

FOR OFFICIAL USE

--	--	--	--	--	--

Total

--

NATIONAL QUALIFICATIONS 2015

PHYSICAL EDUCATION
INTERMEDIATE 1

X205/10/02

MONDAY, 1 JUNE
1.00 PM – 2.00 PM



Fill in these boxes and read what is printed below.

Full name of centre

Town

--

--

Forename(s)

Surname

Number of seat

--

--

--

Date of birth

Day

Month

Year

Scottish candidate number

--	--

--	--

--	--

--	--	--	--	--	--	--	--	--	--

- 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.



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 _____

(a) Describe a model performance in your chosen activity in relation to:

(i) physical qualities _____

2

(ii) technical qualities _____

2

(iii) personal qualities _____

2

(iv) special qualities _____

2



1. (continued)

Marks

(b) How was your performance different to a model performer?

2

(c) What did you do to improve your performance? Give **two** examples.

(i) Example 1 _____

2

(ii) Example 2 _____

2

[Turn over



1. (continued)

Marks

(d) Choose **two** from the list below.

- | | |
|-----------------------|-------------------------|
| Individual | Competitive |
| Team | Non competitive |
| Scoring system | Different roles |
| Control | Rules |
| Public nature | Codes of conduct |

(i) Choice 1 _____
How did this affect your performance in your activity?

2

(ii) Choice 2 _____
How did this affect your performance in your activity?

2

(e) Describe **one** mental factor which was important in your activity.

2

Total Marks for Question (20)



SECTION 2—PREPARATION OF THE BODY

DO NOT
WRITE IN
THIS
MARGIN

Marks

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

Name of activity _____

(a) (i) Name a **type** of fitness _____

(ii) Explain why this type of fitness is important in your chosen activity.

1

2

(b) (i) Name a different **type** of fitness _____

(ii) Explain why this type of fitness is important in your chosen activity.

1

2

[Turn over



2. (continued)

Marks

(c) Choose an **aspect** of fitness which you had to improve.

Aspect of fitness _____

Select **one** method of training you used to improve this aspect of fitness.

(i) Method of training _____

1

(ii) Describe **one** training session using this method.

3

(d) Explain why you used **specificity** in your programme of work.

2

(e) Describe how you used **progressive overload** in your programme.

2



2. (continued)

Marks

(f) Describe how you monitored your training.

2

(g) Why did you monitor your training?

2

(h) What goals would you now set yourself?

2

Total Marks for Question (20)

[Turn over



SECTION 3—SKILLS AND TECHNIQUES

Marks
DO NOT
WRITE IN
THIS
MARGIN

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

Name of activity _____

(a) Describe what makes a successful performance in your chosen activity.

3

(b) (i) Describe **one** method you used to gather information on your performance.

2

(ii) Why was this method appropriate?

2



3. (continued)

Marks

(c) Name your weak skill/technique _____

Describe your performance of this skill/technique.

3

(d) Describe **two** practices you used to improve your weak skill/technique.

(i) Practice 1 _____

2

(ii) Practice 2 _____

2

[Turn over



3. (continued)

Marks

(e) Select **one** from the list below.

Motivation Concentration Feedback

How did you use this during your **practices**?

2

(f) Select **one** from the list below.

Motivation Concentration Feedback

How did you use this during your **performance**?

2

(g) What would you do next to further improve your performance?

2

Total Marks for Question (20)



SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION

Marks

DO NOT
WRITE IN
THIS
MARGIN

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

Name of activity _____

(a) Describe a structure, strategy or composition you used in your activity.

3

(b) Give **two** benefits of this structure, strategy or composition.

(i) Benefit 1 _____

2

(ii) Benefit 2 _____

2

(c) Describe **one** method you used to identify the strengths and weaknesses of your structure, strategy or composition.

2



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

4. (continued)

Marks

(d) Describe the main weakness when performing your structure, strategy or composition.

2

(e) What actions did you take to improve your structure, strategy or composition.

2

(f) What effect did these actions have on your structure, strategy or composition?

2



4. (continued)

Marks

(g) Describe an alternative structure, strategy or composition you have used.

3

(h) Why did this alternative structure, strategy or composition benefit your performance?

2

Total Marks for Question (20)

[END OF QUESTION PAPER]



SPACE FOR ANSWERS OR ROUGH WORK

DO NOT
WRITE IN
THIS
MARGIN

--	--



* X 2 0 5 1 0 0 2 1 4 *

SPACE FOR ANSWERS OR ROUGH WORK

DO NOT
WRITE IN
THIS
MARGIN

--	--



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



FOR OFFICIAL USE



Question 1	
Question 2	
Question 3	
Question 4	
TOTAL	

(60)

