



National  
Qualifications  
2023

**X856/76/11**

**Physical Education**

MONDAY, 24 APRIL

1:00 PM – 3:30 PM

**Total marks — 50**

**SECTION 1 — 32 marks**

Attempt ALL questions.

**SECTION 2 — 10 marks**

Attempt ALL questions.

**SECTION 3 — 8 marks**

Attempt ALL questions.

Write your answers clearly in the answer booklet provided. In the answer booklet, you must clearly identify the question number you are attempting.

Use **blue** or **black** ink.

Before leaving the examination room you must give your answer booklet to the Invigilator; if you do not, you may lose all the marks for this paper.



\* X 8 5 6 7 6 1 1 \*

## SECTION 1 — 32 marks

Attempt ALL questions

- |    |     |  |   |
|----|-----|--|---|
| 1. | (a) | Describe <b>one</b> method used to collect information on mental factors.  | 4 |
|    | (b) | Explain the validity and/or reliability of the method described in (a).  | 2 |
| 2. | (a) | Describe a model performance and/or model performer for social factors.  | 4 |
|    | (b) | Explain <b>three</b> reasons for using a model performance and/or model performer to develop social factors.                     | 3 |
|    | (c) | Explain <b>one</b> challenge when using a model performance and/or model performer to develop social factors.                    | 1 |
| 3. | (a) | Explain the importance of <b>prioritising</b> development needs for emotional factors when planning a Personal Development Plan. | 1 |
|    | (b) | Describe <b>one</b> method used to monitor the development of emotional factors throughout a Personal Development Plan.          | 4 |
|    | (c) | Explain why development needs may be <b>re-prioritised</b> as a result of monitoring emotional factors.                          | 2 |
| 4. | (a) | Describe <b>one</b> long-term goal for the development of emotional factors.   | 1 |
|    | (b) | Explain the importance of setting long-term goals when <b>starting</b> a Personal Development Plan for emotional factors.        | 2 |
| 5. | (a) | Identify <b>two</b> approaches used to develop physical factors.   | 2 |
|    | (b) | Evaluate the <b>two</b> approaches identified in (a).  | 6 |

## SECTION 2 — 10 marks

Attempt ALL questions

Refer to a Personal Development Plan (PDP) you have created and implemented.

- |    |     |  |   |
|----|-----|--|---|
| 6. | (a) | Describe one session you implemented to develop factor(s) within your PDP. | 6 |
|    | (b) | Describe two changes you made to the session described in (a).             | 2 |
|    | (c) | Explain why you made the changes described in (b).                         | 2 |

[Turn over

## SECTION 3 — 8 marks

Attempt ALL questions

Please read the scenario below and answer the questions that follow.

The timeline below shows an assessor's marking of a performance.

The assessor has awarded the performer marks out of 10 for physical and mental factors at three stages of their performance.

The assessor has also provided comments explaining why these marks were awarded.

	Start of performance		Midway through performance		Approaching end of performance	
Assessor marks out of 10	<b>PHYSICAL FACTORS</b> <b>10</b>	<b>MENTAL FACTORS</b> <b>6</b>	<b>PHYSICAL FACTORS</b> <b>7</b>	<b>MENTAL FACTORS</b> <b>5</b>	<b>PHYSICAL FACTORS</b> <b>6</b>	<b>MENTAL FACTORS</b> <b>4</b>
Assessor comments	High energy start	Makes some effective decisions	Usually demonstrates control and fluency	Loses concentration at times	Looks tired and makes some mistakes	Appears to lose motivation

You must refer to the information in the timeline in your answers.

7. Analyse the impact physical factors had on mental factors for the performer during this performance. 3
8. (a) Describe one approach the performer could have used to improve mental factors during this performance. 3
- (b) Explain why the approach described in (a) would be appropriate for use during this performance. 2

[END OF QUESTION PAPER]