



National
Qualifications
2025

X856/76/11

Physical Education

THURSDAY, 8 MAY
9:00 AM – 11:30 AM

Total marks — 50

SECTION 1 — 32 marks

Attempt ALL questions.

SECTION 2 — 8 marks

Attempt ALL questions.

SECTION 3 — 10 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.



SECTION 1 — 32 marks

Attempt ALL questions

- | | | |
|--|--|---|
| 1. (a) | Describe one method used to collect quantitative information on physical factors. | 4 |
| (b) | Describe a different method used to collect qualitative information on physical factors. | 2 |
| (c) | Explain the reason(s) for using a combination of qualitative and quantitative information to identify development needs for physical factors. | 2 |
| 2. Explain the possible impact of: | | |
| (a) | Social factors on mental factors. | 1 |
| (b) | Social factors on emotional factors. | 1 |
| (c) | Social factors on physical factors. | 1 |
| 3. (a) | | |
| | Describe one approach used to develop social factors. | 3 |
| (b) | Evaluate the effectiveness of the approach described in (a). | 2 |
| 4. (a) | | |
| | Explain the positive impact emotional factors could have on the performance development process. | 2 |
| (b) | (i) Describe one short-term goal for emotional factors. | 1 |
| | (ii) Describe one long-term goal for emotional factors. | 1 |
| (c) | Explain two reasons for resetting goals for emotional factors. | 2 |
| 5. Explain two development principles that could be considered when producing a Personal Development Plan for mental factors. | | |
| | | 2 |
| 6. (a) | | |
| | Describe two types of feedback that could be used when developing mental factors. | 4 |
| (b) | Explain what should be considered when receiving and/or giving feedback on mental factors. | 4 |

SECTION 2 — 8 marks
Attempt ALL questions

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

- | | | |
|----|--|---|
| 7. | (a) Describe one strength and one development need you had for one factor at the start of your PDP. | 2 |
| | (b) Describe one strength and one development need you had for a different factor at the start of your PDP. | 2 |
| 8. | (a) Identify two changes you made to your PDP. | 2 |
| | (b) Evaluate the impact of the changes identified in (a) on your performance development. | 2 |

[Turn over

SECTION 3 — 10 marks

Attempt ALL questions

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

The following tables show some of the required performance demands for:

- emotional factors within an **individual** activity
- social factors within a **team/group** activity.

Table 1

required performance demands for emotional factors within an individual activity	
control of fear when under pressure	control of anger when things go wrong

Table 2

required performance demands for social factors within a team/group activity	
fulfilling role/responsibility for your performance	effective cooperation/communication

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

9. (a) Analyse why these performance demands for emotional factors are required within an **individual** activity. 2
- (b) Analyse why these performance demands for social factors are required within a **team/group** activity. 2
10. (a) Describe **one** approach which could be used to develop these emotional factors for an individual activity. 4
- (b) Explain the importance of monitoring the use of the approach described in (a) when developing emotional factors. 2

[END OF QUESTION PAPER]