



National
Qualifications
2022 MODIFIED

X856/76/11

Physical Education

THURSDAY, 28 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.



SECTION 1 — 32 marks

Attempt ALL questions

- | | |
|---|---|
| 1. (a) Describe one method used to collect information on social factors. | 4 |
| (b) Explain the possible challenges when using the method described in part (a). | 4 |
| 2. Explain why the following two principles should be considered when producing a Personal Development Plan for physical factors. | |
| (a) Specificity. | 1 |
| (b) Time allocation. | 1 |
| 3. Evaluate two approaches used to develop physical factors. | 6 |
| 4. (a) Identify one method used to monitor mental factors whilst carrying out a Personal Development Plan. | |
| (b) Describe the monitoring process when using the method identified in (a). | 3 |
| (c) Explain the appropriateness of the method identified in (a). | 4 |
| 5. Explain why the performance development process can be: | |
| (a) impacted negatively by emotional factors | 2 |
| (b) impacted positively by emotional factors. | 2 |
| 6. (a) Describe two possible future performance development goals for emotional factors at the end of a Personal Development Plan. | |
| (b) Explain the reasons why the goals described in (a) would be set. | 2 |

SECTION 2 — 10 marks

Attempt ALL questions

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

- | | |
|--|---|
| 7. Explain why you prioritise your development needs at the start of your PDP. | 2 |
| 8. Describe one approach you used to address your development needs. | 4 |
| 9. Explain the importance of maintaining your strengths while carrying out your PDP. | 2 |
| 10. Describe the process you used to evaluate the effectiveness of your PDP. | 2 |

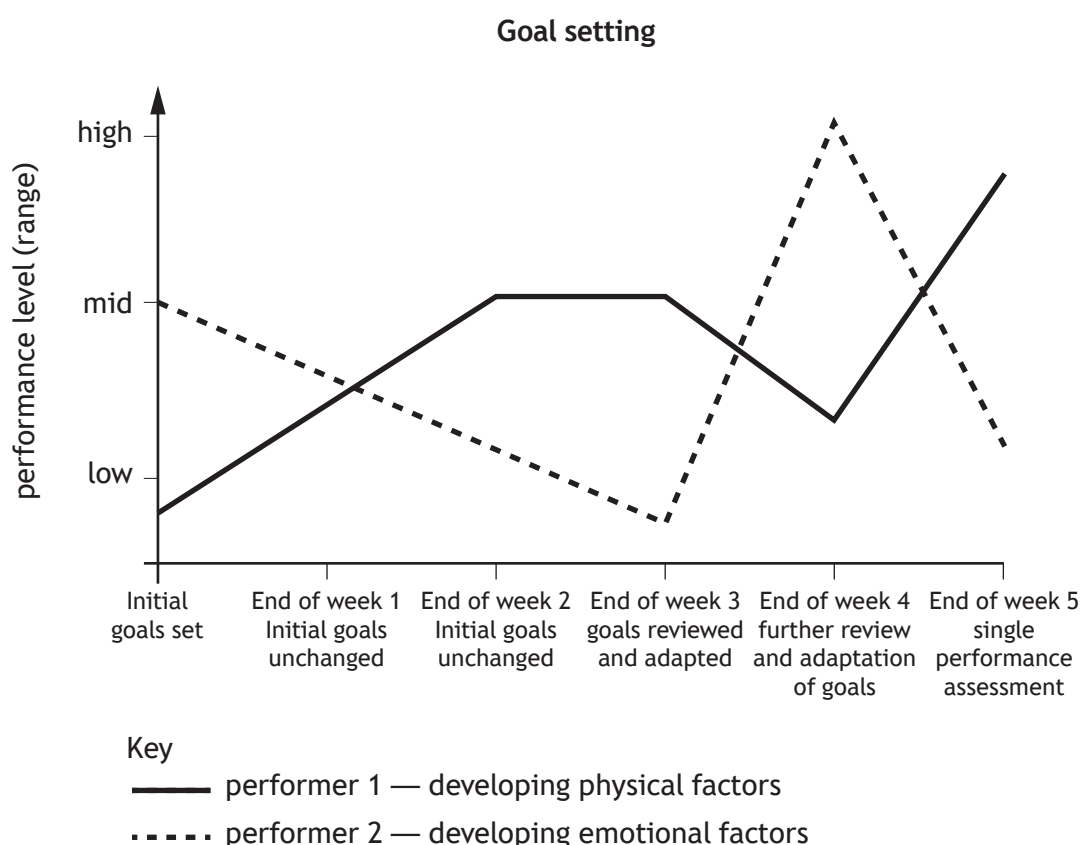
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SECTION 3 — 8 marks

Attempt ALL questions

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

The graph below shows the progression of two performers during their Personal Development Plan (PDP) in the lead up to their single performance assessment.



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

11. (a) Analyse the impact of goal setting on the development of physical factors for performer 1. 3
- (b) Describe **one** possible adaptation performer 1 made to their PDP at the end of week four for physical factors. 1
12. (a) Analyse the impact of goal setting on the development of emotional factors for performer 2. 3
- (b) Describe **one** possible adaptation performer 2 made to their PDP at the end of week four for emotional factors. 1

[END OF QUESTION PAPER]