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Oxford Cambridge and RSA

Friday 15 May 2015 – Afternoon

GCSE PHYSICAL EDUCATION

B451/01 An Introduction to Physical Education

Candidates answer on the Question Paper.

OCR supplied materials:

None

Other materials required:

None

Duration: 1 hour



Candidate forename		Candidate surname	
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Centre number						Candidate number				
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INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions.
- Section A – candidates should only circle one answer per question.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. Additional paper may be used if necessary but you must clearly show your candidate number, centre number and question number(s).
- Do **not** write in the bar codes.

INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **60**.
- The quality of written communication is assessed in the question marked with an asterisk (*).
- This document consists of **12** pages. Any blank pages are indicated.

SECTION A

Answer **all** questions. Please **circle** one answer per question.

- 1 Which one of the following is an example of food that is high in protein?
- (a) Bananas
 - (b) Strawberry jam
 - (c) Watercress
 - (d) Fish [1]
- 2 Which one of the following could have a negative effect on participation in physical activities?
- (a) Free swimming for children during school holidays
 - (b) Steps with no wheelchair ramp outside a sports centre
 - (c) A health screening questionnaire for new members at a gym
 - (d) A newspaper advertisement for a local exercise class for the elderly [1]
- 3 Which one of the following is a practical example of decision making during an invasion game?
- (a) A cross country runner slowing down in the middle of a race
 - (b) A hill walker choosing which route to take to get home
 - (c) A player in netball choosing to pass rather than to shoot
 - (d) A football player agreeing to be sponsored by a mineral water company [1]
- 4 Which one of the following is an example of a fundamental motor skill being used?
- (a) Catching a ball in rounders
 - (b) Weight training for a sprinter
 - (c) Attending a yoga class
 - (d) Shaking the hand of your opponent after a hockey game [1]

- 5 Which one of the following best explains the difference between a performance goal and an outcome goal?
- (a) A performance goal is concerned with the end result and an outcome goal is concerned with tactics
 - (b) A performance goal is concerned with targets and an outcome goal is concerned with beating an opponent
 - (c) A performance goal is concerned with technique and an outcome goal is concerned with winning
 - (d) A performance goal is concerned with a personal best and an outcome goal is concerned with trying hard [1]
- 6 Which one of the following is a suitable test for measuring strength?
- (a) The 400 metre race test
 - (b) The sit and reach test
 - (c) The arm wrestling test
 - (d) The grip dynamometer test [1]
- 7 Which one of the following is **not** a reason to warm up before a physical activity?
- (a) To reduce the risk of injury
 - (b) To remove lactic acid
 - (c) To prepare the body for exercise
 - (d) To mentally prepare [1]
- 8 Which one of the following is a key process in Physical Education?
- (a) To raise funds to increase participation
 - (b) To ensure the school canteen serves healthy food
 - (c) To develop skills and techniques
 - (d) To ensure that school teams win their matches [1]

- 9 Which one of the following shows how image can affect participation in physical activities?
- (a) You go to the gym to tone your muscles and look good
 - (b) You go swimming to improve your endurance
 - (c) You go to watch a football match to support your favourite team
 - (d) You umpire a netball game to earn some extra cash [1]
- 10 Which one of the following is a benefit of Pilates?
- (a) To produce more lactic acid
 - (b) To encourage better team work
 - (c) To develop better speed over a long distance
 - (d) To work on core strength [1]
- 11 Which one of the following is a key concept in Physical Education?
- (a) Competition
 - (b) Cooperation
 - (c) Community sport
 - (d) Competence [1]
- 12 Which one of the following is an example of having access to green space?
- (a) Your school having an astroturf for football and hockey
 - (b) Living close to a park or playing fields
 - (c) Having enough money for travel
 - (d) Parents allowing you to go out regularly [1]
- 13 Which one of the following shows a characteristic of skilful movement?
- (a) Showing fluent movements in a gymnastic routine
 - (b) Hitting a ball in a cricket match
 - (c) Thanking the official after a trampolining competition
 - (d) Winning a doubles tennis match [1]

- 14** Which one of the following does **not** show a component of fitness?
- (a) Being able to run and finish a long distance race
 - (b) Stretching effectively in a gymnastics routine
 - (c) Having a BMI result below 30 after an exercise class
 - (d) Being able to beat an opponent to the ball in football [1]
- 15** Which one of the following shows a sedentary lifestyle having a negative affect on participation in physical activities?
- (a) You like watching the tennis on TV and you play tennis every week
 - (b) You walk to school every day and play sport only at weekends
 - (c) You prefer to play computer games than to play sports
 - (d) You coach basketball to the younger pupils during school breakfast club [1]

SECTION B

Answer **all** questions.

16 Describe **three** characteristics of someone who is unskilled in physical activities.

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[3]

17 Give a practical example of a cool down activity and explain why a cool down is important after exercise.

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[4]

22 Access to green space is one indicator of health and well-being.

Identify **three** other indicators of health and well-being.

- 1
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- 2
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- 3
-

[3]

23 The school Physical Education curriculum promotes a healthy lifestyle through five key processes. Give a practical example for each key process listed below:

- Developing skills and techniques
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- Decision making
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- Physical and mental capacity
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- Evaluating and improving
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- Making informed choices about active, healthy lifestyles.
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[5]

24 Identify a suitable test for cardiovascular endurance and describe what needs to be taken into account for the test to be valid.

test

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description

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[4]

25* Explain the importance of sportsmanship and following codes of behaviour when participating in physical activities.

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[6]

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