

Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

I declare this is my own work.

GCSE

PHYSICAL EDUCATION

Paper 1 The human body and movement in physical activity and sport

Wednesday 22 May 2024

Afternoon

Time allowed: 1 hour 15 minutes

Materials

For this paper you must have:

- a ruler.

Instructions

- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 78.
- Questions should be answered in continuous prose. You will be assessed on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

For Examiner's Use	
Question	Mark
1 to 5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
TOTAL	



J U N 2 4 8 5 8 2 1 0 1

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Answer **all** questions.Do not write
outside the
boxOnly **one** answer per question is allowed.

For each question completely fill in the circle alongside the appropriate answer.

CORRECT METHOD



WRONG METHODS



If you want to change your answer you must cross out your original answer as shown.



If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.

**0 1**

What happens to the diaphragm during inhalation?

[1 mark]**A** It contracts**B** It extends**C** It expands**D** It remains the same**0 2**Which **one** of the following is the correct unit of measurement for the Illinois Agility Test?**[1 mark]****A** Centimetres**B** Levels**C** Metres**D** Seconds

0 2

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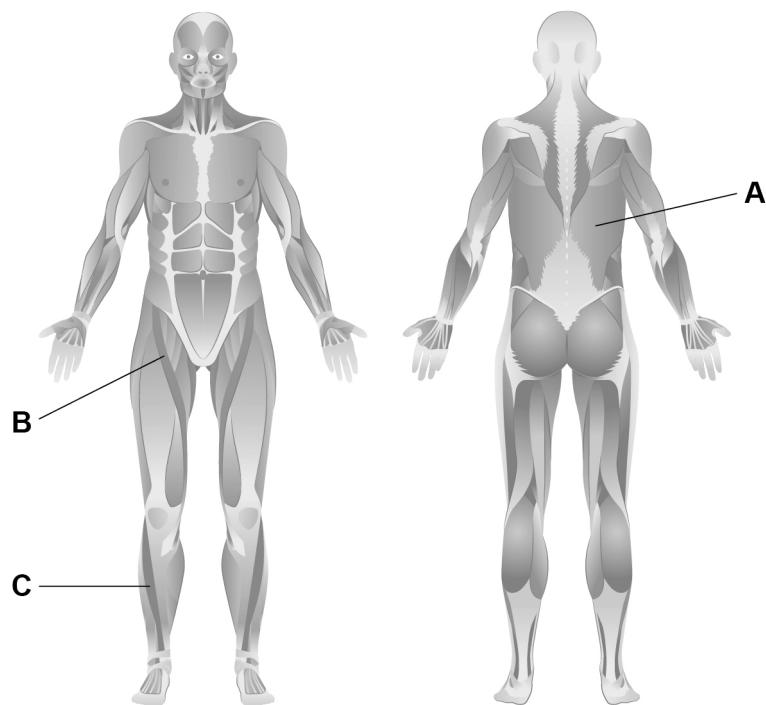
0 3Which **one** of these will air pass through immediately before entering the alveoli?**[1 mark]****A** Bronchi**B** Bronchioles**C** Mouth**D** Trachea**0 4**Which **one** of these is the maximum heart rate for a 14-year-old girl?**[1 mark]****A** 204**B** 206**C** 208**D** 210**0 5**Which **one** of the following would a netballer be **most** likely to take part in during the post-season?**[1 mark]****A** High intensity interval training**B** Light jogging**C** Netball fixtures**D** Passing drills**5**

Turn over ►



0 3

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0 6**Define health and fitness.****[2 marks]****Health****Fitness****2****0 7****Figure 1 shows muscles in the body.****Figure 1****0 7 . 1****Identify the muscles labelled A, B and C in Figure 1.****[3 marks]****A****B****C**

0 4

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0 7 . 2 Name **two** bones located at the head/neck.

[2 marks]

1 _____

2 _____

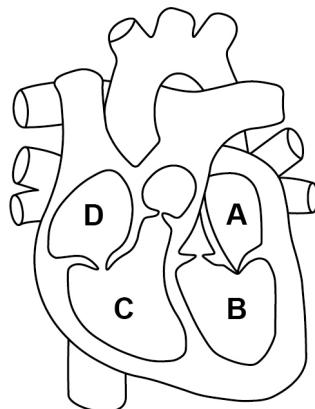
0 7 . 3 Explain how muscles **and** bones work to produce movement.

[3 marks]

8

0 8 **Figure 2** shows a diagram of the heart.

Figure 2



Name the **four** chambers labelled **A**, **B**, **C** and **D** in **Figure 2**.

[4 marks]

A _____

B _____

C _____

D _____

4

Turn over ►



0 5

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0 9

Explain how the function of arteries **and** veins in the cardiovascular system allows an athlete to complete a marathon.

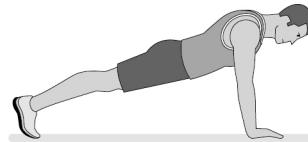
[4 marks]

Arteries _____

Veins _____

4**1 0**

Figure 3 shows an individual performing a push-up.

Figure 3**A****B**

Use **Figure 3** to help you answer **Questions 10.1 to 10.3**.

1 0 . 1

Identify the joint action taking place at the **elbow** during the **upward** phase (**A** to **B**) of the push-up.

[1 mark]**1 0 . 2**

Identify the main agonist at the **elbow** during the **upward** phase (**A** to **B**) of the push-up.

[1 mark]

0 6

1 0 . 3 Identify the type of isotonic muscle contraction taking place at the **elbow** during the **upward** phase (**A** to **B**) of the push-up.

[1 mark]

3

1 1 Rizwan is aiming to perform 40 push-ups.

Identify the type of muscular strength that Rizwan uses to perform 40 push-ups.

Justify your answer.

[3 marks]

Type of strength

Justification

3

1 2 . 1 Identify **three** components of fitness which can be improved using weight training.

[3 marks]

Question 12 continues on the next page

Turn over ►



1 2 . 2 State **three** ways to minimise the risk of injury when weight training.

[3 marks]

1 2 . 3 Discuss whether weight training is an effective type of training for games players.

[5 marks]

11



0 8

1 3 . 1 Define plantar flexion.

Give a sporting example.

[2 marks]

Definition _____

Example _____

1 3 . 2 Define adduction.

Give a sporting example.

[2 marks]

Definition _____

Example _____

—
4

Turn over for the next question

Turn over ►



0 9

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1 4**Define balance.***Do not write outside the box***Justify why balance is important for a football or hockey player.****[5 marks]****Definition** _____

Justification _____

5

1 0

IB/M/Jun24/8582/1

1 5

Milo is competing in a 1000m rowing race.

Table 1 shows his cardiac output in litres per minute (l/min) at rest and during the 1000m race.

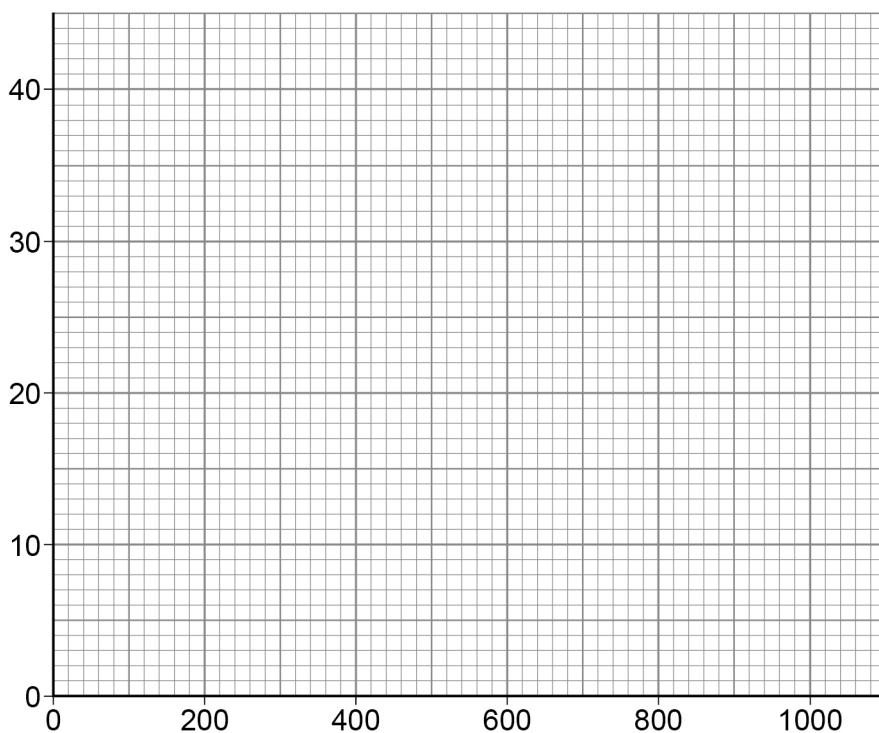
Table 1

Distance (m)	Cardiac output (l/min)
0	5
200	9
400	16
600	25
800	27
1000	32

Using the graph paper below:

- Draw a line graph to show Milo's cardiac output in litres per minute (l/min) at the start and during the 1000m rowing race.
- Label the axes.

[2 marks]



Turn over ►



1 | 6 . 1 Identify **three** short term effects of exercise.

[3 marks]

1 _____

2 _____

3 _____

1 | 6 . 2 A cool down and stretching are two ways to recover from vigorous exercise.

Explain **two other** ways to improve recovery from vigorous exercise.

[4 marks]

1 _____

2 _____

—
7



1 7

Javeria is an ice skater.

Do not write
outside the
box

Figure 4 shows Javeria performing a 360° twist (ice skating spin).

Figure 4



Identify the plane **and** axis of movement when Javeria performs the 360° twist.

[2 marks]

Plane _____

Axis _____

—
2

Turn over for the next question

Turn over ►



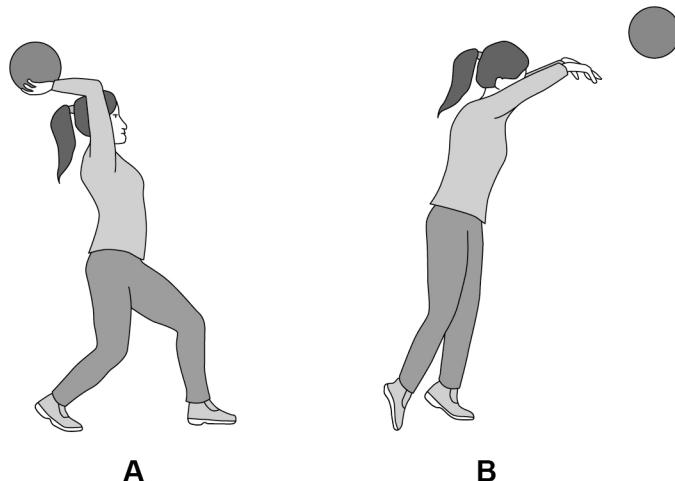
1 3

IB/M/Jun24/8582/1

1 8

Figure 5 shows a netball player in two different positions (**A** and **B**) as they perform a throw.

Figure 5



Use **Figure 5** to help answer the following questions.

1 8 . 1 Identify the class of lever system used at the **elbow** as it moves from **A** to **B**.

[1 mark]

1 8 . 2 Draw a fully labelled diagram to show the class of lever identified in **Question 18.1**.

[2 marks]

3



1 4

1 | 9

Analyse how different types of bones help an individual taking part in a sporting activity of your choice.

[6 marks]

Do not write outside the box

Extra space



2 | 0

Neil is a 52-year-old athlete who has had to overcome knee injuries in his long career.

He is due to compete in the over 50s triple jump world championships.

Evaluate the appropriateness of plyometric training for Neil.

[9 marks]



Do not write outside the box

Extra space _____

9

END OF QUESTIONS



There are no questions printed on this page

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outside the
box*

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**



1 8

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Question number	<p style="text-align: center;">Additional page, if required. Write the question numbers in the left-hand margin.</p>



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2 4 6 G 8 5 8 2 / 1



2 0

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