

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Candidate Number

Pearson Edexcel Level 1/2 GCSE (9–1)

Monday 3 June 2024

Afternoon (Time: 1 hour 15 minutes)

Paper
reference

1PE0/02

Physical Education
COMPONENT 2: Health and Performance

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **ALL** questions in Sections A, B and C.
- Answer the questions in the spaces provided – *there may be more space than you need.*

Information

- The total mark for this paper is 60.
- The marks for **each** question are shown in brackets – *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Answer ALL questions.

Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

SECTION A

Health, fitness, and wellbeing

- 1 (a) Which **one** of the following is essential for maintaining bone health? (1)

<input type="checkbox"/>	A Carbohydrates
<input type="checkbox"/>	B Macronutrients
<input type="checkbox"/>	C Minerals
<input type="checkbox"/>	D Protein

- (b) Which **one** of the following is the result of dehydration? (1)

<input type="checkbox"/>	A Lower resting heart rate
<input type="checkbox"/>	B Muscle tone
<input type="checkbox"/>	C Nausea
<input type="checkbox"/>	D Osteoporosis

(Total for Question 1 = 2 marks)

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2 Taking part in sport and physical activity can have physical, social and emotional health benefits.

Kamran has been training at his local club for his first marathon.

(a) Give **one example** of each type of health benefit for Kamran when training at his local club.

(i) Physical health

(1)

(ii) Social health

(1)

(iii) Emotional health

(1)

Kamran smokes cigarettes regularly.

(b) Explain **one** reason why smoking is a **disadvantage** to Kamran's marathon performance.

(2)

(Total for Question 2 = 5 marks)



P 7 5 4 4 4 A 0 3 2 0

3 **Figure 1** and **Figure 2** show an elite male and an elite female rugby player including their height and weight.



Height: 1.80 m
Weight: 80 kg

(Source: © PhotoStock10/
Shutterstock (ed))

Figure 1



Height: 1.80 m
Weight: 77 kg

(Source: © Vitalii Vitaleo/
Getty Images)

Figure 2

Explain **one** reason why the weight of the two players is different.

(2)

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(Total for Question 3 = 2 marks)



4 A balanced diet is made up of macronutrients, micronutrients, fibre and water.

One macronutrient is protein.

(a) State **one other** macronutrient.

(1)

(b) Protein is a key factor in the diet of an elite power athlete such as a discus thrower.

Explain why it is important for discus throwers to consider the **timing** of their protein intake.

(3)

(Total for Question 4 = 4 marks)



Answer ALL questions.

Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

SECTION B

Sport psychology and socio-cultural influences

- 6 **Figure 3** shows a gymnast receiving guidance from her coach.



(Source: © Rawpixel.com/Shutterstock)

Figure 3

- (a) Which **one** of the following is the correct type of guidance being given by her coach?

(1)

<input type="checkbox"/>	A Concurrent
<input type="checkbox"/>	B Intrinsic
<input type="checkbox"/>	C Manual
<input type="checkbox"/>	D Mechanical



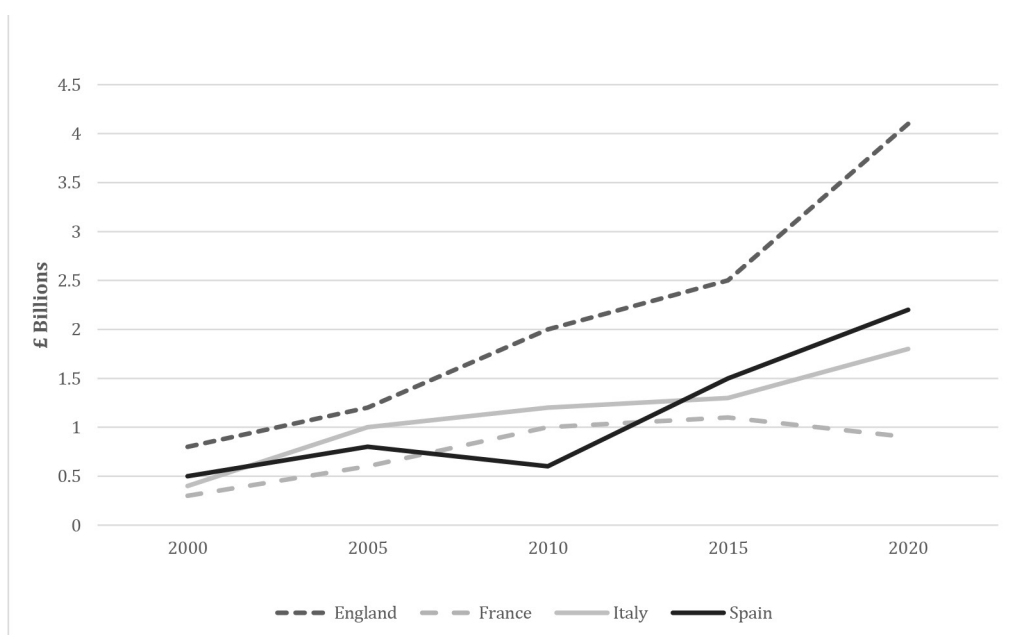
(b) Which **one** of the following is an example of a **high organisation** skill?

(1)

<input type="checkbox"/>	A Golf swing
<input type="checkbox"/>	B Front crawl swimming stroke
<input type="checkbox"/>	C Tennis serve
<input type="checkbox"/>	D Triple jump

For Questions 6(c) and 6(d) use Figure 4 to decide whether A, B, C or D is correct.

Figure 4 shows the revenue for four European football leagues between the years 2000 and 2020.



(Source: adapted from Deloitte)

Figure 4



(c) Which European League received the **largest** increase in revenue between 2000 and 2020 according to the data in **Figure 4**?

(1)

<input type="checkbox"/>	A England
<input type="checkbox"/>	B France
<input type="checkbox"/>	C Italy
<input type="checkbox"/>	D Spain

(d) Which European League received the **lowest** revenue in 2010 according to the data in **Figure 4**?

(1)

<input type="checkbox"/>	A England
<input type="checkbox"/>	B France
<input type="checkbox"/>	C Italy
<input type="checkbox"/>	D Spain

(Total for Question 6 = 4 marks)



P 7 5 4 4 4 A 0 9 2 0

7 Sporting skills are often classified using the open–closed continuum.

(a) Define the term **closed skill**.

(1)

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Figure 5 shows the sporting skill of a rugby tackle and **Figure 6** shows the open–closed continuum.



(Source: © Pearson Asset Library AL1282569)

Figure 5

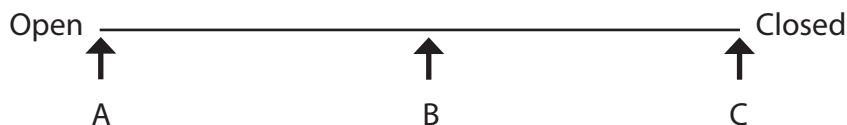


Figure 6

(b) Identify as A, B or C where the skill of rugby tackling would **most** likely be placed on the continuum shown in **Figure 6**.

(1)

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(c) Identify **one** practice structure that would be **most** relevant in developing **closed** skills.

(1)

(Total for Question 7 = 3 marks)



9 **Table 1** shows some quantitative data for three basketball players in a game.

	Yasmin	Tia	Victoria
Points scored	26	18	16
Assists	8	21	19
Rebounds	19	24	32
Steals	11	7	6
Blocks	4	7	5
Three-point goal percentage scored	20%	45%	40%
Free throw goal percentage scored	95%	90%	85%

Table 1

Analyse the data stating **two strengths** and **two weaknesses** of **Yasmin** compared to the other two players.

(i) Strengths

(2)

1

2

(ii) Weaknesses

(2)

1

2

(Total for Question 9 = 4 marks)



11 Commercialisation of sport has an impact on spectators.

Explain **one advantage** and **one disadvantage** of commercialisation of sport for the **spectator**.

(i) Advantage

(2)

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(ii) Disadvantage

(2)

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(Total for Question 11 = 4 marks)

12 Describe the difference between **deviance** and **gamesmanship**.

(2)

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(Total for Question 12 = 2 marks)



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(Total for Question 14 = 9 marks)

TOTAL FOR SECTION C = 9 MARKS
TOTAL FOR PAPER = 60 MARKS



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