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School code

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School name

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Given name/s

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Family name

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Attach your
barcode ID label here

Book

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of

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books used

External assessment

Question and response book

Physical Education

Time allowed

- Perusal time — 15 minutes
- Working time — 120 minutes

General instructions

- Answer all questions in this question and response book.
- Planning paper will not be marked.

Section 1 (10 marks)

- 10 multiple choice questions

Section 2 (28 marks)

- 2 short response questions

Section 3 (24 marks)

- 1 extended response question



Section 1

Instructions

- Choose the best answer for Questions 1–10.
- This section has 10 questions and is worth 10 marks.
- Use a 2B pencil to fill in the A, B, C or D answer bubble completely.
- If you change your mind or make a mistake, use an eraser to remove your response and fill in the new answer bubble completely.

	A	B	C	D
Example:	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	A	B	C	D
1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Section 2

Instructions

- Write using black or blue pen.
 - Respond in paragraphs consisting of full sentences.
 - If you need more space for a response, use the additional pages at the back of this book.
 - On the additional pages, write the question number you are responding to.
 - Cancel any incorrect response by ruling a single diagonal line through your work.
 - Write the page number of your alternative/additional response, i.e. See page ...
 - If you do not do this, your original response will be marked.
 - This section has two questions and is worth 28 marks.
-

QUESTION 11 (8 marks)

Explain how training intensity would change over the course of each of the four training phases.

In your response, refer to how training zones and percentage of maximum heart rate (MHR) contribute to optimising performance at competition.

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b) Evaluate how training principles and energy systems are used to support the improvement of this component of fitness across the four-week training progression in Stimulus 1. Justify your response using the stimulus.

[15 marks]

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Section 3

Instructions

- This section has one question and is worth 24 marks.
 - Respond in 400 words or more.
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QUESTION 13 (24 marks)

Use Stimulus 2 in the stimulus book to evaluate which athlete is more suited to the physical activity you have participated in during Unit 4. Devise a three-session microcycle to develop the athlete’s components of fitness and energy system limitations to optimise their performance. Justify the design of your microcycle.

Selected physical activity: _____

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END OF PAPER

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ADDITIONAL PAGE FOR STUDENT RESPONSES

Write the question number you are responding to.

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