Rewarding Learning

Centre Number

Candidate Number

General Certificate of Secondary Education
2024

Physical Education

Paper 2

Developing Performance

G9772

[G9772]

MONDAY 3 JUNE, AFTERNOON

TIME

1 hour 15 minutes.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.
You must answer the questions in the spaces provided.
Do not write outside the boxed area on each page, or on blank pages.
Complete in black ink only. **Do not write with a gel pen.**
Answer **all** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.
Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.
Quality of written communication will be assessed in questions **10(b)(ii)** and **12**.

14263

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1 State the **main aim** of developing physical fitness for:

Health _____

_____ [1]

Performance _____

_____ [1]

2 Identify the **principle of training** being applied in the statements in **Table 1**.

Table 1

	Principle of training
A coach plans the team's training in seasons to prepare for major competitions	
The athlete works harder than normal so there is some stress and discomfort	
An athlete loses fitness due to an injury	
A long-distance runner includes continuous steady pace runs in training	
An athlete runs 20 minutes in week 1, 25 minutes in week 3 and 30 minutes in week 5	
An athlete's programme has planned time to allow muscles to grow and repair	
An athlete trains in different places to avoid boredom	

[7]

3 Explain how the safe application of **one** principle of training could **reduce the risk of injury** to an athlete.

Principle of training _____

Explanation _____

_____

_____

_____ [3]

[Turn over

4 **(a)** Define **muscular speed**.

_____

_____

_____

_____ [2]

(b) Complete the statement by selecting the correct words from the list below.

large **high** **light** **slow**

Muscular speed is about being able to apply a _____ force

at _____ speed. [2]

(c) Explain **two** ways an **increase** in **muscular speed** may help a footballer **improve performance**.

1. _____

_____

_____

_____ [2]

2. _____

_____

_____

_____ [2]

5 Explain what **isometric** training involves.

_____

_____

_____

_____ [2]

6 State **two** examples of isometric exercises.

1. _____

_____ [1]

2. _____

_____ [1]

7 Explain what **static passive** stretching involves.

_____

_____

_____

_____ [2]

8 State **three** reasons why a **warm-up** should be included before a workout.

1. _____

_____ [1]

2. _____

_____ [1]

3. _____

_____ [1]

[Turn over

9 A games player takes part in circuit training to develop **muscular endurance**. The **worktime** at each station is **30 seconds** and the player **decides the weight** for the exercises.

Table 2 shows the order of the exercises and the number of repetitions completed by the player at each station.

Table 2

Order of exercises	Number of repetitions completed
1 Dumbbell squat	8
2 Dumbbell lunge	22
3 Jumping squat	25
4 Sit up	24
5 V-sit	16
6 Bicycle crunch	24
7 Dumbbell bicep curl	54
8 Tricep dip	16
9 Press up	9

(a) Evaluate the **planned order** of the exercises shown in **Table 2**.

_____

_____

_____

_____

_____

_____

_____

_____ [4]

(b) (i) Identify **one** exercise in **Table 2** where the resistance is **too low** to effectively develop muscular endurance.

Exercise _____

Explain your choice.

_____

_____

_____

_____ [3]

(ii) State what change the athlete could make to get the correct resistance for this exercise to develop muscular endurance.

_____

_____ [1]

(c) (i) Identify **one** exercise in **Table 2** where the resistance is **too high** to effectively develop muscular endurance.

Exercise _____

Explain your choice.

_____

_____

_____

_____ [3]

(ii) State what change the athlete could make to get the correct resistance for this exercise to develop muscular endurance.

_____

_____ [1]

[Turn over

10 Study a **1500 m** runner's **aerobic** training programme in **Table 3** and answer the questions that follow.

Table 3

Frequency	2
Distance	400 m
Time	90 seconds
Repetitions	8
Recovery between repetitions	60 seconds

(a) State the **training method** being used by the runner in the session.

Training method _____

Explanation _____

_____

_____

_____ [3]

(b) **(i)** Complete **Table 4** by planning the **time**, **repetitions** and **recovery** for the training session to develop the runner's **anaerobic** fitness.

Table 4

Frequency	2
Distance	100 m
Time	
Repetitions	
Recovery between repetitions	

[3]

(ii) Using examples, explain how you would apply the **FITT** principle to **Table 4** to safely improve the runner's fitness.

Quality of written communication will be assessed in your answer.

F _____

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(Continue answer on next page)

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T _____

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_____

_____ [12]

11 Evaluate the **importance** of a runner completing both **aerobic** and **anaerobic** fitness training sessions for the 1500 m race.

[4]

12 A coach assesses the fitness levels of the school rowing team (**Fig. 1**) using the following four tests:

1 Multi-stage fitness test
2 60-second press up test
3 Standing broad jump test
4 Sit and reach test

Source: © Getty Images

Fig. 1

Evaluate the **coach's selection** of fitness tests to assess the rowers' fitness to perform well in competitions.

Quality of written communication will be assessed in your answer.

Multi-stage fitness test _____

_____

_____

_____

_____

_____

60-second press up test _____

_____

_____

_____

_____

_____

Standing broad jump test _____

_____

_____

_____

_____

_____

Sit and reach test _____

_____

_____

_____

_____

_____ [12]

[Turn over

13 **Fig. 2** shows a basketballer performing a lay-up shot in a game.

Source: © Getty Images

Fig. 2

(a) State if the lay-up shot is an example of a **basic** or **complex** skill.

The lay-up shot is an example of _____ skill.

Explain your choice.

_____

_____

_____

_____ [3]

(b) State if the lay-up shot is an example of a **closed** or **open** skill.

The lay-up shot is an example of _____ skill.

Explain your choice.

_____

_____

_____

_____ [3]

14 Describe **perceptual motor** skills.

_____

_____

_____

_____

_____

_____ [3]

15 Explain how a **high jumper** would use **whole-part-whole** practice to improve performance.

_____

_____

_____

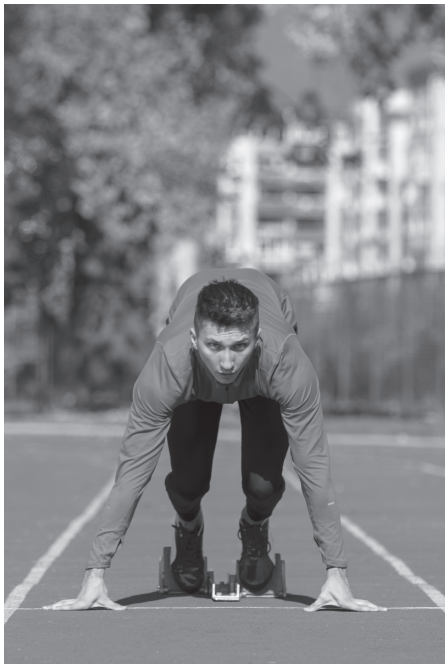
_____

_____

_____ [3]

[Turn over

16 **Fig. 3** shows an athlete in the sprint start position before a 100 m race.



Source © Getty Images

Fig. 3

(a) Define **coordination**.

_____

_____ [1]

(b) State why coordination is important to perform a sprint start.

_____

_____ [1]

(c) Define **balance**.

_____

_____ [1]

(d) State why balance is important to perform a sprint start.

_____

_____ [1]

(e) Define **reaction time**.

_____

_____ [1]

(f) State why reaction time is important to perform a sprint start.

_____

_____ [1]

(g) Define **agility**.

_____

_____ [1]

(h) State why agility is important to perform a sprint start.

_____

_____ [1]

17 A young gymnast is given extrinsic feedback by their coach to help them learn the forward roll.

(a) Explain **three** ways the coach could provide **extrinsic** feedback to the gymnast.

1. _____

_____ [1]

2. _____

_____ [1]

3. _____

_____ [1]

(b) Explain why **intrinsic** feedback would be **less suitable** to improve this gymnast's performance.

_____

_____

_____

_____ [2]

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For Examiner's use only	
Question Number	Marks
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Examiner Number

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