



General Certificate of Secondary Education
2024

Centre Number

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Candidate Number

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Physical Education

Paper 2

Developing Performance



[G9772]

G9772

MONDAY 3 JUNE, AFTERNOON

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, or on blank pages.

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 **10(b)(ii)** and **12**.



1 State the **main aim** of developing physical fitness for:

Health _____
_____ [1]

Performance _____
_____ [1]

2 Identify the **principle of training** being applied in the statements in **Table 1**.

Table 1

| | Principle of training |
|---|------------------------------|
| A coach plans the team's training in seasons to prepare for major competitions | |
| The athlete works harder than normal so there is some stress and discomfort | |
| An athlete loses fitness due to an injury | |
| A long-distance runner includes continuous steady pace runs in training | |
| An athlete runs 20 minutes in week 1, 25 minutes in week 3 and 30 minutes in week 5 | |
| An athlete's programme has planned time to allow muscles to grow and repair | |
| An athlete trains in different places to avoid boredom | |

[7]





3 Explain how the safe application of **one** principle of training could **reduce the risk of injury** to an athlete.

Principle of training _____

Explanation _____

[3]



4 (a) Define muscular speed.

[2]

(b) Complete the statement by selecting the correct words from the list below.

large high light slow

Muscular speed is about being able to apply a _____ force
at _____ speed. [2]

(c) Explain **two** ways an **increase** in **muscular speed** may help a footballer **improve performance**.

1. _____

[2]

2. _____

[2]





5 Explain what **isometric** training involves.

[2]

6 State **two** examples of isometric exercises.

1. _____

[1]

2. _____

[1]

7 Explain what **static passive** stretching involves.

[2]

8 State **three** reasons why a **warm-up** should be included before a workout.

1. _____

[1]

2. _____

[1]

3. _____

[1]

[Turn over



- 9 A games player takes part in circuit training to develop **muscular endurance**. The **worktime** at each station is **30 seconds** and the player **decides the weight** for the exercises.

Table 2 shows the order of the exercises and the number of repetitions completed by the player at each station.

Table 2

| Order of exercises | Number of repetitions completed |
|-----------------------|---------------------------------|
| 1 Dumbbell squat | 8 |
| 2 Dumbbell lunge | 22 |
| 3 Jumping squat | 25 |
| 4 Sit up | 24 |
| 5 V-sit | 16 |
| 6 Bicycle crunch | 24 |
| 7 Dumbbell bicep curl | 54 |
| 8 Tricep dip | 16 |
| 9 Press up | 9 |

- (a) Evaluate the **planned order** of the exercises shown in **Table 2**.

[4]



(b) (i) Identify **one** exercise in **Table 2** where the resistance is **too low** to effectively develop muscular endurance.

Exercise _____

Explain your choice.

_____ [3]

(ii) State what change the athlete could make to get the correct resistance for this exercise to develop muscular endurance.

_____ [1]

(c) (i) Identify **one** exercise in **Table 2** where the resistance is **too high** to effectively develop muscular endurance.

Exercise _____

Explain your choice.

_____ [3]

(ii) State what change the athlete could make to get the correct resistance for this exercise to develop muscular endurance.

_____ [1]

[Turn over



- 10 Study a **1500 m** runner's **aerobic** training programme in **Table 3** and answer the questions that follow.

Table 3

| | |
|------------------------------|------------|
| Frequency | 2 |
| Distance | 400 m |
| Time | 90 seconds |
| Repetitions | 8 |
| Recovery between repetitions | 60 seconds |

- (a) State the **training method** being used by the runner in the session.

Training method _____

Explanation _____

_____ [3]

- (b) (i) Complete **Table 4** by planning the **time**, **repetitions** and **recovery** for the training session to develop the runner's **anaerobic** fitness.

Table 4

| | |
|------------------------------|-------|
| Frequency | 2 |
| Distance | 100 m |
| Time | |
| Repetitions | |
| Recovery between repetitions | |

[3]



(ii) Using examples, explain how you would apply the **FITT** principle to **Table 4** to safely improve the runner's fitness.

Quality of written communication will be assessed in your answer.

F _____

I _____

(Continue answer on next page)

[Turn over



T _____

T _____

[12]





11 Evaluate the **importance** of a runner completing both **aerobic** and **anaerobic** fitness training sessions for the 1500 m race.

[4]



12 A coach assesses the fitness levels of the school rowing team (**Fig. 1**) using the following four tests:

- 1 Multi-stage fitness test
- 2 60-second press up test
- 3 Standing broad jump test
- 4 Sit and reach test



Source: © Getty Images

Fig. 1

Evaluate the **coach's selection** of fitness tests to assess the rowers' fitness to perform well in competitions.

Quality of written communication will be assessed in your answer.

Multi-stage fitness test _____



60-second press up test _____

Standing broad jump test _____

Sit and reach test _____

[12]

[Turn over



13 Fig. 2 shows a basketballer performing a lay-up shot in a game.



Source: © Getty Images

Fig. 2

(a) State if the lay-up shot is an example of a **basic** or **complex** skill.

The lay-up shot is an example of _____ skill.

Explain your choice.

[3]



(b) State if the lay-up shot is an example of a **closed** or **open** skill.

The lay-up shot is an example of _____ skill.

Explain your choice.

[3]

14 Describe perceptual motor skills.

[3]

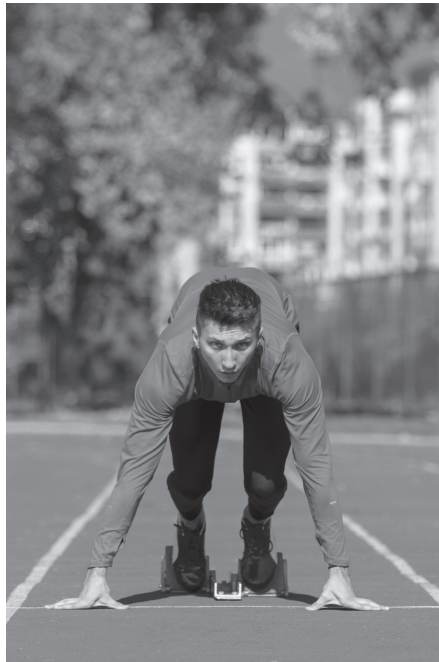
15 Explain how a high jumper would use whole-part-whole practice to improve performance.

[3]

[Turn over



16 Fig. 3 shows an athlete in the sprint start position before a 100 m race.



Source © Getty Images

Fig. 3

(a) Define **coordination**.

[1]

(b) State why coordination is important to perform a sprint start.

[1]

(c) Define **balance**.

[1]



(d) State why balance is important to perform a sprint start.

[1]

(e) Define **reaction time**.

[1]

(f) State why reaction time is important to perform a sprint start.

[1]

(g) Define **agility**.

[1]

(h) State why agility is important to perform a sprint start.

[1]

[Turn over



17 A young gymnast is given extrinsic feedback by their coach to help them learn the forward roll.

(a) Explain **three** ways the coach could provide **extrinsic** feedback to the gymnast.

1. _____ [1]

2. _____ [1]

3. _____ [1]

(b) Explain why **intrinsic** feedback would be **less suitable** to improve this gymnast's performance.

_____ [2]

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| For Examiner's use only | |
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| Question Number | Marks |
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Examiner Number

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