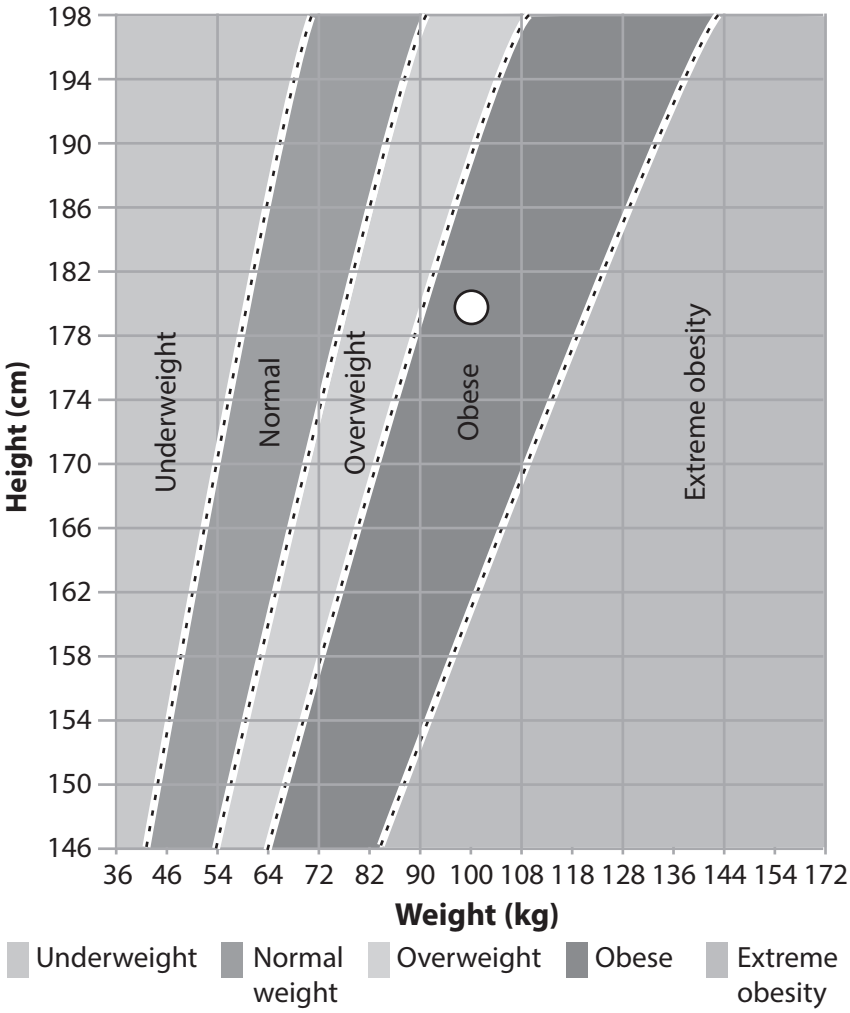
Taylor is an international rugby player. He is 180 cm tall and weighs 100 kg. On the BMI scale in **Figure 1** this would place him in the obese category indicated by the white dot.



(Source: myhealth.alberta.ca)

Figure 1

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(b) Explain why a rugby player such as Taylor is considered at his **optimum** weight even though he is rated as obese on the BMI scale as shown in **Figure 1**.

(3)

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(Total for Question 3 = 5 marks)

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4 Sarah has been training in preparation for a boxing match.

She can only fight other boxers of a similar weight, therefore she needs to maintain her weight.

(a) Explain, using the energy balance equation, how Sarah can maintain the correct weight.

(4)

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(b) State why it is important for Sarah to drink water during her training.

(1)

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(Total for Question 4 = 5 marks)

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5 **Figure 2** shows athletes competing in a triathlon.

(Source: © Maxisport/shutterstock Photo ID 88513873)

Figure 2

A triathlon consists of a long-distance run, a cycle ride and a swim.

Explain how **carbohydrate loading** could be used to improve the triathletes' performance in the race.

(4)

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(Total for Question 5 = 4 marks)

TOTAL FOR SECTION A = 19 MARKS

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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 ☒.

SECTION B – Sport psychology and socio-cultural influences

6 (a) Which **one** of the following is an example of **deviance** in sport?

(1)

☐	**A** Accepting a referee's decision in hockey
☐	**B** Blood doping in athletics
☐	**C** Shaking hands at the end of a netball match
☐	**D** Verbally insulting a batsman in cricket

(b) Which **one** of the following activities would **most** likely have the **highest** participation rates due to low socio-economic grouping?

(1)

☐	**A** Golf
☐	**B** Horse riding
☐	**C** Running
☐	**D** Skiing

For Questions 6(c) and 6(d) use Figure 3 to decide whether A, B, C or D is correct.

Figure 3 shows a comparison of the percentage of prize money earned by men and women in four different sports.

(Source: Insure4sport)

Figure 3

(c) Identify the sport in which women earn as much as men according to the data in **Figure 3**.

(1)

☒	**A** Athletics
☒	**B** Cricket
☒	**C** Football
☒	**D** Golf

(d) Identify the sport where there is the **greatest** difference in prize money between men and women according to the data in **Figure 3**.

(1)

☒	**A** Athletics
☒	**B** Cricket
☒	**C** Football
☒	**D** Golf

(Total for Question 6 = 4 marks)

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7 **Figure 4** shows a game of cricket. A bowler will bowl repeatedly in a game.

(Source: © Pearson Asset Library AL1132069)

Figure 4

The bowling action in cricket would be placed on the open–closed skills continuum somewhere in the middle as shown in **Figure 5**.

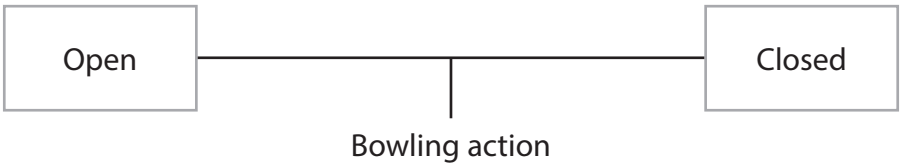

Figure 5

Justify why the bowling action in cricket is **neither** a fully open **nor** a fully closed skill.

(4)

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(Total for Question 7 = 4 marks)

8 **Figure 6** shows a coach demonstrating how to play the overhead clear in badminton.

(Source: © Bonma Suriya/shutterstock Photo ID 1123732331)

Figure 6

A demonstration is an example of visual guidance.

(a) Give **one other** example of visual guidance.

(1)

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(b) Explain **one** advantage and **one** disadvantage of using a demonstration as visual guidance for beginners.

(i) **Advantage**

(2)

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(ii) **Disadvantage**

(2)

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(Total for Question 8 = 5 marks)

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9 Sports skills can be classified on the basic–complex skills continuum.

Complete **Table 1** by:

(a) Stating the meaning of basic and complex skills.

(b) Giving an example of a basic and complex skill in physical activity.

Skill type	(a) Meaning	(b) Example
Basic	(1)	(1)
Complex	(1)	(1)

Table 1

(Total for Question 9 = 4 marks)

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10 Personal factors such as disability and socio-economic group can affect participation in sport and physical activity.

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

(2)

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(b) Explain **two** reasons why a person's disability may affect their participation in sport and physical activity.

(4)

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(Total for Question 10 = 6 marks)

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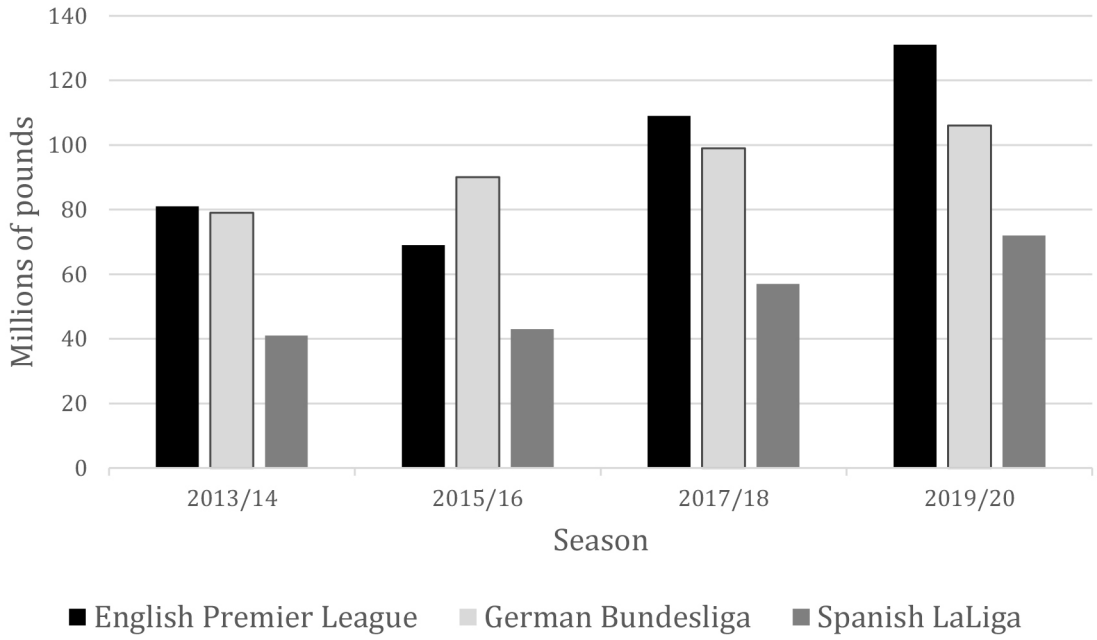
11 **Figure 7** shows the football shirt revenues for three different European leagues between seasons 2013/14 and 2019/20.



(Source: Adapted from: https://nielsensports.com/wp-content/uploads/2021/01/Nielsen-Sports_European-Football-Jersey-Report-2020-21_One-Sheet.pdf)

Figure 7

(a) Identify the season in which the English Premier League received a fall in revenue according to the data in **Figure 7**.

(1)

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(b) Predict the **most likely** trend in the amount of revenue for the German Bundesliga for season 2023/24 according to the data in **Figure 7**.

(1)

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(c) Explain why some sports do **not** receive as much sponsorship money as other sports.

(2)

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Many sports have made changes to their rules to increase the benefits from commercialisation and the media.

(d) Explain **one** reason why rule changes make sport more attractive to sponsors.

(2)

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(Total for Question 11 = 6 marks)

12 (a) Define sportsmanship.

(1)

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(b) State **two** ways that television replays may have a negative effect on sport.

(2)

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(Total for Question 12 = 3 marks)

TOTAL FOR SECTION B = 32 MARKS

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SECTION C

Extended writing question

13 **Figure 8** shows Petra, who is a beginner at tennis, being taught the forehand volley by her coach.

(Source: © Pearson Asset Library AL1384979)

Figure 8

Evaluate the appropriateness of **both** massed and distributed practice for a beginner such as Petra.

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(Total for Question 13 = 9 marks)

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

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