



National  
Qualifications  
2024

**X856/76/11**

**Physical Education**

MONDAY, 22 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.



\* X 8 5 6 7 6 1 1 \*

## SECTION 1 — 32 marks

Attempt ALL questions

1. (a) (i) Describe **one** method used to collect information on emotional factors. 3  
(ii) Describe a **different** method used to collect information on emotional factors. 3
- (b) Describe **one** strength and **one** development need identified from the information collected in (a). 2
- (c) Explain **two** ways information collected for emotional factors could be used when planning a Personal Development Plan. 2
2. (a) Explain the **positive** impact mental factors could have on a team or group performance. 3
- (b) Explain the **negative** impact mental factors could have on the performance development process. 3
- (c) Describe **two** changes which could be made to a Personal Development Plan to address the **negative** impact of mental factors in (b). 2
3. (a) Describe **one** way progress could be recorded during a Personal Development Plan for social factors. 3
- (b) Explain the possible impact social factors could have on recording progress during a Personal Development Plan. 2
4. Explain the importance of monitoring throughout a Personal Development Plan for social factors. 4
5. (a) Identify **two** different types of feedback a performer could receive when developing physical factors. 2
- (b) Explain the importance of the following **three** considerations when using feedback to develop physical factors:
- (i) quantity of feedback 1
  - (ii) timing of feedback 1
  - (iii) accepting feedback. 1

## SECTION 2 — 10 marks

Attempt ALL questions

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

- |        |  |   |
|--------|--|---|
| 6. (a) | Describe two priorities you identified at the start of your PDP.         | 2 |
| (b)    | Describe one approach you used to improve one of your priorities in (a). | 4 |
| (c)    | Evaluate the approach you used in (b).                                   | 4 |

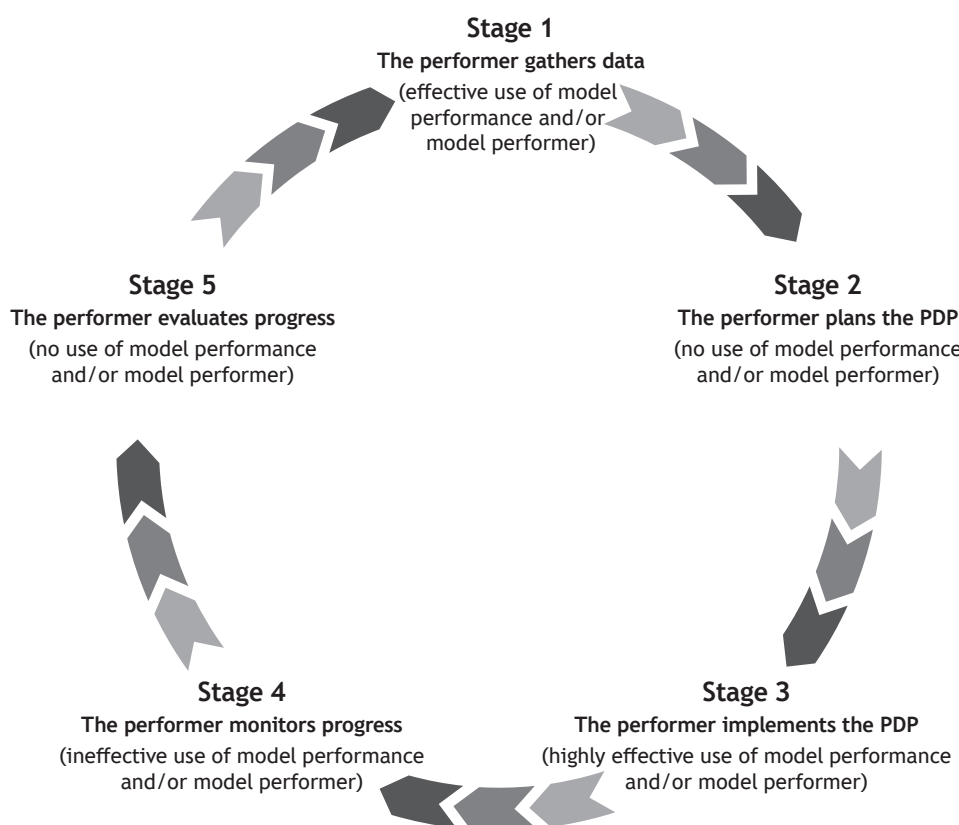
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## SECTION 3 — 8 marks

Attempt ALL questions

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

The diagram below highlights the use of a model performance and/or model performer during the performance development process for physical and emotional factors.



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

7. Describe the ways in which a model performance and/or model performer may have been used during the development of emotional factors. 2
8. Analyse the possible impact a model performance and/or model performer may have had on the performer's development of physical factors. 4
9. Explain the possible impact a model performance and/or model performer could have had if used at stages 2 and/or 5 to develop physical factors. 2

[END OF QUESTION PAPER]