Surname	Centre Number	Candidate Number
First name(s)		0

GCSE

3550U10-1

S25-3550U10-1

MONDAY, 19 MAY 2025 – AFTERNOON

PHYSICAL EDUCATION – FULL COURSE

Unit 1: Introduction to Physical Education

2 hours

For Examiner's use only		
Question	**Maximum Mark**	**Mark Awarded**
1	**15**	
2	**22**	
3	**23**	
4	**19**	
5	**21**	
Total	**100**	

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INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

You may use a pencil for graphs and diagrams only.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

You will be shown two video clips.

The clips for Question 1 and Question 2 will each be shown three times, during which time you may answer the questions and make notes.

Firstly the two clips will be shown.

The clip for Question 1 will be shown a second time. There will be five minutes after the clip to answer the question.

The clip for Question 2 will be shown a second time. There will be five minutes after the clip to answer the question.

Both clips will then be shown for a third and final time.

You will then have the rest of the examination time to complete Questions 1 and 2 and the remaining questions.

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Answer **all** questions.

Clip 1 – Golf

Warming up helps the performer to become physically and mentally prepared.

1. (a) Identify the phase of the warm up seen in **Clip 1**. [1]

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(b) Identify the main component of fitness needed when taking a tee shot.

Tick (✓) **one** box only. [1]

Component of fitness	
Cardiovascular endurance	
Power	
Reaction time	
Agility	

(c) Identify **one** type of guidance given to the golfer in **Clip 1**. [1]

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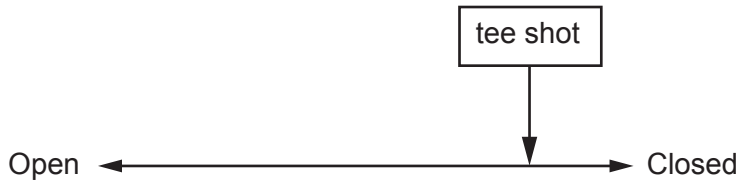
(d) Justify why a tee shot could be placed towards the closed end of the continuum shown below. [2]



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(e) Explain how technology can be used to provide the golfer with knowledge of results and knowledge of performance. [4]

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(f) Explain the possible physical, mental and social benefits from playing golf. [6]

	Benefits
Physical	....
Mental	....
Social	....

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Clip 2 – Rowing

2. (a) Identify the type of muscular contraction when the rower is stationary.

Tick (✓) **one** box only. [1]

Isometric ☐

Isotonic eccentric ☐

Isotonic concentric ☐

(b) Justify why type I (slow twitch) are the predominant muscle fibres used by rowers. [2]

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(c) Analyse **Clip 2** and complete the tables below.

(i) The muscles/muscle groups working in the legs. [2]

	Tick (✓) **two** boxes only.
Quadriceps	
Pectorals	
Hamstrings	
Deltoids	

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(ii) What happens to the heart rate of the rower during exercise. [1]

	Tick (✓) **one** box only.
Increases	
Decreases	
No change	

(iii) **One** short term effect of rowing. [1]

	Tick (✓) **one** box only.
Increased tidal volume	
Muscular hypertrophy	
Increased capilarisation in the alveoli	

(iv) **One** way the body controls temperature. [1]

	Tick (✓) **one** box only.
Sweating	
Ice bath	
Stretching routine	

(v) **One** role of the coaches. [1]

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(d) Assess why co-ordination and cardiovascular endurance are important for rowers. [4]

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(e) Identify **two** arm bones involved in the rowing action. [2]

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(f) Describe how the rower can use progressive overload to improve performance. [2]

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(g) Explain how cardiac output increases as the race progresses. [2]

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(h) Identify the type of joint from the examples below.

Draw a line to match the example to the type of joint. [3]

Type of joint	Example from the body
Ball and socket	Elbow
Pivot	Neck
Hinge	Shoulder

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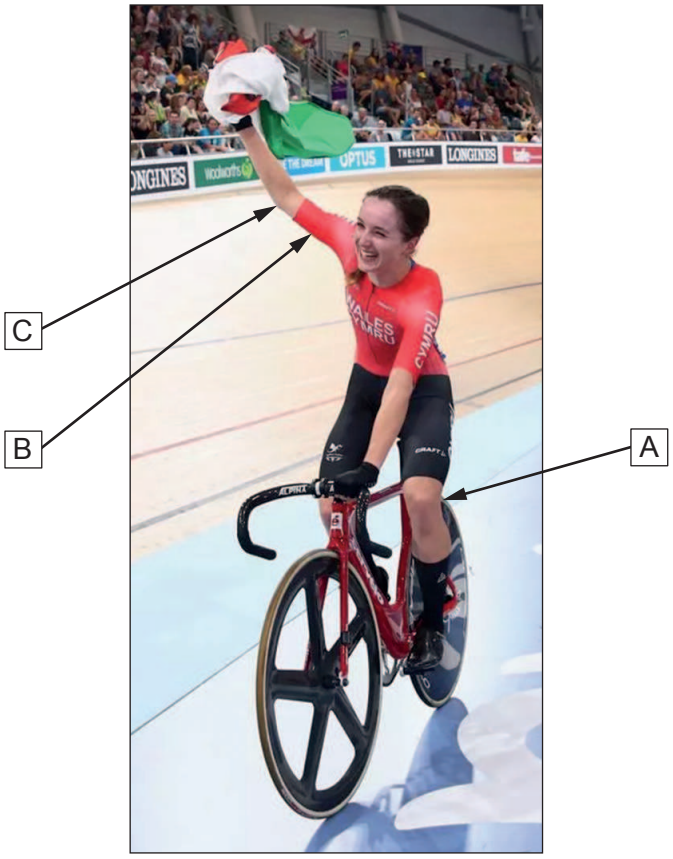
3. **Figure 1 –** Elinor Jane Barker MBE is an Olympic, two-time World and six-time European champion in the team pursuit.



(a) Analyse **Figure 1** to complete the table below by naming: [4]

A	Axis of rotation at the knee joint.	
B	Muscle that extends the arm.	
C	Type of synovial joint at the elbow.	
	Plane of movement of the bike.	

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(b) Explain why long distance cycling is predominantly aerobic. [4]

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(c) Identify **three** examples of technological advances in sport. [3]

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(d) Identify **four** strategies to improve participation in sport. [4]

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(e) Discuss the influence of media on sport. [8]

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4. **Figure 2** – Sophie Ingle, the Wales captain, has won 100 caps for her country. Sophie Ingle is classed as having reached the autonomous stage of learning.

(a) Identify **one** characteristic of a skilful performer. [1]

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(b) Analyse why providing the correct type of guidance could improve performance. [6]

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(c) Evaluate the importance of diet and nutrition for a sports performer. [6]

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(d) Assess why fartlek and weight training methods could be beneficial for a footballer. [6]

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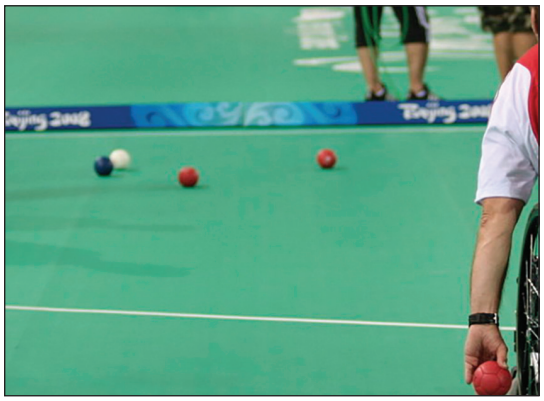
5. **Figure 3** – David Smith from Swansea, Paralympic boccia champion



(a) Identify the main component of fitness required to perform boccia effectively.

Tick (✓) **one** box only. [1]

Component of fitness	
Co-ordination	
Cardiovascular endurance	
Body composition	
Agility	

(b) Justify why boccia could be placed towards the complex end of the continuum shown below. [2]

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(c) Outline why boccia is classified as a self-paced skill. [1]

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(d) Explain why varied practice could be used to improve performance in boccia. [2]

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(e) Explain how fitness testing data could be used to improve performance. [4]

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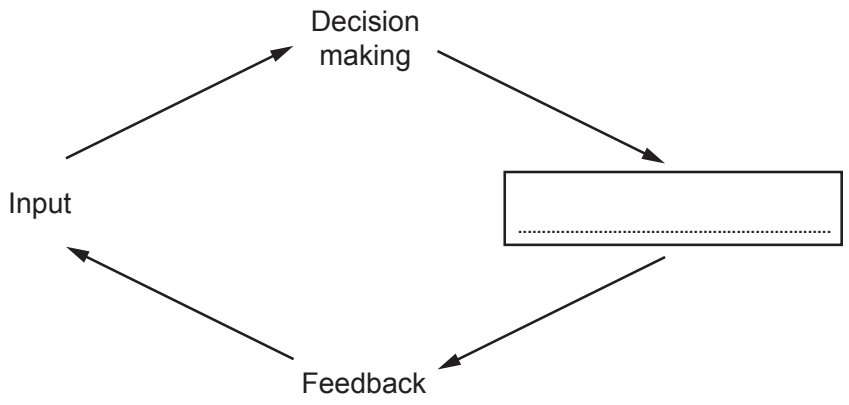
Information processing allows decisions to be made and hopefully for learning to progress.

(f) Identify the missing stage of the basic information processing model. [1]

Place the stage in the box provided.



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(g) Describe, using examples, input and decision making in sport. [2]

	Examples
Input	
Decision making	

(h) Explain why intrinsic motivation would be beneficial for an elite athlete. [4]

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(i) Identify **two** benefits of setting goals prior to performing. [2]

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- .....

(j) Identify **two** potential barriers facing disabled athletes. [2]

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- .....

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END OF PAPER

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Question number	Additional page, if required. Write the question number(s) in the left-hand margin.	Examiner only

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