



# GENERAL CERTIFICATE OF SECONDARY EDUCATION

## PHYSICAL EDUCATION

# 1071

Games  
(Short Course)

Candidates answer on the Question Paper

**OCR Supplied Materials:**

None

**Other Materials Required:**

None

**Friday 21 May 2010**  
**Afternoon**

**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 clearly in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure that you know what you have to do before starting your answer.
- Answer **all** the questions.
- Do **not** write in the bar codes.
- 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 **50**.
- You will be assessed on the quality of written communication in **Section B, questions B1 and B2**.
- **Four** marks will be available for the quality of written communication.
- **Candidates' answers must refer to Games activities. Use of non-Games activities may result in no marks being awarded for that question.**
- This document consists of **12** pages. Any blank pages are indicated.

**Section A**

Answer **all** questions in this section.

- 1** Speed and agility are basic abilities in the performance of games. Name **one** other basic ability.
- .....
- ..... [1]
- 2** Good personal hygiene is important when participating in games. Give **two** ways in which you would avoid the minor infection of a verruca.
- 1 .....
- ..... [1]
- 2 .....
- ..... [1]
- 3** Give **one** long-term training effect on the heart.
- .....
- ..... [1]
- 4** Give **two** advantages of flexibility training.
- 1 .....
- ..... [1]
- 2 .....
- ..... [1]
- 5** Give **two** extrinsic motivating factors that can be used effectively in games.
- 1 .....
- ..... [1]
- 2 .....
- ..... [1]

- 6 Explain why a performer who is focused during a game may be more effective.

.....

.....

.....

.....

.....

..... [3]

[Total: 11]

**Section B**

Answer **all** questions in this section

**B1 (a)** Give **two** ways in which you may be intrinsically motivated to participate in games.

1 .....  
..... [1]

2 .....  
..... [1]

**(b)** What does agility mean in games? Identify a situation when agility is important in a game of your choice.

Agility means:

.....  
..... [1]

Situation when agility is important:

.....  
..... [1]

**(c)** Explain how the setting of personal goals can motivate participants in games.

.....  
.....  
.....  
.....  
.....  
..... [3]

- (d) What is meant by the term knowledge of results? Explain how knowledge of results can improve performance in games.

What is meant by knowledge of results?

.....  
..... [1]

Explanation:

.....  
.....  
.....  
.....  
.....  
..... [3]

[Total: 11]

**B2 (a)** Why does a high level of cardiovascular endurance benefit health and performance in games?

Benefit to health:

.....  
..... [1]

Benefit to performance:

.....  
..... [1]

**(b)** Give **two** long-term effects of training on the circulatory system.

1 .....  
..... [1]

2 .....  
..... [1]

**(c)** Explain why water as part of a balanced diet is important to those who participate in games.

.....  
.....  
.....  
.....  
.....  
..... [3]

- (d) What does the 12 minute run test measure? How would the results of the 12 minute run test indicate an individual's strengths and weaknesses?

What does the test measure?

.....  
 ..... [1]

What strengths and weaknesses might the results indicate?

.....  
 .....  
 .....  
 ..... [2]

- (e) Explain how the principle of overload can be applied in a games training programme. Give **two positive** effects of overload when training for a game.

How you use the principle of overload:

.....  
 .....  
 .....  
 .....  
 .....  
 ..... [3]

Positive effects of overload:

1 .....  
 ..... [1]

2 .....  
 ..... [1]

(f) Describe **three** immediate short-term effects of exercise on muscles.

1 .....  
..... [1]

2 .....  
..... [1]

3 .....  
..... [1]

[Total: 18]



**B3 (a)** Describe **three** hazards associated with a swimming pool for someone who wishes to participate in a water-based game.

1 .....  
..... [1]

2 .....  
..... [1]

3 .....  
..... [1]

**(b)** Explain how you would minimise risks in a swimming pool and the surrounding area.

.....  
.....  
.....  
.....  
.....  
..... [3]

**[Total: 6]**

**10**  
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