

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GCSE**

B451/01

PHYSICAL EDUCATION

An Introduction to Physical Education

TUESDAY 14 MAY 2013: Afternoon

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

MODIFIED ENLARGED

Candidate forename		Candidate surname	
-------------------------------	--	------------------------------	--

Centre number						Candidate number				
--------------------------	--	--	--	--	--	-----------------------------	--	--	--	--

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.
- The quality of written communication is assessed in the question marked with an asterisk (*).
- Any blank pages are indicated.

BLANK PAGE

SECTION A

Answer ALL questions.

Please circle one answer per question.

- 1 Lack of self esteem is often a reason for non-participation in physical activities.**

Which one of the following shows a lack of self esteem?

- (a) Having low fitness levels**
- (b) Being unable to get to the leisure facilities**
- (c) Feeling that you are not very good at sport**
- (d) Being unable to pay the swimming pool entrance fee**

[1]

- 2 Co-ordination is important for a skilled performer.**

Which one of the following methods of exercise would be best to improve your co-ordination?

- (a) Dance exercise**
- (b) Long distance running**
- (c) Weight training**
- (d) Sit-ups**

[1]

- 3 Which one of the following is a key concept in Physical Education?**
- (a) Fundamental motor skills**
 - (b) Pathways**
 - (c) Peer pressure**
 - (d) Creativity** **[1]**
- 4 Which one of the following is an example of health screening?**
- (a) Measuring endurance**
 - (b) Measuring strength**
 - (c) Measuring speed**
 - (d) Measuring blood pressure** **[1]**

5 Muscular endurance is a component of fitness.

Which one of the following best describes a good level of muscular endurance?

- (a) To be able to run fast over 20 metres**
- (b) To be able to keep lifting a weight without tiring too soon**
- (c) To be able to stretch down to the floor with straight legs**
- (d) To be able to lift a very heavy weight once [1]**

6 Which one of the following is a typical decision that is made by a leader in a physical activity?

- (a) Decide when to pass the ball in a football match**
- (b) Decide when to catch the ball in a netball match**
- (c) Decide to try hard during an exercise class**
- (d) Decide to call for a time-out in a basketball game [1]**

- 7 Which one of the following is NOT a characteristic of a healthy lifestyle?**
- (a) Reading a sports section of a newspaper**
 - (b) Avoiding smoking cigarettes**
 - (c) Drinking water**
 - (d) Eating five portions of fruit or vegetables [1]**
- 8 Which one of the following is an example of the school curriculum promoting an active and healthy lifestyle?**
- (a) Having cheaper meals at the school canteen**
 - (b) Having lessons about the importance of exercise**
 - (c) Having separate playgrounds for boys and girls**
 - (d) Having a separate indoor seating area for older pupils [1]**

- 9 Which one of the following is a recommended amount of exercise for an average 5–18 year old?**
- (a) 120 minutes for one day per week**
 - (b) 60 minutes for five days per week**
 - (c) 140 minutes per week**
 - (d) 60 minutes for one day per week** **[1]**
- 10 Which one of the following is an example of positive mental health?**
- (a) I become jealous of other people who are good at sport**
 - (b) I am often angry when I play football**
 - (c) I am happy when I exercise**
 - (d) I enjoy upsetting other players** **[1]**

11 Which one of the following is a food high in fats?

(a) Oranges

(b) Red meat

(c) Bread

(d) Tomatoes

[1]

12 Which one of the following is an example of volunteering as a way of being involved in physical activities?

(a) Employed by the local council as a leisure assistant

(b) Being coach of the England Rugby team

(c) Running an unpaid exercise class at a local care home

(d) Refereeing a professional football match

[1]

13 Which one of the following is an example of community sport?

(a) Water skiing when you are on holiday

(b) International rugby competitions

(c) Yoga class in a private gym

(d) Local 5-a-side football team [1]

14 Which one of the following is an example of discrimination in physical activities?

(a) A golf club preventing women from joining

(b) An exercise class for beginners

(c) A wheelchair ramp at the leisure centre

(d) A crèche for children at the swimming pool [1]

15 Which one of the following is an example of a good role model?

(a) A teacher who smokes cigarettes

(b) A friend who bullies others

(c) A mum who regularly attends an exercise class

(d) A sports performer who does not tell the truth [1]

SECTION B

Answer ALL questions.

16 Using practical examples, describe THREE different characteristics of skilful movement.

1) _____

2) _____

3) _____

[3]

17 Describe FOUR effects of over-eating on the performance of physical activities.

1) _____

2) _____

3) _____

4) _____

[4]

**18 Other than health screening, identify and explain
THREE different ways of testing a person's readiness
for exercise.**

1) _____

2) _____

3) _____

[6]

19 Explain why it is important to cool down following physical activity.

[4]

20 Describe THREE effects of using illegal steroids and THREE different effects of blood doping on performance in physical activities.

Effects of using illegal steroids

1) _____

2) _____

3) _____

Effects of blood doping

1) _____

2) _____

3) _____

[6]

21 Describe FIVE reasons for a young person to follow an active lifestyle.

1) _____

2) _____

3) _____

4) _____

5) _____

[5]

22 Using practical examples, describe why speed AND strength are important components of fitness for physical activity.

Speed _____

Strength _____

[4]

23 Identify THREE key processes in Physical Education.

1) _____

2) _____

3) _____

[3]

24 Explain why activities like pilates and yoga can be effective exercise techniques for a healthy lifestyle.

[4]

25* Using practical examples, explain the importance of abiding by the rules and the importance of etiquette when participating in physical activities. [6]

[illegible]

END OF QUESTION PAPER

BLANK PAGE

BLANK PAGE

Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, First Floor, 9 Hills Road, Cambridge CB2 1GE.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.

