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PHYSICAL EDUCATION**0413/12**

Paper 1 Theory

May/June 2026**1 hour 45 minutes**

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

- Answer **all** questions.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen. Do **not** use correction fluid or tape.
- Do **not** write on any bar codes.
- You may use a calculator.
- You should show all your working and use appropriate units.

INFORMATION

- The total mark for this paper is 100.
- The number of marks for each question or part question is shown in brackets [].

This document has **16** pages. Any blank pages are indicated.



1 Identify the **three** stages of learning.

1

2

3

[3]

2 The photograph shows a performer throwing the discus.



(a) Explain how the following components of fitness may benefit the performer throwing the discus.

agility

.....

power

.....

coordination

.....

[3]





- (b) Weight training can improve a discus thrower's strength.
Describe **three** safety considerations a performer should follow when taking part in weight training.

1

.....

2

.....

3

.....

[3]

- (c) (i) Describe how a recognised test for strength should be carried out.

name of test

description

.....

.....

.....

.....

.....

[4]

- (ii) Other than monitoring improvement, describe **two** benefits of regular fitness testing for a performer.

1

.....

2

.....

[2]





(iii) Describe **four** short-term effects of exercise.

- 1
-
- 2
-
- 3
-
- 4
-

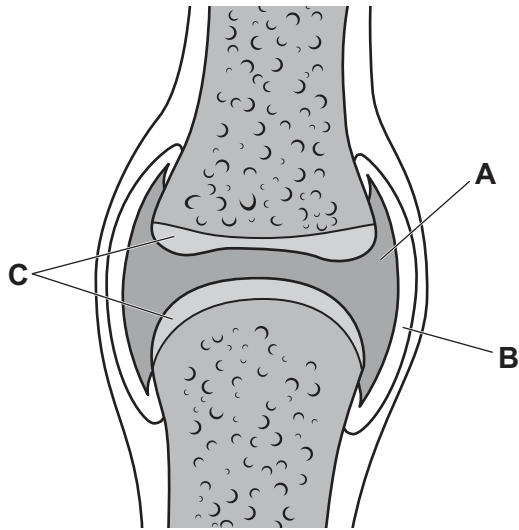
[4]

[Total: 16]





3 The diagram shows a typical synovial joint.



(a) Identify the components of the joint labelled **A**, **B** and **C**. Describe a different function of each component.

component **A**

function

.....

component **B**

function

.....

component **C**

function

.....

[6]

(b) Identify the type of synovial joint at the hip and the type of synovial joint at the elbow. Describe **two** different movements that can occur at each joint.

type of synovial joint at the hip

movement 1

movement 2

type of synovial joint at the elbow

movement 1

movement 2

[6]

[Total: 12]
[Turn over]





- 4 (a) Describe **two** disadvantages of sponsorship to each of the following:

the event being sponsored

.....

.....

.....

the audience/spectators attending the sponsored event.

.....

.....

.....

[4]

- (b) The photograph shows a local youth football team who have a sponsor's name on their shirts.



Suggest advantages for a sponsor when sponsoring a local youth football team.

.....

.....

.....

.....

.....

.....

.....

[3]

[Total: 7]





5 Overload and specificity are two principles of training.

(a) Explain how a performer training for a named physical activity could apply **two** other named principles of training.

physical activity

principle 1

explanation

.....

principle 2

explanation

.....

[4]

(b) Describe **two** dangers of overtraining.

1

.....

2

.....

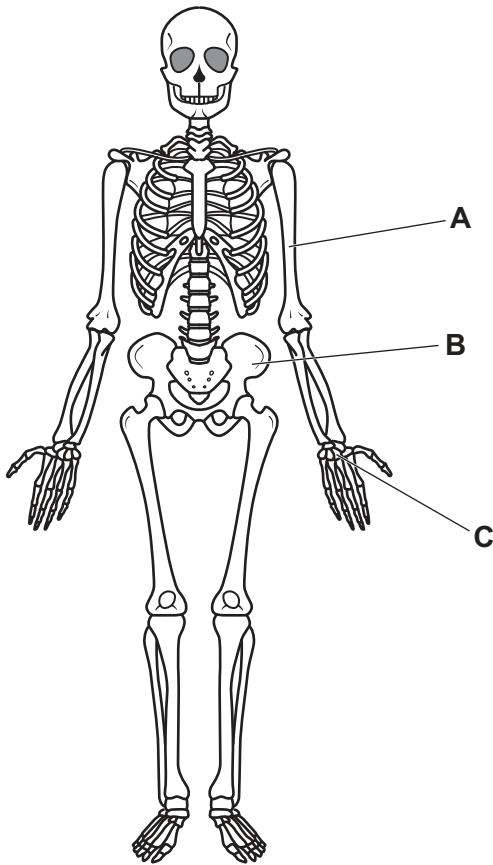
[2]

[Total: 6]





6 The diagram shows the human skeleton.



Complete the table by naming and classifying each of the labelled bones.

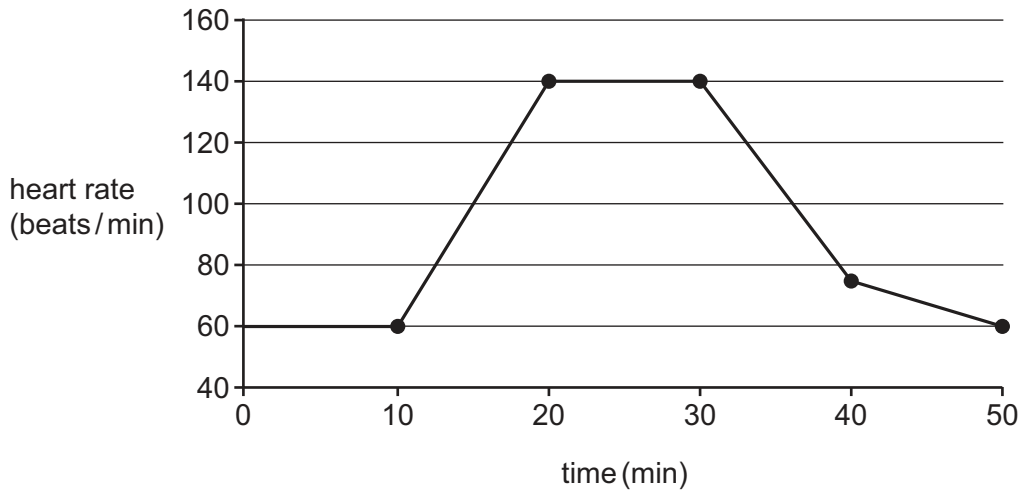
bone	name of bone	classification
A		
B		
C		

[6]





- 7 The graph shows the heart rate of a performer at rest, during a period of exercise and during a cool down.



- (a) (i) Place a letter **A** on the graph to indicate when the cool down starts. [1]
- (ii) State the highest heart rate of the performer during exercise.
 beats per minute [1]
- (iii) Calculate how long the heart rate takes to return to its resting rate after the exercise stops.
 minutes [1]

- (b) Explain factors that may affect the recovery time of the performer.

.....

.....

.....

.....

.....

.....

.....

..... [4]

[Total: 7]





- 8 The table shows the estimated number of girls taking part in association football matches in a country during 2017 and 2023.

2017	2023
669 000	779 000

Suggest reasons why there has been an increase in the number of girls taking part in association football matches in many countries of the world.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

- 9 Complete the table for each sporting example by stating the main type of respiration used and the equation to show how energy is released. Justify your answers for how the energy is released.

a basketball player jumping to rebound the ball.

type of respiration	
equation	
justification	

a cross-country runner running at a steady pace.

type of respiration	
equation	
justification	

[6]





10 The fine and gross continuum is a method used to classify skills.

- (a) (i) Describe an example of a skill that could be classified as a fine skill and a skill that could be classified as a gross skill in a game of cricket. Justify your answer for each skill.

fine skill

.....

.....

gross skill

.....

.....

[2]

- (ii) Identify **two** other skill classification continua.

1

2

[2]

- (b) Using a named physical activity, describe an example of each of the following characteristics of a skilled performance.

physical activity

aesthetically pleasing

.....

coordinated

.....

consistent

.....

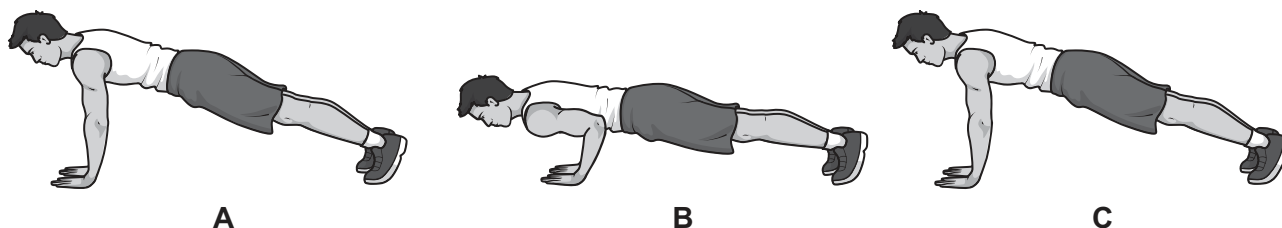
[3]

[Total: 7]





- 11 The diagrams **A**, **B** and **C** show a performer completing three stages of a press-up.



- (a) Circle the name of the main agonist muscle used during the downward phase of the press-up from diagram **A** to diagram **B**.

biceps

triceps

latissimus dorsi

hamstring

[1]

- (b) Identify the class of lever being used during a press-up at the elbow from diagram **B** to diagram **C**.

..... [1]

- (c) Name and describe the type of isotonic muscle contraction taking place in the agonist muscle at the elbow during the movement from diagram **A** to diagram **B** and from diagram **B** to diagram **C**.

A to B

type of muscle contraction

description

.....

B to C

type of muscle contraction

description

.....

[4]

[Total: 6]



12 (a) Explain the concept of force.

.....

..... [1]

The photograph shows cyclists during a track cycle race.



(b) Explain how **two** named forces act on the performance of the cyclist during the race.

force 1

explanation

.....

force 2

explanation

.....

[4]

[Total: 5]





13 (a) Describe differences between real risk and perceived risk.

.....

..... [2]

The photographs show beginners in two different physical activities.

swimming in a pool



rock climbing on a wall



(b) Describe a real risk and a different perceived risk in each activity.

swimming in a pool:

real risk

.....

perceived risk

.....

rock climbing on a wall:

real risk

.....

perceived risk

..... [4]

(c) Risks may cause a performer to suffer from anxiety.

Identify the **two** types of anxiety.

1

2

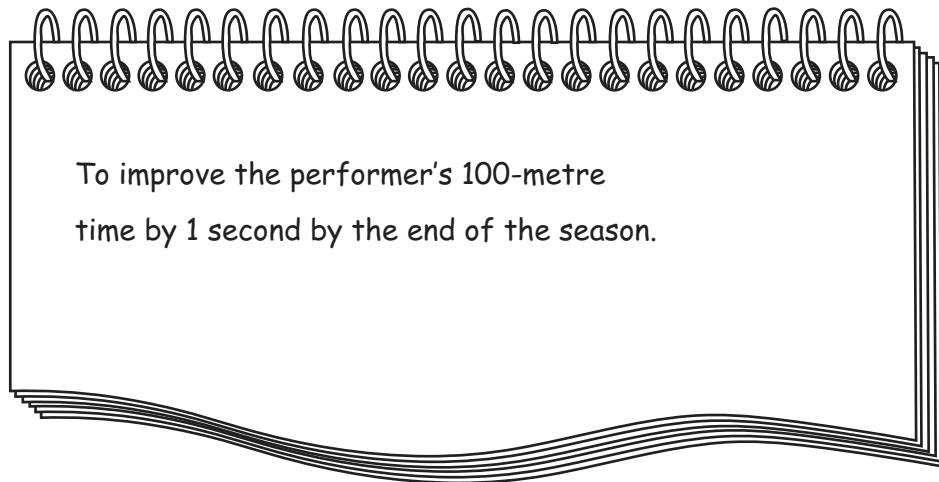
[2]

[Total: 8]



- 14 A young inexperienced performer joins a local athletics club and wants to train to run in sprint races.

The coach and the performer agree the following target and write it down:



- (a) Other than agreed and recorded, describe how the target meets **two** of the named SMARTER principles of goal setting.

principle 1

description

.....

principle 2

description

.....

[4]

- (b) During the season the performer may need extrinsic motivation to encourage them to work hard.

Describe **two** examples of extrinsic motivation that the performer could receive.

1

2

[2]

[Total: 6]





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