FOR OFFICIAL USE

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	(EV)	(KU)
Total		

[3200/SQP222]

Physical Education

Standard Grade – General Level

Specimen Question Paper
for use in and after 2004

NATIONAL QUALIFICATIONS

Fill in these boxes and read what is printed below.

Full name of centre

Town

Forename(s)

Surname

Date of birth
Day Month Year

Scottish candidate number

Number of seat

1 There are **two** sections to this paper.
Section 1 – Evaluating and Section 2 – Knowledge and Understanding.

2 All questions are in two parts – A and B. Answer both parts of each question.

3 There will be a short introduction on the video before the first question in Section 1 is asked.

Read each question **when told**.

4 Answer questions 1 – 5 **when told**.

5 Some questions will tell you to refer to the video clip in your answer.

6 In other questions you may be asked to tick a box **or** write a word **or** words in the space given.

7 At the end of Section 1 (Question 5) you will be given **five** minutes to check over your answers. You may not speak to anyone nor move from your seat during this period of time. To help you a buzzer will sound 30 seconds before the end of your checking time and before the video introduction to Section 2.

8 You will then have 30 minutes to complete your answers to Section 2.

9 Before leaving the examination room you must give this book to the invigilator. If you do not, you may lose marks for this paper.

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SECTION 1

EVALUATING
(QUESTIONS 1 TO 5)

Activity
Football

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QUESTION 1

Marks EV

This piece of action shows boys practising their football skills.

Part A Describe four actions of the **attacking team** in the **blue**.

Action 1 _____

_____ **1**

Action 2 _____

_____ **1**

Action 3 _____

_____ **1**

Action 4 _____

_____ **1**

Part B You will now see the boys practising a similar piece of action.

(i) Suggest one thing **done well** by the **attacking team**.

_____

_____

_____ **2**

(ii) Suggest **one improvement** the attacking team could make.

_____

_____

_____ **2**

(8)

Activity
Water Polo

DO NOT WRITE IN THIS MARGIN

QUESTION 2

Marks EV

This piece of action shows boys practising their water polo skills.

Part A Describe, in the **correct order**, the actions of the highlighted player. One action has been completed for you.

(i) _____

(ii) _____

(iii) receives pass from team mate

(iv) _____

(v) _____ **4**

Part B Now watch the boys practising the same skills.

Suggest two improvements the **attacking team** could make to their performance.

First Improvement

_____

_____

_____ **2**

Second Improvement

_____

_____

_____ **2**

(8)

[Turn over

Activity
Volleyball

DO NOT WRITE IN THIS MARGIN

QUESTION 3

Marks | EV

Part A This piece of action shows a boy performing two volleyball passes. Watch the **highlighted player**.

(i) Describe two **differences** between pass 1 and pass 2.

Difference 1 _____

_____ **1**

Difference 2 _____

_____ **1**

(ii) Watch the action again.

Describe two parts of his performance which are **similar** in pass 1 and pass 2.

Similarity 1 _____

_____ **1**

Similarity 2 _____

_____ **1**

Part B You will now see a different piece of volleyball action.

(i) Suggest **one** thing done well by the serving team.

_____

_____

_____ **2**

(ii) Suggest **one improvement** the serving team could make to their performance.

_____

_____

_____ **2**

(8)

Activity
Badminton

DO NOT WRITE IN THIS MARGIN

QUESTION 4

Marks | EV

The next piece of action shows two girls playing badminton.

Part A Describe, **in detail**, three shots performed by the highlighted player. The fourth shot has been completed for you.

Shot 1 _____ **2**

Shot 2 _____ **2**

Shot 3 _____ **2**

Shot 4 backhand shot close to net

Part B Now watch another piece of badminton action.

(i) Suggest one thing **done well** by the player in **all white** on the far side of the net.

_____

_____

_____ **2**

(ii) Suggest **one improvement** she could make to her performance.

_____

_____

_____ **2**

(10)

[Turn over

Activity
Cricket

DO NOT WRITE IN THIS MARGIN

QUESTION 5

Marks | EV

Part A This piece of action shows a boy practising his cricket skills.

Describe, **in detail**, the actions of this cricketer as he bowls the ball.

Preparation _____

_____ **2**

Arm action _____

_____ **2**

Follow through/recovery _____

_____ **2**

Part B Now watch two boys practising a different cricket skill.

Suggest two improvements which could be made to **Performance 2**.

First Improvement

_____

_____

_____ **2**

Second Improvement

_____

_____

_____ **2**

(10)

You now have 5 minutes to check over your answers for Questions 1 to 5 of Section 1.

SECTION 2

KNOWLEDGE AND UNDERSTANDING
(QUESTIONS 6 TO 10)

Question 6

Physical/Personal Qualities

Marks

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KU

Parts A and *B* are based on **physical** and **personal qualities**.

Part A (i) Physical qualities such as power and height can be an advantage in many activities.

Name two other **physical** qualities.

Physical quality 1 _____

Physical quality 2 _____ **2**

(ii) Personal qualities such as cooperation and concentration are important in many activities. Name two other **personal** qualities.

Personal quality 1 _____

Personal quality 2 _____ **2**

Part B Choose two **personal** qualities and explain how each helped your performance. (You may use the examples given above.)

(i) Activity _____

Personal quality 1 _____

How this helped my performance _____

_____

_____ **2**

(ii) Activity _____

Personal quality 2 _____

How this helped my performance _____

_____

_____ **2**

(8)

Adapting Activities

DO NOT WRITE IN THIS MARGIN

KU

QUESTION 7

Marks

Parts A and *B* are based on adapting activities.

Part A Changes can be made to equipment, team size or rules to make skill learning easier.

Choose an **individual** activity _____

Equipment change _____ **1**

Choose a **team** activity _____

Team size change _____ **1**

Choose a **different** activity _____

Rule change _____ **1**

Part B Choose **two** activities. Describe the changes made and explain how this helped your learning. (You may use the examples given above.)

Activity 1 _____

Change _____

How this helped your learning.

_____

_____

_____ **2**

Activity 2 _____

Change _____

How this helped your learning.

_____

_____

_____ **2**

(7)

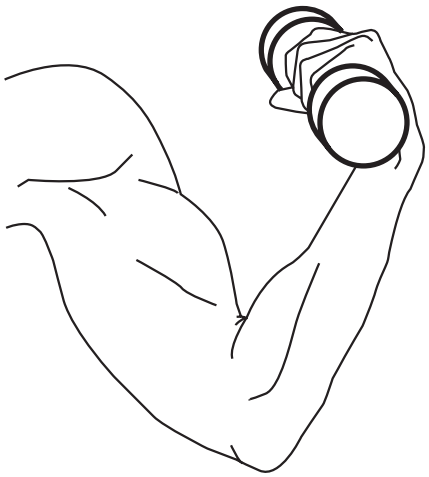
DO NOT WRITE IN THIS MARGIN

QUESTION 8

Marks KU

Parts A and *B* are based on muscles and joints.

Part A A Biceps Curl is a training exercise.



Complete the following paragraph by filling in the missing words. Choose your words from the box below.

Ligaments	**Tendon**	**Hinge**	**Elbow**
Extends	**Contracts**	**Ball and socket**	**Shoulder**

The main joint used in a Biceps Curl is the _____ joint. This is an example of a _____ joint. As the triceps muscle relaxes, the biceps muscle _____ . The _____ joins the muscle to the bone, which pulls on the forearm to flex the joint and lift the weight. **4**

DO NOT WRITE IN THIS MARGIN

QUESTION 8 (continued)

Marks KU

Part B The knee joint is important in performing many skills or techniques.

Choose an activity and a skill or technique where the **knee joint** is important.

Activity _____

Skill or technique _____ **1**

Describe the movement of the knee joint when performing this skill.

_____

_____ **2**

Describe how the muscles, tendons and bones work together to produce **this** movement.

_____

_____

_____

_____ **3**

(10)

[Turn over

DO NOT WRITE IN THIS MARGIN

QUESTION 9

Marks KU

Parts A and *B* are based on speed.

Part A Whole body speed or speed of limbs can be important in many activities.

Complete the table below by matching the type of speed required with an appropriate skill.

An example has been completed for you.

Activity	*Skill or Technique*	*Type of speed required*
Cricket	Fast bowling	Arm speed
Rugby	Long touch kicking	
		Whole body speed
Tennis	Serve	

4

Part B **Reaction time** is how quickly you respond to a signal or the actions of others.

(i) Choose an individual activity_____

Explain how a quick reaction time could help your performance in this activity.

_____

_____

_____ **2**

(ii) Choose a team activity_____

Explain how a quick reaction time could help your performance in this activity.

_____

_____

_____ **2**

(8)

Gradual Build Up

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QUESTION 10

Marks KU

Parts A and *B* are based on methods of learning and developing skills.

Part A Gradual build up is one method of learning and developing skills.

(i) **What** is meant by gradual build up?

_____

_____

_____ **2**

(ii) Explain **why** you would use this method.

_____

_____

_____ **2**

Part B Select **two different** skills where you used gradual build up.

Choose an Individual activity _____

Skill or technique _____

Describe how you learned to perform this skill or technique.

Firstly I, _____

_____ **1**

Then I, _____

_____ **1**

Finally I, _____

_____ **1**

[Turn over

Gradual Build Up

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QUESTION 10 ***Part B*** **(continued)**

Marks KU

Choose a Team activity _____

Skill or technique _____

Describe how you learned to perform this skill or technique.

Firstly I, _____

_____ **1**

Then I, _____

_____ **1**

Finally I, _____

_____ **1**

(10)

[*END OF QUESTION PAPER*]

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	EV		KU
Question 1		Question 6	
Question 2		Question 7	
Question 3		Question 8	
Question 4		Question 9	
Question 5		Question 10	
TOTAL		TOTAL	
	(44)		(43)