



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.

1 .....

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2 .....

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3 .....

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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]**

**18** Describe how overeating can affect a person's participation in a physical activity.

[6]

- [6]

**19** Give **four** reasons why a performer might participate in physical activities.

1 .....

2 .....  
.....

4 .....

.....

[4]

**20** Describe the importance of diet in a balanced, healthy lifestyle.

[6]

- [6]

**21** Describe **four** pathways for involvement in physical activities.

1 .....

[4]

[4]

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

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

1 .....

2 .....

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]

10

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

test .....

description .....

[4]

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

[6]

**END OF QUESTION PAPER**

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