

FOR OFFICIAL USE

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Total

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NATIONAL QUALIFICATIONS 2014

# PHYSICAL EDUCATION INTERMEDIATE 1



\* X 2 0 5 1 0 0 2 \*

MONDAY, 2 JUNE  
1.00 PM – 2.00 PM

## X205/10/02

Fill in these boxes and read what is printed below.

Full name of centre

Town

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Forename(s)

Surname

Number of seat

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Date of birth

Day

Month

Year

Scottish candidate number

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- 1 Candidates should attempt **three** of the 4 sections.
- 2 All answers should be written in the spaces provided in this answer book and should be written clearly and legibly in ink.
- 3 The marks allocated to each question or part of a question are shown at the end of each question or part of a question.
- 4 Space for answers or rough work will be found at the end of this book. If further space is required, supplementary sheets may be obtained from the Invigilator and should be inserted inside the **front** cover of this book. You should draw a line through anything which you do not wish the examiner to mark.
- 5 Before leaving the examination room you must give this book to the Invigilator. If you do not, you may lose all the marks for this paper.



\* X 2 0 5 1 0 0 2 0 1 \*

Attempt only **THREE** of the 4 Sections

Marks  
DO NOT  
WRITE IN  
THIS  
MARGIN

**SECTION 1—PERFORMANCE APPRECIATION**

1. Choose **one** activity from your course.

Name of activity \_\_\_\_\_

**physical      technical      special      personal**

(a) Choose **one** of the performance qualities from the above list. Explain why it is important in your chosen activity.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(b) Choose a **different** performance quality. Explain why it is important in your chosen activity.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(c) Describe the method(s) you used to compare your performance to a model performer.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2



Marks

1. (continued)

(d) Describe **two** differences you have found when comparing your performance to a model performer.

(i) Difference 1 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(ii) Difference 2 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(e) To improve your performance you will have taken part in an improvement programme. Describe your programme.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3

[Turn over



1. (continued)

Marks

**While working** on your programme you will have received feedback on your progress.

(f) (i) Name a type of feedback you have received.

\_\_\_\_\_

1

(ii) How did it help you?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

(g) How did your performance change after completing your improvement programme?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

(h) What is your next step to make your performance more like a model performer?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

**Total Marks for Question (20)**



**SECTION 2—PREPARATION OF THE BODY**

DO NOT  
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*Marks*

2. Choose **one** activity from your course.

**Name of activity** \_\_\_\_\_

(a) Select **one** aspect of fitness which was a weakness.

\_\_\_\_\_

Describe how you gathered information on this aspect of fitness.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

(b) How did this aspect of fitness affect your performance?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

(c) Describe a programme of work you used to improve this aspect of fitness.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3



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2. (continued)

Marks

(d) Describe **two** changes you made, over the weeks, to your programme of work.

(i) Change 1 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(ii) Change 2 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(e) Explain why you made these changes.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(f) Complete the table below.

Aspect of fitness	Type of fitness
	Mental
Strength	
Coordination	

3



2. (continued)

Marks

(g) Give **two** examples of how mental fitness can affect your performance.

(i) Example 1 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(ii) Example 2 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

**Total Marks for Question (20)**

**[Turn over**



SECTION 3—SKILLS AND TECHNIQUES

Marks  
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3. Choose **one** activity from your course.

Name of activity \_\_\_\_\_

(a) Select a skill/technique that you found difficult to perform in this activity.

Skill/Technique \_\_\_\_\_

Describe what it was about the skill/technique that gave you problems.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3

(b) For the skill/technique selected in 3(a) describe what you did in the **first** week(s) of your improvement programme.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3





3. (continued)

Marks

(c) (i) Name **two** principles of effective practice.

Principle 1 \_\_\_\_\_

1

Principle 2 \_\_\_\_\_

1

(ii) Choose **one** and explain why you used it in your improvement programme.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(d) Describe **two** methods you used to monitor your progress.

(i) Method 1 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(ii) Method 2 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(e) Why did you monitor your progress?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2



3. (continued)

Marks

(f) Describe what you did in the **last** week(s) of your improvement programme.

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3

(g) What are your next steps?

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1

**Total Marks for Question (20)**



**SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION**

*Marks*

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4. Choose **one** activity from your course.

**Name of activity** \_\_\_\_\_

(a) Name a structure, strategy or composition from this activity.

\_\_\_\_\_

1

(b) Describe your chosen structure, strategy or composition.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3

(c) Give **two** reasons why you chose this structure, strategy or composition.

(i) Reason 1 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(ii) Reason 2 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

[Turn over



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Marks

4. (continued)

(d) Give **two** examples of weaknesses in your structure, strategy or composition and what you did to improve them.

(i) Weakness 1 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(ii) What you did to improve first weakness?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(iii) Weakness 2 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(iv) What you did to improve second weakness?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2



4. (continued)

Marks

- (e) Describe **one** method you used to monitor any improvement in your structure, strategy or composition.

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2

- (f) Explain why your whole performance has improved after working on your structure, strategy or composition.

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2

**Total Marks for Question (20)**

[END OF QUESTION PAPER]



*SPACE FOR ANSWERS OR ROUGH WORK*

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*SPACE FOR ANSWERS OR ROUGH WORK*

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