

X205/11/02

NATIONAL
QUALIFICATIONS 2014

MONDAY, 2 JUNE
1.00 PM – 3.00 PM

PHYSICAL
EDUCATION
INTERMEDIATE 2

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



QUESTION 1

Choose **one** activity.

- (a) Describe a model performance in this activity. **4**
- (b) Describe your performance in relation to the **model performance** described in Part (a). **4**
- (c) Explain why a model performer can help you develop your performance. **4**
- (d) Choose **two** factors from the list below.
- Confidence
 - Concentration
 - Motivation
 - Determination
 - Aggression
 - Stress
- Explain why these factors affected your whole performance. **4**
- (e) Choose **one** or **more** of the method(s) from the list below.
- Imagery/visualisation
 - Deep breathing
 - Relaxation techniques
 - Mental rehearsal
- What effect would using the method(s) have on your whole performance? **4**

(20)

QUESTION 2

Choose **one** activity.

- (a) Describe your performance **strength(s)** in relation to **one** of the qualities from the list below.
- Technical
 - Physical
 - Personal
 - Special
- 4**
- (b) Now select a different quality from the list below and describe your performance **weakness(es)**.
- Technical
 - Physical
 - Personal
 - Special
- 4**
- (c) Describe, in detail, **one** method you used to gather data about your performance. **4**
- (d) Give examples of goals you set to achieve your own quality performance. **4**
- (e) Why is it important to set goals when developing your performance? **4**
- (20)**

[Turn over

QUESTION 3

Choose **one** activity.

(a) Choose **one** type of fitness from the list below.

- Physical fitness
- Skill-related fitness
- Mental fitness

Describe how this type of fitness can help you to perform successfully.

4

(b) Choose a **different** type of fitness from the list below.

- Physical fitness
- Skill-related fitness
- Mental fitness

Describe how this type of fitness can have a negative effect on your performance.

4

(c) How did you apply the principles of training to your training programme?

4

(d) Describe **two** different methods you used to check your progress during your training programme.

4

(e) Give reasons why your training programme might change over time.

4

(20)

QUESTION 4

Choose **one** activity.

(a) Select **one** aspect of fitness from your chosen activity. Describe how you assessed your level of fitness for this aspect.

4

(b) How did the aspect of fitness, selected in part (a), affect your performance?

4

(c) Describe a method of training you used to develop the aspect of fitness selected in part (a).

4

(d) What are the advantages of using this method of training?

4

(e) Identify another aspect of fitness. Explain why this aspect would further improve your performance.

4

(20)

QUESTION 5

Choose **one** activity.

- (a) Choose a skill or technique that was a **strength** in your performance. Explain **why** this skill or technique was a strength. 4
- (b) Choose a skill or technique that was a **weakness** in your performance. Explain **why** this skill or technique was weak. 4
- (c) Describe an improvement programme you used to develop your weak skill or technique. 4
- (d) Describe how you used the principles of effective practice when developing your skill or technique. 4
- (e) Describe the changes to your whole performance, after completing your improvement programme. 4
- (20)

QUESTION 6

Choose **one** activity.

- (a) Choose **one** stage of learning from the list below. Describe what you understand about this stage of learning. 4
- Preparation stage
 - Practice stage
 - Automatic stage
- (b) Select **two** of the stages of learning from the list below. Describe **one** method of practice you used at each of the stages of learning selected. 4
- Preparation stage
 - Practice stage
 - Automatic stage
- (c) How did you monitor your practices? 4
- (d) Explain why it is important to continually monitor your practices. 4
- (e) What would you now regard as your next development need? What effect might this have on your performance? 4
- (20)

QUESTION 7

Choose **one** activity.

Select a structure, strategy or composition.

- (a) Describe your **role/performance** within the structure, strategy or composition. 4
- (b) Describe how you gathered information about your **role/performance** within the structure, strategy or composition. 4
- (c) Explain why it was important to gather information on that structure, strategy or composition. 4
- (d) Choose **two** elements from the list below. How are they important to your role within your structure, strategy or composition? 4
- Space
 - Speed
 - Team-work
 - Design, form and style
 - Linking movements
 - Width/depth/mobility
- (e) Explain the importance of decision making in relation to a structure, strategy or composition. Give examples. 4

(20)

QUESTION 8

Choose **one** activity.

- (a) Describe a structure, strategy or composition you have used in this activity. 4
- (b) Describe **two strengths** within your structure, strategy or composition. 4
- (c) Describe **two weaknesses** within your structure, strategy or composition. 4
- (d) What action did you take to try to improve your performance in the structure, strategy or composition? 4
- (e) Choose **two** from the list below. Describe a different situation where each was important to your structure, strategy or composition.
- Making decisions under pressure
 - Being creative
 - Being able to adapt/alter
 - Being able to anticipate
 - Problem solving

4
(20)

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