



National  
Qualifications  
2025

**X856/76/11**

**Physical Education**

THURSDAY, 8 MAY  
9:00 AM – 11:30 AM

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**Total marks — 50**

**SECTION 1 — 32 marks**

Attempt ALL questions.

**SECTION 2 — 8 marks**

Attempt ALL questions.

**SECTION 3 — 10 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 **one** method used to collect quantitative information on physical factors. 4
- (b) Describe a **different** method used to collect qualitative information on physical factors. 2
- (c) Explain the reason(s) for using a **combination** of qualitative and quantitative information to identify development needs for physical factors. 2
2. Explain the possible impact of:
- (a) Social factors on mental factors. 1
- (b) Social factors on emotional factors. 1
- (c) Social factors on physical factors. 1
3. (a) Describe **one** approach used to develop social factors. 3
- (b) Evaluate the effectiveness of the approach described in (a). 2
4. (a) Explain the positive impact emotional factors could have on the performance development process. 2
- (b) (i) Describe **one** short-term goal for emotional factors. 1
- (ii) Describe **one** long-term goal for emotional factors. 1
- (c) Explain **two** reasons for **resetting** goals for emotional factors. 2
5. Explain **two** development principles that could be considered when producing a Personal Development Plan for mental factors. 2
6. (a) Describe **two** types of feedback that could be used when developing mental factors. 4
- (b) Explain what should be considered when receiving **and/or** giving feedback on mental factors. 4

SECTION 2 — 8 marks  
Attempt ALL questions

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

- |    |     |  |   |
|----|-----|--|---|
| 7. | (a) | Describe <b>one</b> strength and <b>one</b> development need you had for <b>one</b> factor at the start of your PDP.         | 2 |
|    | (b) | Describe <b>one</b> strength and <b>one</b> development need you had for a <b>different</b> factor at the start of your PDP. | 2 |
| 8. | (a) | Identify <b>two</b> changes you made to your PDP.  | 2 |
|    | (b) | Evaluate the impact of the changes identified in (a) on your performance development.  | 2 |

[Turn over

## SECTION 3 — 10 marks

Attempt ALL questions

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

The following tables show some of the required performance demands for:

- emotional factors within an **individual** activity
- social factors within a **team/group** activity.

Table 1

required performance demands for emotional factors within an individual activity	
control of fear when under pressure	control of anger when things go wrong

Table 2

required performance demands for social factors within a team/group activity	
fulfilling role/responsibility for your performance	effective cooperation/communication

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

9. (a) Analyse why these performance demands for emotional factors are required within an **individual** activity. 2
- (b) Analyse why these performance demands for social factors are required within a **team/group** activity. 2
10. (a) Describe **one** approach which could be used to develop these emotional factors for an individual activity. 4
- (b) Explain the importance of monitoring the use of the approach described in (a) when developing emotional factors. 2

[END OF QUESTION PAPER]