



National
Qualifications
2024

X856/76/11

Physical Education

MONDAY, 22 APRIL

1:00 PM – 3:30 PM

Total marks — 50

SECTION 1 — 32 marks

Attempt ALL questions.

SECTION 2 — 10 marks

Attempt ALL questions.

SECTION 3 — 8 marks

Attempt ALL questions.

Write your answers clearly in the answer booklet provided. In the answer booklet you must clearly identify the question number you are attempting.

Use **blue** or **black** ink.

Before leaving the examination room you must give your answer booklet to the Invigilator; if you do not, you may lose all the marks for this paper.



* X 8 5 6 7 6 1 1 *

SECTION 1 — 32 marks

Attempt ALL questions

- | | | | |
|----|-----|--|---|
| 1. | (a) | (i) Describe one method used to collect information on emotional factors. | 3 |
| | | (ii) Describe a different method used to collect information on emotional factors. | 3 |
| | (b) | Describe one strength and one development need identified from the information collected in (a). | 2 |
| | (c) | Explain two ways information collected for emotional factors could be used when planning a Personal Development Plan. | 2 |
| 2. | (a) | Explain the positive impact mental factors could have on a team or group performance. | 3 |
| | (b) | Explain the negative impact mental factors could have on the performance development process. | 3 |
| | (c) | Describe two changes which could be made to a Personal Development Plan to address the negative impact of mental factors in (b). | 2 |
| 3. | (a) | Describe one way progress could be recorded during a Personal Development Plan for social factors. | 3 |
| | (b) | Explain the possible impact social factors could have on recording progress during a Personal Development Plan. | 2 |
| 4. | | Explain the importance of monitoring throughout a Personal Development Plan for social factors. | 4 |
| 5. | (a) | Identify two different types of feedback a performer could receive when developing physical factors. | 2 |
| | (b) | Explain the importance of the following three considerations when using feedback to develop physical factors: | |
| | | (i) quantity of feedback | 1 |
| | | (ii) timing of feedback | 1 |
| | | (iii) accepting feedback. | 1 |

SECTION 2 — 10 marks

Attempt ALL questions

Refer to a Personal Development Plan (PDP) you have created and implemented.

- | | | |
|--------|--|---|
| 6. (a) | Describe two priorities you identified at the start of your PDP. | 2 |
| (b) | Describe one approach you used to improve one of your priorities in (a). | 4 |
| (c) | Evaluate the approach you used in (b). | 4 |

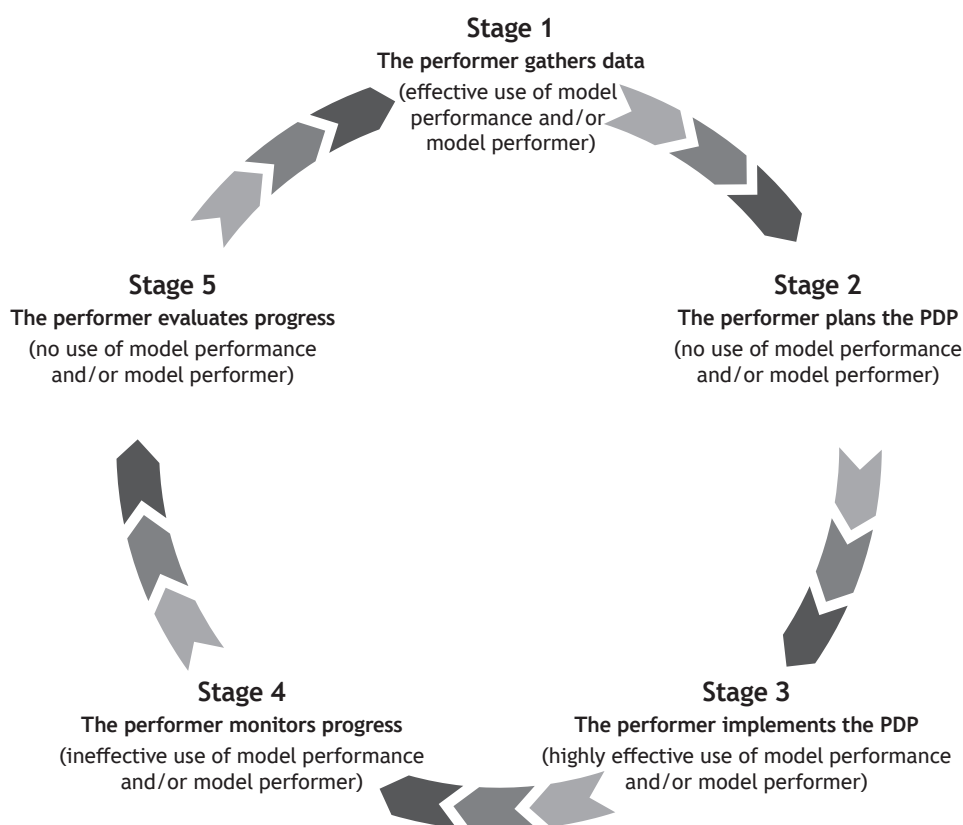
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SECTION 3 — 8 marks

Attempt ALL questions

Please read the scenario below and answer the questions that follow.

The diagram below highlights the use of a model performance and/or model performer during the performance development process for physical and emotional factors.



You must refer to the information in the diagram in your answers.

7. Describe the ways in which a model performance and/or model performer may have been used during the development of emotional factors. 2
8. Analyse the possible impact a model performance and/or model performer may have had on the performer's development of physical factors. 4
9. Explain the possible impact a model performance and/or model performer could have had if used at stages 2 and/or 5 to develop physical factors. 2

[END OF QUESTION PAPER]