



National
Qualifications
2026

X856/76/11

Physical Education

MONDAY, 18 MAY

1:00 PM – 3:30 PM

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.

You must leave your answer booklet on your desk; if you do not, you could lose all the marks for this paper.



SECTION 1 — 32 marks

Attempt ALL questions

- | | | | |
|----|-----|---|---|
| 1. | (a) | Describe one method used to collect information on social factors. | 4 |
| | (b) | Explain why the method described in part (a) is suitable for collecting information on social factors. | 3 |
| | (c) | Explain one potential challenge of using the method described in part (a). | 1 |
| 2. | (a) | Describe one approach that can be used to develop mental factors during performance development . | 4 |
| | (b) | Evaluate the use of the approach described in part (a) during performance development . | 2 |
| | (c) | Evaluate the potential impact of the approach described in part (a) on overall performance . | 2 |
| 3. | | Explain why the following should be considered when creating a Personal Development Plan for physical factors: | |
| | (a) | Time allocation. | 2 |
| | (b) | Maintenance of strengths. | 1 |
| | (c) | Specificity. | 1 |
| 4. | | Explain the possible impact physical factors could have on the performance development process. | 4 |
| 5. | (a) | Describe one method used to monitor emotional factors whilst carrying out a Personal Development Plan. | 4 |
| | (b) | Explain the importance of timing when monitoring performance development. | 1 |
| | (c) | Explain the importance of gathering valid and/or reliable information when monitoring performance development. | 1 |
| | (d) | Describe two ways the information from monitoring a Personal Development Plan could be used for future planning. | 2 |

SECTION 2 — 8 marks

Attempt ALL questions

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

- | | | |
|--------|---|---|
| 6. (a) | Describe a priority you identified at the start of your PDP for: | |
| | (i) One factor. | 1 |
| | (ii) A different factor. | 1 |
| (b) | Describe two different changes you made to your PDP, one change for each of the priorities described in (a). | 2 |
| (c) | Explain why you made these changes. | 2 |
| (d) | Evaluate the impact on your overall performance after you have addressed each of your priorities. | 2 |

[Turn over

SECTION 3 — 10 marks

Attempt ALL questions

The table below shows information gathered for a performer relating to their physical and mental factors during a performance.

A friend has provided qualitative information.

An expert has **only** provided quantitative information for skills and decision making.

Factors	Qualitative information (friend)	Quantitative information (expert)
Fitness	Tires near the end of performance	No information provided
Skills	Always accurate and controlled	30% successful
Concentration	Frequently seems distracted	No information provided
Decision making	Always correct choice of actions	70% successful

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

7. (a) Identify **one** inconsistency between the qualitative and quantitative information. 1
- (b) Explain **one** reason why this information may be inconsistent. 1
8. Analyse the possible impact **physical factors** had on this performance. 2
9. Analyse the possible impact **mental factors** had on this performance. 2
10. Explain what the performer could consider when using **this** information to prioritise future development needs. 2
11. Describe a goal that this performer could set for:
 - (a) Physical factors. 1
 - (b) Mental factors. 1

[END OF QUESTION PAPER]