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PHYSICAL EDUCATION**0413/11**

Paper 1 Theory

October/November 2025**1 hour 45 minutes**

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

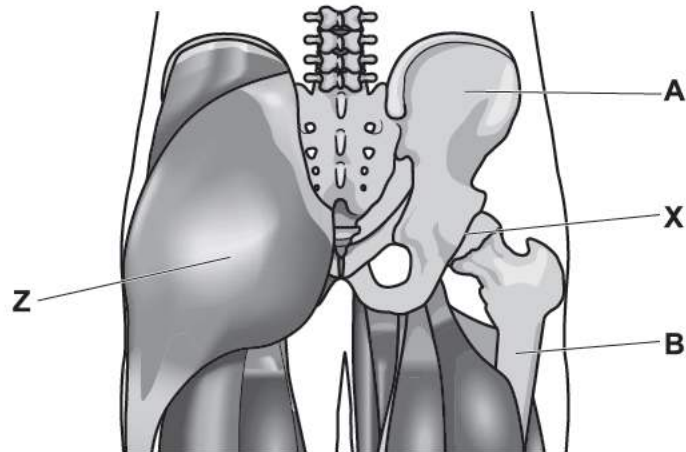
- Answer **all** questions.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- 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 **20** pages. Any blank pages are indicated.

- 1 The diagram shows part of the human skeletal and muscular system.



- (a) Identify the bones labelled **A** and **B** in the diagram. State the classification of each bone.

A

classification

B

classification

[4]

- (b) State the type of synovial joint labelled **X** in the diagram. Identify **three** types of movement that can occur at this joint.

type of synovial joint

type of movement 1

type of movement 2

type of movement 3

[4]

- (c) Identify the muscle labelled **Z** in the diagram.

..... [1]

[Total: 9]



2 The photograph shows a game of rugby union.



- (a) The skeleton plays an important role in protecting a player's organs during a game of rugby union.

Describe an example of how a named bone can protect a player's organs during a game of rugby union.

named bone

example

[2]

- (b) Identify **two** functions of the skeleton, other than protection. Suggest an example of how each function can be used by a player during a game of rugby union.

function 1

example

function 2

example

[4]





- (c) (i) Explain how appropriate footwear can help prevent injury to a player during a game of rugby union.

.....

.....

.....

..... [2]

- (ii) Other than footwear, suggest **two** different types of protective equipment that can help prevent injury to a player during a game of rugby union.

1

2 [2]

[Total: 10]



3 (a) Describe what is meant by a complex skill.

.....
 [1]

(b) The photograph shows a player shooting at goal in a game of water polo.



(i) Justify the following classifications for the skill of shooting at goal in a game of water polo:

open

 gross.
 [2]

(ii) Describe aerobic and anaerobic respiration. For each type of respiration, describe an example from a game of water polo of when it is used.

aerobic respiration

 example

 anaerobic respiration

 example
 [4]



4 State the type of motivation involved in each of the following examples:

a hockey player wanting to win the club's top goalscorer trophy

.....

a golfer wanting to improve their performance

.....

a gymnast wanting to receive the applause of spectators.

.....

[3]

5 The 12-Minute Cooper Run is a fitness test used by some performers to measure cardiovascular endurance.

(a) Describe cardiovascular endurance.

.....

..... [1]

(b) Describe why cardiovascular endurance is important for a performer in a named physical activity.

physical activity

why important

.....

[1]

(c) Skill-related activities are one phase of a possible warm up.

State the names of **two** other phases of a warm up. Suggest a specific example of how to carry out each of these named phases in preparation for the 12-Minute Cooper Run.

phase 1

example

.....

phase 2

example

.....

[4]



(d) The 12-Minute Cooper Run protocol involves running for 12 minutes.

Describe **two** other parts of the protocol for the 12-Minute Cooper Run.

1

.....

2

.....

[2]

[Total: 8]



- 6 (a) The photograph shows a dance coach with a group of dancers.



Describe how the coach may be using **two** named types of guidance.

type of guidance 1

how the coach may be using

.....

type of guidance 2

how the coach may be using

.....

[4]

- (b) (i) Describe an example of knowledge of results for a dancer.

.....

..... [1]

- (ii) Describe how knowledge of results may be used by a dancer to help improve their performance.

.....

..... [1]

- (iii) State a type of feedback that can never be given by a coach.

..... [1]



- (c) State **three** characteristics of a skilled performance, other than being coordinated. Describe an example from dance for each characteristic.

characteristic 1

example 1

.....

characteristic 2

example 2

.....

characteristic 3

example 3

.....

[6]

- (d) Use practical examples to suggest how a dancer uses each of the following components of fitness:

coordination

.....

power

.....

flexibility.

.....

[3]

- (e) Suggest **three** factors that can affect a dancer's participation.

1

2

3

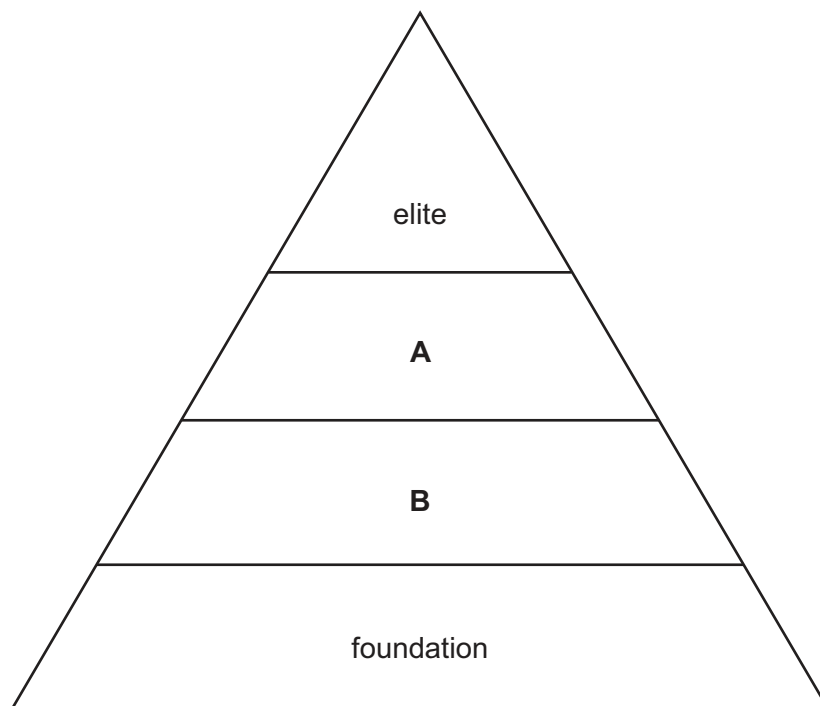
[3]

[Total: 19]





7 The diagram shows different levels of a pyramid.



(a) State the full name of the pyramid shown in the diagram.

..... [1]

(b) Identify the levels labelled **A** and **B** in the diagram.

A

B

[2]

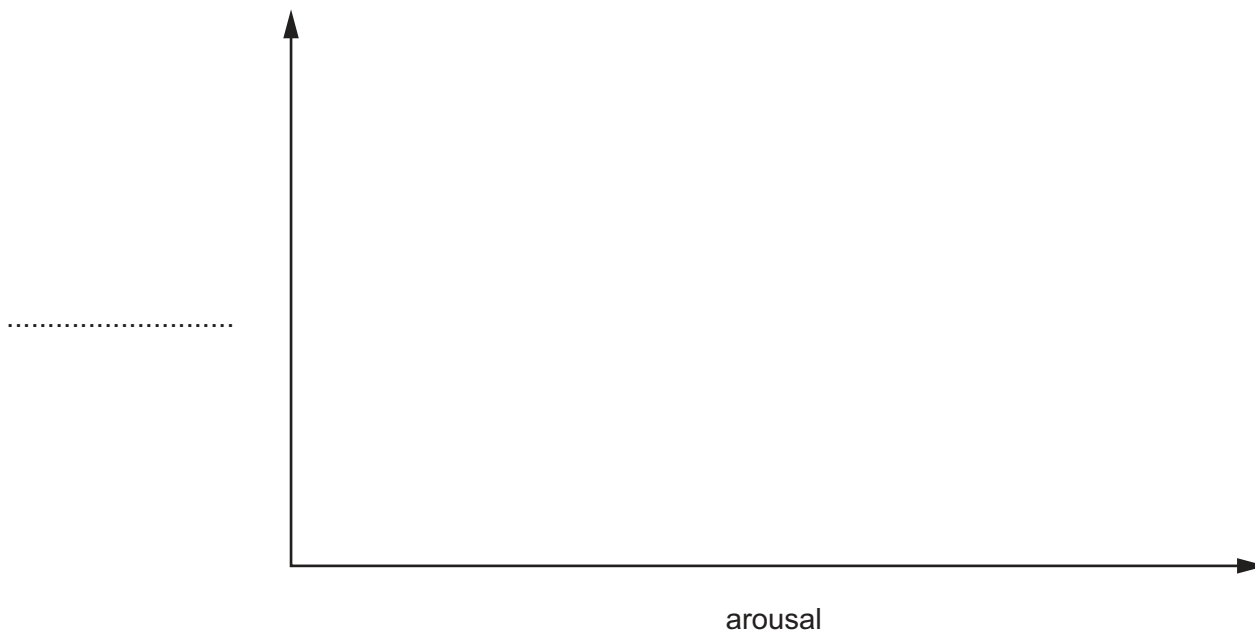
[Total: 3]



8 (a) The Inverted-U theory can be represented as a diagram.

Complete the diagram by:

- sketching the Inverted-U
- adding the missing label for the axis
- labelling the optimal level of arousal on the sketch.



[3]

(b) State the names of **three** relaxation techniques that can be used by performers to control their arousal levels.

1

2

3

[3]



- (c) Anxiety may affect a snowboarder's level of arousal. The photograph shows a snowboarder at the top of a slope.



- (i) Identify **two** types of anxiety a snowboarder may experience while at the top of a slope. Describe an example of each type of anxiety.

type of anxiety 1

example

.....

type of anxiety 2

example

.....

[4]

- (ii) Describe what is meant by real risk and perceived risk. Use examples from snowboarding to describe a different example of each type of risk.

real risk

.....

example

.....

perceived risk

.....

example

.....

[4]





(d) Suggest **four** strategies that may be used to reduce the risk and severity of injury, other than the use of appropriate footwear and protective equipment.

1

.....

2

.....

3

.....

4

.....

[4]

[Total: 18]



- 9 The photograph shows some workers building a new stadium for a global event.



Advantages of being a host nation for a global event include increased employment, new and improved stadia and training facilities.

Suggest **three** other advantages.

- 1
- 2
- 3

[3]



10 (a) The photograph shows a game of association football.

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Describe an example of how technology may be used by association football officials to make an accurate decision.

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

(b) Other than officials, suggest **two** groups of people that technology can impact on when it is used in a game of association football.

1
2 [2]

(c) Association football can be classed as either play or sport.

Describe **three** differences between play and sport.

1
.....
2
.....
3
..... [3]



11 Goal setting in sport should follow the SMARTER principles.

(a) State what the E stands for in the SMARTER principles of goal setting.

..... [1]

(b) Circle **one** word in each of the following lists to identify what the letter can stand for in the SMARTER principles:

letter A: **Action** **Agreed** **Application** **Arousal** **Assessment**

letter T: **Technique** **Testing** **Time-phased** **Training** **Type**

letter R: **Recovery** **Recorded** **Relationship** **Relaxation** **Respiration.**

[3]

(c) Suggest different ways a coach may apply each of the following SMARTER principles when setting a goal for a performer:

specific

.....

measurable

.....

realistic.

.....

[3]

[Total: 7]



12 (a) (i) Complete the sentence:

The WHO defines health as 'a state of complete physical, mental and social well-being and not merely the absence of disease or'. [1]

(ii) State what the letters in WHO stand for.

W..... H..... O..... [1]

(b) Some performers will choose to use PEDs, which can have negative physical health implications.

(i) State what the letters in PED stand for.

P..... E..... D..... [1]

(ii) Identify **one** type of PED. Suggest an expected effect that a performer hopes it has on their body.

type of PED

expected effect

[2]

(iii) Suggest **two** negative physical health implications of taking PEDs.

1

.....

2

.....

[2]

[Total: 7]









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