

# X205/11/02

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NATIONAL  
QUALIFICATIONS 2015

MONDAY, 1 JUNE  
1.00 PM – 3.00 PM

PHYSICAL  
EDUCATION  
INTERMEDIATE 2

Candidates should attempt **THREE** questions, each chosen from a different section.



## SECTION 1—PERFORMANCE APPRECIATION

Marks

### QUESTION 1

Choose **one** activity.

- (a) Describe the demands of a quality performance. 4
  - (b) Describe how you collected data about your performance. 4
  - (c) Using the information obtained in part (b), what are the strengths and weaknesses of your performance? 4
  - (d) Explain why your performance can be affected by mental factors. 4
  - (e) What will you do next to improve the quality of your performance? 4
- (20)**

### QUESTION 2

Choose **one** activity.

- (a) Describe the range of qualities you might see in your performance. 4
  - (b) Select a quality which was a weakness. Explain its effect on your performance. 4
  - (c) Why did you use short and long term goals to help plan your improvement programme? 4
  - (d) Describe the improvement programme you used to achieve your goals. 4
  - (e) Explain why your **whole** performance improved as a result of your improvement programme. 4
- (20)**

## SECTION 2—PREPARATION OF THE BODY

Marks

### QUESTION 3

Choose **one** activity.

- (a) Identify an aspect of fitness that was a **strength** in your performance. How did this aspect of fitness affect your performance? 4
  - (b) Identify a **different** aspect of fitness that was a **weakness** in your performance. How did this aspect of fitness affect your performance? 4
  - (c) Describe a training programme that you used to develop this weak aspect of fitness. 4
  - (d) Why was this training programme appropriate? 4
  - (e) Identify your future development needs. Explain why these development needs may further improve your performance. 4
- (20)**

### QUESTION 4

Choose **one** activity.

- (a) Describe the different types of fitness required to perform successfully in your chosen activity. 4
  - (b) How did you use the principles of training when planning your training programme? 4
  - (c) How did you monitor progress during your training programme? 4
  - (d) Explain why it is important to monitor your training programme. 4
  - (e) Describe the effects that your training programme had on your performance. 4
- (20)**

**[Turn over**

### SECTION 3—SKILLS AND TECHNIQUES

Marks

#### QUESTION 5

Choose **one** activity.

- (a) Describe a skill or technique which was a weakness in your performance. 4
- (b) Describe an improvement programme you used to develop this weak skill or technique. 4
- (c) Explain the importance of **one** of the following in relation to the improvement programme described in part (b). 4
- Motivation
  - Concentration
  - Feedback
- (d) Why is it essential to review your improvement programme? 4
- (e) How did the improvement programme help your **whole** performance? 4
- (20)**

#### QUESTION 6

Choose **one** activity.

- (a) Select a skill or technique which was a weakness in your performance. How did you gather information on this skill or technique? 4
- (b) Why were the method(s) used to gather information appropriate? 4
- (c) How did the skill or technique selected in part (a) affect your whole performance? 4
- (d) What methods of practice did you use to develop this skill or technique? Give examples. 4
- (e) How did you make sure your programme of work was effective? 4
- (20)**

**QUESTION 7**

Choose **one** activity.

- |     |  |             |
|-----|--|-------------|
| (a) | Describe a structure, strategy or composition you have used.                                       | 4           |
| (b) | Describe the strengths of your chosen structure, strategy or composition.                          | 4           |
| (c) | Describe the weaknesses of your chosen structure, strategy or composition.                         | 4           |
| (d) | What actions did you take to improve the effectiveness of your structure, strategy or composition? | 4           |
| (e) | Explain the effects your actions had on your performance.  | 4           |
|     |  | <b>(20)</b> |

**QUESTION 8**

Choose **one** activity.

- |     |   |             |
|-----|---|-------------|
| (a) | Select a structure, strategy or composition.<br>Describe how you gathered information on your performance in this structure, strategy or composition. | 4           |
| (b) | Describe <b>one</b> situation where you experienced difficulties in your structure, strategy or composition.  | 4           |
| (c) | What changes/adaptations did you make to improve the difficulties you experienced in part (b)?  | 4           |
| (d) | Describe how the decision(s) you took made your whole performance more effective.   | 4           |
| (e) | How would you further improve your performance? Give examples.  | 4           |
|     |   | <b>(20)</b> |

[END OF QUESTION PAPER]

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