

X756/76/11

Physical Education

TUESDAY, 29 MAY 9:00 AM – 10:30 AM

Total marks — 40

SECTION 1 — 24 marks

Attempt ALL questions.

SECTION 2 — 16 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.





4

development plan for mental factors.

8

8

SECTION 2 — 16 marks

Read the scenario below and attempt the questions which follow.

A performer is injured whilst participating in an activity.

The injury stops the performer from taking part in any form of training, practice or the full activity for two months.

- **4.** (a) Describe the possible challenge(s) a performer may face when returning to training, practice and/or the full activity.
 - In your answer you must refer to physical factors **and** one other selected from mental, emotional or social.
 - (b) For each of the factors used in part (a), explain what a performer may consider important when planning and carrying out a performance development plan following a period of injury.

[END OF QUESTION PAPER]

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