

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**  
**GCSE**

**B451/01**

**PHYSICAL EDUCATION**

**An Introduction to Physical Education**

**FRIDAY 16 MAY 2014: Afternoon**

**DURATION: 1 hour**  
**plus your additional time allowance**

**MODIFIED ENLARGED**

<b>Candidate forename</b>		<b>Candidate surname</b>	
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<b>Centre number</b>						<b>Candidate number</b>				
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**Candidates answer on the Question Paper.**

**OCR SUPPLIED MATERIALS:**

**None**

**OTHER MATERIALS REQUIRED:**

**None**

**READ INSTRUCTIONS OVERLEAF**

## **INSTRUCTIONS TO CANDIDATES**

- Write your name, centre number and candidate number in the boxes on the first page. 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).

## **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.
- Any blank pages are indicated.
- The quality of your written communication will be assessed in the question marked with an asterisk (\*).

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## **SECTION A**

**Answer ALL questions.**

**Please circle one answer per question.**

- 1 Which one of the following is the best example of a food source rich in vitamins?**
- (a) Red meat**
  - (b) Fresh vegetables**
  - (c) Water**
  - (d) A hamburger without sauce** [1]
- 2 Which one of the following is the best example of a healthy lifestyle?**
- (a) Paul who only smokes two cigarettes a day, eats at least five fruit and vegetables per day and exercises three times each week.**
  - (b) Sally who exercises every day but Sunday, consumes 20 units of alcohol per week and is a strict vegetarian.**
  - (c) Ahmed exercises at least 30 mins per day. He does not smoke and eats plenty of fruit and vegetables but does not drink more than a litre of water each day.**
  - (d) Alisha does not smoke or drink alcohol and thinks carefully about her diet and only eats one bar of chocolate per day. She goes to PE lessons in school once a week.** [1]

- 3 Which one of the following shows a pathway for involvement in physical activity?**
- (a) Taking part in a sports quiz in school**
  - (b) Regularly watching school sports teams after school**
  - (c) Volunteering to put up posters about healthy eating around school**
  - (d) Always participating in PE lessons in school [1]**
- 4 Which one of the following is a possible effect of under eating?**
- (a) You build up too much body fat**
  - (b) You lack energy and get tired easily**
  - (c) Your whole body strength improves**
  - (d) Your nutritional balance is more positive [1]**
- 5 Which of the following is an example of etiquette in physical activities?**
- (a) Shaking your opponent's hand after playing tennis**
  - (b) Informing the referee in football that he has made a wrong decision**
  - (c) Shouting and kicking a chair over in basketball**
  - (d) Encouraging your team mates to win [1]**

- 6 Which one of the following is an example of making informed decisions about lifestyle?**
- (a) Changing your eating habits after a GCSE PE lesson on balanced diets**
  - (b) Working hard at improving your forehand in tennis**
  - (c) Encouraging your friends to watch a football match at the weekend**
  - (d) Planning your career after finishing school [1]**
- 7 Which one of the following is a health reason for participating in physical activities?**
- (a) To join a local cycling club because your friend has joined**
  - (b) To be a professional rugby player as a career**
  - (c) To go to the gym to improve your body image**
  - (d) To swim regularly to avoid heart disease [1]**

- 8 Which one of the following is an example of flexibility being part of a healthy lifestyle?**
- (a) To be able to reach for things without hurting yourself**
  - (b) To be able to run very quickly to catch a bus**
  - (c) To be able to keep going and not getting too tired**
  - (d) To be able to carry a small child or carry shopping more effectively [1]**
- 9 Which one of the following is an example of an appropriate warm up activity?**
- (a) To do as many fast sprints as possible and then to mentally focus**
  - (b) To go for a light jog and then to stretch the main muscle groups**
  - (c) To wear a thick tracksuit and talk to your coach about the game**
  - (d) To do some stretching and then consume a warm drink before playing [1]**

- 10 Which one of the following is an example of a lack of confidence affecting participation in physical activities?**
- (a) Feeling that you have too much else to do and not having enough time to go to the gym and exercise**
  - (b) Having no way of getting to the venue to play in a hockey match**
  - (c) Feeling that you are not as good as anyone else so you do not turn up to an exercise class**
  - (d) Always thinking that you are the best at the activity and trying to win in all your games of badminton**
- [1]**
- 11 Which one of the following is an example of the family affecting participation in physical activities?**
- (a) Your uncle often provides you with transport to attend training**
  - (b) Your parents have strict rules about staying out late at night with friends**
  - (c) Your brother or sister have exciting sports computer games**
  - (d) Your grandparents take a keen interest in your overall education**
- [1]**



- 12 Which one of the following is an effect of blood doping in physical activities?**
- (a) Feeling of well-being and of always being happy with life**
  - (b) Building up of muscle fibres and looking toned**
  - (c) Increasing the amount of oxygen available for the working muscles**
  - (d) Improving the speed of reactions in many physical activities** [1]
- 13 Which one of the following is used in measuring the body mass index (BMI)?**
- (a) Blood pressure**
  - (b) Height**
  - (c) Age**
  - (d) Muscle mass** [1]

- 14 Which one of the following is an example of decision making as a coach of a physical activity?**
- (a) To take a time-out in basketball**
  - (b) To pass a ball during a rugby match**
  - (c) To indicate that a player is offside in football**
  - (d) To measure the distance jumped in the long jump**
- [1]**
- 15 Which one of the following is the best method of exercise to improve cardiovascular endurance?**
- (a) Yoga**
  - (b) Spin**
  - (c) Pilates**
  - (d) Circuit training**
- [1]**

## SECTION B

Answer ALL questions.

**16 Identify THREE fundamental motor skills and describe how the performance of each might be analysed.**

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_

**[3]**

**17 Identify the FOUR key concepts in Physical Education.**

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**3** \_\_\_\_\_

\_\_\_\_\_

**4** \_\_\_\_\_

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**[4]**

**18 Using practical examples describe how THREE characteristics of skilful movement can be used to judge the quality of performance.**

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**3** \_\_\_\_\_

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**[6]**

**19 Explain how the environment and the climate can affect participation in physical activities.**

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**[4]**

**20 Using practical examples, describe THREE indicators of health and well-being.**

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**3** \_\_\_\_\_

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**[6]**

**21 Describe FIVE different examples of decision making that might be made by a performer in physical activities.**

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**3** \_\_\_\_\_

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**4** \_\_\_\_\_

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**5** \_\_\_\_\_

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**[5]**



**22 Flexibility is a component of fitness.**

**Identify FOUR other components of fitness.**

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**3** \_\_\_\_\_

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**4** \_\_\_\_\_

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**[4]**

**23 The Paralympics in London 2012 showed many athletes with disabilities competing.**

**Describe THREE ways in which having a disability may have a positive effect on participation.**

**1** \_\_\_\_\_  
\_\_\_\_\_

**2** \_\_\_\_\_  
\_\_\_\_\_

**3** \_\_\_\_\_  
\_\_\_\_\_

**[3]**

**24 Describe FOUR different pathways that are outside the school curriculum which lead to involvement in physical activities.**

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**3** \_\_\_\_\_

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**4** \_\_\_\_\_

\_\_\_\_\_

**[4]**

[illegible]

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**END OF QUESTION PAPER**

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