

Surname	Other names	
Centre Number	Candidate Number	
Edexcel GCE		
Physical Educ Unit 1: The Theory of Phys		
Time:	Paper Reference(s)	
	5PE01/01	
You do not need any other materials.	Total Marks	

Instructions

- Use black ink or ball-point pen.
- Fill in the boxes at the top of this page with your name, centre number and candidate number.
- Answer all questions.
- · Answer the questions in the spaces provided
 - there may be more space than you need.

Information

- The marks for each question are shown in brackets
 - use this as a guide as to how much time to spend on each question.
- Questions labelled with an asterisk (*) are ones where the quality of your written communication will be assessed
 - you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.

Advice

- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

1 Physical activity as part of a healthy, active lifestyle can improve an individual's health.				
Discuss how physical activity may improve an individual's h	ealth.			
	(6)			
/T.	stal for Ougstion 1 – 4 more			
(10	tal for Question 1 = 6 mark			

N----- 2

Evaluate whether circuit training would be the most appropriate choice of training method for the netball team.			
training mother for the netban team.			(6)
	(Total for Question	1 = 6 mar
		TOTAL FOR PAPER	

N----- 3