



General Certificate of Secondary Education
2023

Centre Number

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Candidate Number

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Physical Education

Paper 2

Developing Performance



[G9772]

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FRIDAY 26 MAY, MORNING

TIME

1 hour 15 minutes.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page, on blank pages or tracing paper.

Complete in black ink only. **Do not write with a gel pen.**

Answer **all** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in questions **9, 12** and **17(b)**.



- 1 A person trains above the recommended baseline of regular and appropriate exercise to achieve peak condition in order to perform their chosen physical activity efficiently and effectively.

The person is developing **physical fitness** for _____ [1]

- 2 State **two** ways in which a high level of physical fitness could affect a sportsperson's performance.

1. _____ [1]

2. _____ [1]

- 3 Describe what determines a person's **flexibility** potential.

_____ [2]



4 Static flexibility and dynamic flexibility are key training methods that develop flexibility.

(a) State the most suitable type of flexibility training to include in an athlete's warm-up.

_____ flexibility training is **most** suitable for the **warm-up**. [1]

Explanation: _____

_____ [1]

(b) State the most suitable type of flexibility training to include in an athlete's cool-down.

_____ flexibility training is **most** suitable for the **cool-down**. [1]

Explanation: _____

_____ [1]



5 Explain what **muscular strength** enables a person's muscles to do.

[2]

6 State how an **increase** in **muscular strength** may help a sportsperson **improve performance** in the sports named below.

Weightlifting _____

[1]

Rugby _____

[1]

7 Describe an effective **fartlek** sport training session, including appropriate **times** and **intensities**.

[4]





8 State how circuit or weight training exercises need to be performed to develop **muscular power**.

[1]

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9 Analyse the circuit training session in **Fig. 1** planned to develop an athlete's physical fitness.

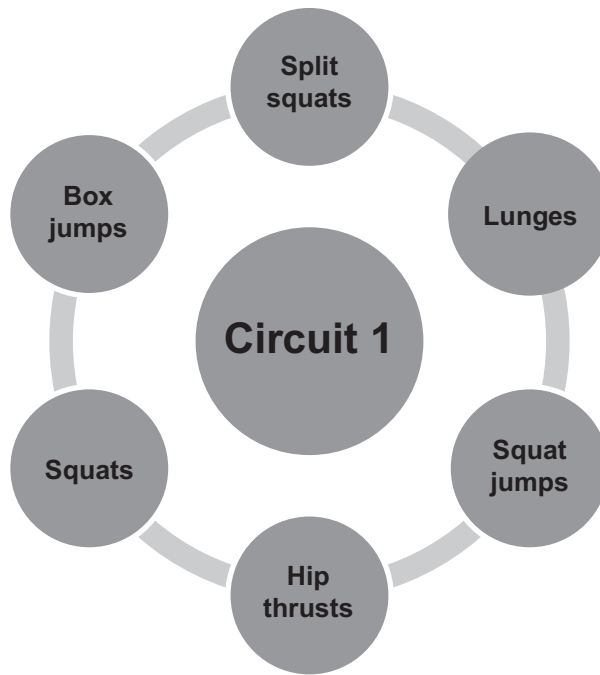


Fig. 1

Evaluate the potential **advantages** and **disadvantages** for the athlete's physical fitness if they included the planned circuit in **Fig. 1** in their training programme.

Quality of written communication will be assessed in your answer.





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10 An athlete wants to develop **aerobic** fitness for the cross country season by completing a 6-week training programme.

(a) Complete **Table 1** by planning the **most** suitable type of **exercise** and **training method** for the athlete's 6-week training programme.

Table 1

Exercise	
Training Method	

[2]

(b) Complete **Table 2** to plan the **first stage** of the athlete's **warm up** for week 1–2. In your plan state the:

- **purpose of the first stage of the warm-up**
- **activities**
- **intensity**
- **time**

Table 2

--

[4]



(c) Complete **Table 3** to create a safe, appropriate and effective 6-week training programme for the athlete by applying the principles of:

- **frequency**
- **intensity** and
- **time**

Use the **type of exercise** and **training method** planned in **Table 1**.

Table 3

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1–2							
Week 3–4							
Week 5–6							

[6]

[Turn over



11 Analyse **Table 4** which shows the fitness test results for three GCSE PE students.

Table 4

Student	Fitness Test			
	12-minute Cooper run	Sit and reach test	Vertical Jump	Speed and agility test
A	2200 m	32 cm	68 cm	17.55 secs
B	2900 m	21 cm	72 cm	16.65 secs
C	3420 m	11 cm	52 cm	17.75 secs

(a) (i) Identify the student most likely to be a **long-distance runner**.

The long-distance runner is student _____ [1]

(ii) Justify your choice, using evidence from **more than one** fitness test result in **Table 4**.

[4]



12 Fig. 2 shows the **Repetition Maximum (RM) weight** used by two athletes during a 6-week Muscular Strength weight training programme. The recommended RM weight for the programme was **6–12RM**. Both athletes completed **10 repetitions** throughout the 6-week programme.

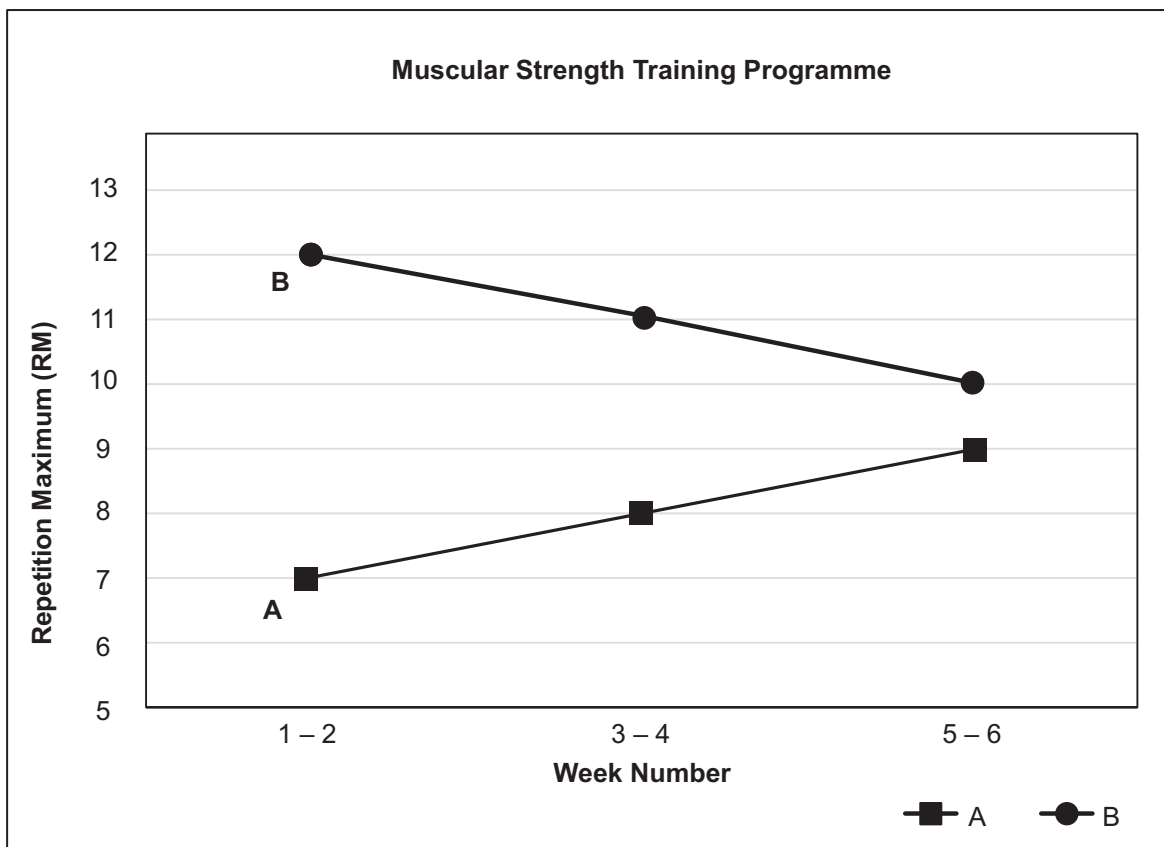


Fig. 2

Evaluate the effectiveness of **each** of the athletes' application of the principle of **overload** and **progressive overload** over the 6-week training programme. Use information from **Fig. 2** to support your answer.

Quality of written communication will be assessed in your answer.



13 Two students start weight training to improve fitness and performance.

- **Student A** wants to further develop **Muscular Strength** to compete in weight lifting competitions. **1–4RM** was recommended for Student A's programme to be effective.
 - **Student B** wants to introduce weight training to develop **Muscular Endurance**. **16–25RM** was recommended for Student B's programme to be effective.
- (a) Complete **Table 5** to plan **Week 1–3** of Student A's and Student B's isotonic weight training programme.

Table 5

Training programme phase: Week 1–3	Student A (Muscular Strength)	Student B (Muscular Endurance)
Repetition Maximum (RM)	4RM	25RM
Repetitions		
Rest		

[4]

- (b) Evaluate the suitability of the planned **Repetition Maximum** for **each** of the students' week 1–3 weight training programmes.

[4]



14 (a) Define **balance**.

[1]

(b) State how a performer would **use** balance in two different sporting activities.

Name of activity _____

[1]

Name of activity _____

[1]

15 Describe **whole practice**, using an example from a named sports activity.

[2]





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16 Study **Table 6** which shows three swimmers at the different stages of learning.

Table 6

		
Swimmer A Olympic Swimmer	Swimmer B Novice Swimmer	Swimmer C Recreational Swimmer

Source: © Getty Images

(a) (i) Identify the **stage of learning** for Swimmer A.

Swimmer A is in the _____ stage of learning. [1]

(ii) Describe the performance features of Swimmer A in this stage of learning.

[3]



(b) (i) Identify the **stage of learning** for Swimmer B.

Swimmer B is in the _____ stage of learning. [1]

(ii) Describe the performance features of Swimmer B in this stage of learning.

[3]

(c) (i) Identify the **stage of learning** for Swimmer C.

Swimmer C is in the _____ stage of learning. [1]

(ii) Describe the performance features of Swimmer C in this stage of learning.

[3]

[Turn over



- 17 A netballer completes a solo shooting drill each week to assess the accuracy of her scoring. To complete the test the netballer stood 1.2m away from the post and attempted 50 shots. **Table 7** shows the results of the test.

Table 7

	Week 1	Week 2	Week 3	Week 4 Target score
Successful shots	16	23	28	

- (a) The coach asked the netballer to set her own target score for Week 4. Complete **Table 7** by planning a **SMART target** score for **Week 4**. [1]
- (b) Explain how **three** of the SMART principles you considered to set Week 4's target will help **improve** the netballer's scoring accuracy.

Quality of written communication will be assessed in your answer.

Principle 1 _____

Principle 2 _____

Principle 3 _____

[6]



(c) Fig. 3 shows the netballer performing the shooting drill.



Source: © Getty Images

Fig. 3

State **two** ways **mental practice** could improve the performance of the netballer in the shooting drill.

1. _____
_____ [1]

2. _____
_____ [1]

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