



National  
Qualifications  
2025

**X856/76/11**

**Physical Education**

THURSDAY, 8 MAY  
9:00 AM – 11:30 AM

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**Total marks — 50**

**SECTION 1 — 32 marks**

Attempt ALL questions.

**SECTION 2 — 8 marks**

Attempt ALL questions.

**SECTION 3 — 10 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 <b>one</b> method used to collect quantitative information on physical factors.                                                             | 4 |   |
| (b)                                                                                                                                  | Describe a <b>different</b> method used to collect qualitative information on physical factors.                                                      | 2 |   |
| (c)                                                                                                                                  | Explain the reason(s) for using a <b>combination</b> of qualitative and quantitative information to identify development needs for physical factors. | 2 |   |
| 2. Explain the possible impact of:                                                                                                   |                                                                                                                                                      |   |   |
| (a)                                                                                                                                  | Social factors on mental factors.                                                                                                                    | 1 |   |
| (b)                                                                                                                                  | Social factors on emotional factors.                                                                                                                 | 1 |   |
| (c)                                                                                                                                  | Social factors on physical factors.                                                                                                                  | 1 |   |
| 3. (a) Describe <b>one</b> approach used to develop social factors.                                                                  |                                                                                                                                                      |   | 3 |
| (b)                                                                                                                                  | Evaluate the effectiveness of the approach described in (a).                                                                                         | 2 |   |
| 4. (a) Explain the positive impact emotional factors could have on the performance development process.                              |                                                                                                                                                      |   | 2 |
| (b)                                                                                                                                  | (i) Describe <b>one</b> short-term goal for emotional factors.                                                                                       | 1 |   |
|                                                                                                                                      | (ii) Describe <b>one</b> long-term goal for emotional factors.                                                                                       | 1 |   |
| (c)                                                                                                                                  | Explain <b>two</b> reasons for <b>resetting</b> goals for emotional factors.                                                                         | 2 |   |
| 5. Explain <b>two</b> development principles that could be considered when producing a Personal Development Plan for mental factors. |                                                                                                                                                      |   | 2 |
| 6. (a) Describe <b>two</b> types of feedback that could be used when developing mental factors.                                      |                                                                                                                                                      |   | 4 |
| (b)                                                                                                                                  | Explain what should be considered when receiving <b>and/or</b> giving feedback on mental factors.                                                    | 4 |   |

## SECTION 2 — 8 marks

Attempt ALL questions

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

- |    |     |                                                                                                                              |   |
|----|-----|------------------------------------------------------------------------------------------------------------------------------|---|
| 7. | (a) | Describe <b>one</b> strength and <b>one</b> development need you had for <b>one</b> factor at the start of your PDP.         | 2 |
|    | (b) | Describe <b>one</b> strength and <b>one</b> development need you had for a <b>different</b> factor at the start of your PDP. | 2 |
| 8. | (a) | Identify <b>two</b> changes you made to your PDP.                                                                            | 2 |
|    | (b) | Evaluate the impact of the changes identified in (a) on your performance development.                                        | 2 |

[Turn over

## SECTION 3 — 10 marks

Attempt ALL questions

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

The following tables show some of the required performance demands for:

- emotional factors within an **individual** activity
- social factors within a **team/group** activity.

Table 1

| required performance demands for emotional factors within an individual activity |                                       |
|----------------------------------------------------------------------------------|---------------------------------------|
| control of fear when under pressure                                              | control of anger when things go wrong |

Table 2

| required performance demands for social factors within a team/group activity |                                     |
|------------------------------------------------------------------------------|-------------------------------------|
| fulfilling role/responsibility for your performance                          | effective cooperation/communication |

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

9. (a) Analyse why these performance demands for emotional factors are required within an **individual** activity. 2
- (b) Analyse why these performance demands for social factors are required within a **team/group** activity. 2
10. (a) Describe **one** approach which could be used to develop these emotional factors for an individual activity. 4
- (b) Explain the importance of monitoring the use of the approach described in (a) when developing emotional factors. 2

[END OF QUESTION PAPER]