

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

3555U10-1



S23-3555U10-1

WEDNESDAY, 17 MAY 2023 – AFTERNOON

PHYSICAL EDUCATION (Short Course)

Unit 1: Introduction to Physical Education

1 hour

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1a(i)	3	
1a(ii)	4	
1b	2	
1c	6	
2a(i)	8	
2a(ii)	2	
2b	3	
2c	4	
3a(i)	1	
3a(ii)	4	
3b(i)	4	
3b(ii)	2	
3c	7	
Total	50	

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INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.

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

Additional space is provided for some questions within the booklet (if required). If further space is required for any question, you should use the lined page(s) at the end of this booklet. The question number(s) should be clearly shown.

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

INFORMATION FOR CANDIDATES

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

You are reminded of the necessity for good English and orderly presentation in your answers.

Answer **all** questions.

Figure 1 – A canoeist demonstrating co-ordination, balance and reaction time.



1. (a) (i) Identify the correct definitions for each of the three components of fitness. Draw lines to match the components to the correct definition. [3]

Component

Definition

Balance

The ability to respond to a stimulus quickly.

Co-ordination

The ability to maintain equilibrium when stationary or moving.

Reaction Time

The ability to carry out two or more movements smoothly and effectively.

- (ii) Identify **one** recognised test for balance and explain how the test is carried out. [4]

Test:

Explanation:

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- (b) Justify how improving balance could be of help to a sportsperson such as the canoeist in **Figure 1**. [2]

- (c) Assess how taking part in physical activities and sports can improve the physical well-being of an individual. [6]

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(ii) Explain why the sportsperson in **Figure 2** would consume high protein foods. [2]

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(b) Identify the description that matches the nutrient below.

[3]

- A** These enable the body to work normally and efficiently. We take them in from our food.
- B** This adds bulk to our food.
- C** It is essential to stop dehydration. Up to two thirds of our body weight is made up of this.

Place **one** letter in each box below.

Nutrient	Description (A, B, C)
Water	
Fibre	
Minerals	

(c) Explain, using specific examples, the term antagonistic muscle action.

[4]

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Figure 3 – A footballer demonstrating agility as he dribbles past his opponents.

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3. (a) (i) Define agility.

[1]

In order for footballers to perform effectively they require high levels of cardio-respiratory endurance.

- (ii) Identify the description that matches the term below.

[4]

- A** The largest amount of air we can breathe out of our lungs after breathing in deeply.
- B** How many breaths we take in, in one minute.
- C** The amount of air we can breathe in, in one minute.
- D** The amount of air we breathe in and out, in each breath.

Place **one** letter in each box below.

Term	Description (A, B, C or D)
Minute Ventilation	
Breathing Frequency	
Tidal Volume	
Vital Capacity	

Normally our body temperature is stable at approximately 37°C.

- (b) (i) Explain how the body regulates temperature when we become too hot and too cold. [4]

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- (ii) Identify **two** methods that sportspeople could use to aid recovery after taking part in physical activity. [2]

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- (c) Discuss the use of technology to analyse movement and sporting performance. Use examples to support your answer. [7]

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