

X205/11/02

NATIONAL TUESDAY, 4 JUNE
QUALIFICATIONS 1.00 PM – 3.00 PM
2013

PHYSICAL
EDUCATION
INTERMEDIATE 2

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



SECTION 1—PERFORMANCE APPRECIATION

QUESTION 1

Choose **one** activity.

(a) Select **two** qualities from the list below.

- Physical
- Technical
- Special
- Personal

What affect did they have on your performance?

4

(b) Identify methods of collecting information on your performance qualities. Explain why these methods are appropriate.

4

(c) Choose **one** of the qualities listed in Part (a). Describe **one** weakness in your performance with reference to the chosen quality.

4

(d) Describe the training you carried out to improve your performance.

4

(e) Explain your future development needs for a quality performance.

4

(20)

QUESTION 2

Choose **one** activity.

(a) What are the nature and demands of your activity?

4

(b) Describe the strengths and weaknesses in your performance.

4

(c) Identify a short and long term goal. Explain why you used these goals to improve your weaknesses.

4

(d) Describe how you monitored your progress as you worked towards your goals.

4

(e) How has your performance changed after working towards your goals?

4

(20)

SECTION 2—PREPARATION OF THE BODY

QUESTION 3

Choose **one** activity.

- (a) Select **two** types of fitness. Explain why each is important for a successful performance. 4
- (b) Choose an aspect of fitness which was a weakness. Describe method(s) you used to gather information about this aspect of fitness. 4
- (c) Why were the methods selected appropriate? 4
- (d) Describe your training programme for the aspect of fitness chosen in Part (b). 4
- (e) Describe the effect your training had on your performance. 4
- (20)

QUESTION 4

Choose **one** activity.

- (a) Identify an aspect of fitness. Describe one method of training you have used to develop this aspect. 4
- (b) Explain why you selected this specific method of training. 4
- (c) Explain why it is important to gather information on your fitness before planning a training programme. 4
- (d) Describe the principles of training you used in your training programme. 4
- (e) Explain why your training changed over a period of time. Give examples. 4
- (20)

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SECTION 3—SKILLS AND TECHNIQUES

QUESTION 5

Choose **one** activity.

- (a) Describe a skilled performance in this activity. 4
- (b) Describe the methods you have used to collect data about your **whole** performance. 4
- (c) Compare **your** performance in relation to the skilled performance in Part (a). 4
- (d) Select a skill or technique that was a weakness.
Describe **two** different methods of practice you used to improve this skill or technique. 4
- (e) Explain the importance of **one** of the following when developing your skill or technique. 4
- Motivation
 - Feedback
 - Concentration
- (20)**

QUESTION 6

Choose **one** activity.

- (a) Describe **one** skill or technique that was a strength in your performance. 4
- (b) Identify **one** skill or technique that was a weakness in your performance. Explain why this skill or technique was a weakness. 4
- (c) Describe a programme of work you used to improve the weakness selected in Part (b). 4
- (d) How did you monitor the effect the programme of work had on your **whole** performance? 4
- (e) Explain why monitoring your performance is useful. 4
- (20)**

SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION

QUESTION 7

Choose **one** activity.

- (a) Describe **one** structure, strategy or composition you have used. 4
- (b) Explain why your strengths affected your structure, strategy or composition. 4
- (c) Explain why your weaknesses affected your structure, strategy or composition. 4
- (d) What did you do to **reduce the effect** of your weaknesses chosen in Part (c)? 4
- (e) Give examples of how your performance has been affected after addressing your weaknesses. 4
- (20)**

QUESTION 8

Choose **one** activity.

Select a structure, strategy or composition.

- (a) Select **two** from the list below.
- Being creative
 - Making effective decisions under pressure
 - Making good judgements
 - Using information on team/individual performance
- How did you use each of them in your structure, strategy or composition? 4
- (b) Describe any problems you had when using the chosen structure, strategy or composition. 4
- (c) Describe the steps you took to improve your structure, strategy or composition. 4
- (d) Explain the effect the steps had on your **whole** performance. 4
- (e) Identify your next steps. Explain why this might further improve your performance. 4
- (20)**

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