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Sample assessment 2020

Stimulus book

Physical Education



Queensland
Government



Queensland Curriculum
& Assessment Authority

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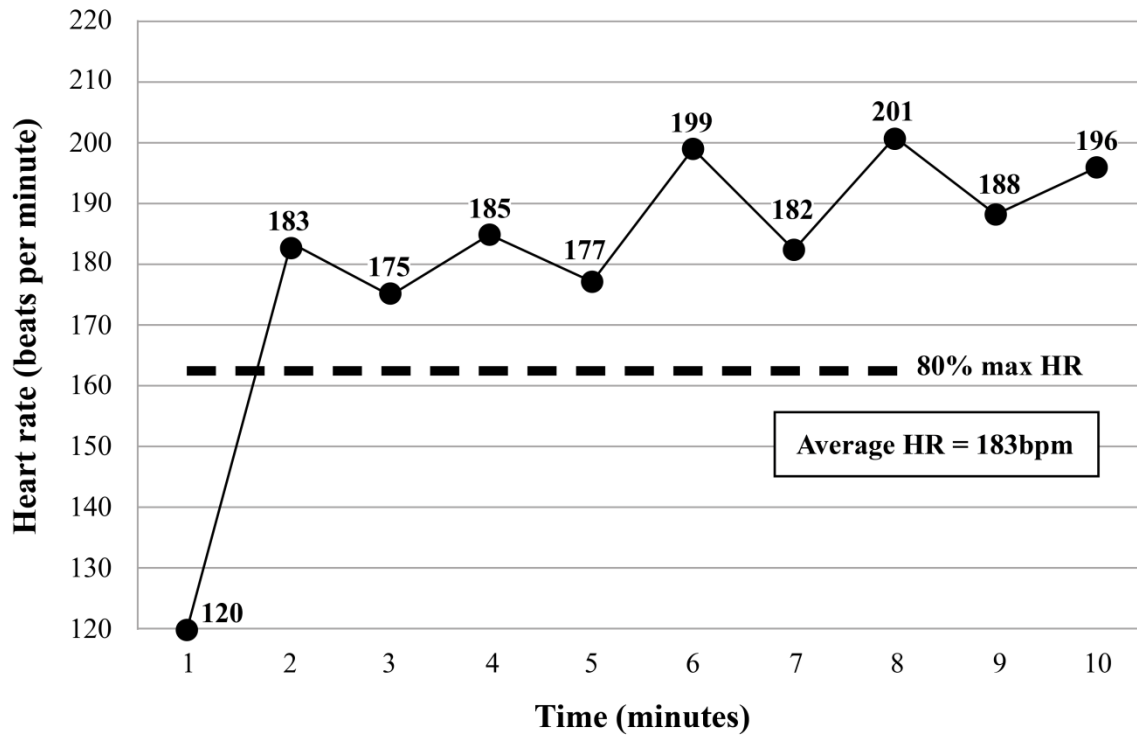
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Stimulus 1

A 17-year-old individual has collected personal performance data in a physical activity.

The data is represented in the graph and table below.



Sample intervals (seconds)	
Work	Rest
49	55
41	45
53	43
60	57
50	53
42	52

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Stimulus 2

An individual has been given the following training program to prepare for their upcoming championships.

Phases	Mesocycle focus	Microcycle	Training methods and intensity (%)
Preparation	<ul style="list-style-type: none"> maintaining base aerobic capacity maintaining base strength fitness testing 	1	1 continuous session (70%), 1 fartlek session
		2	1 continuous session (70%), 1 resistance session
		3	2 continuous sessions (70%)
		4	1 continuous session (70%), 1 resistance session, 1 fitness-testing session
Pre-competition	<ul style="list-style-type: none"> building aerobic capacity building strength building skill/technique 	5	1 continuous session (80%), 1 resistance session, 1 skills session
		6	1 fartlek session, 1 skills session, 1 resistance session
		7	1 resistance session, 2 continuous sessions (80%), 1 skills session
		8	1 resistance session, 2 fartlek sessions, 1 skills session
	<ul style="list-style-type: none"> enhancing aerobic capacity enhancing strength/speed enhancing skill/technique fitness testing 	9	2 continuous sessions (85%), 1 interval session, 1 skills session, 1 fitness-testing session
		10	2 fartlek sessions, 1 interval session, 1 resistance session, 1 skills session
		11	1 continuous session (85%), 1 resistance session, 2 interval sessions, 1 skills session
		12	2 continuous sessions (85%), 1 resistance session, 1 interval session, 1 skills session
Competition	<ul style="list-style-type: none"> maintaining aerobic capacity maintaining strength maintaining speed 	13	pre-championship event (1 day), 2 continuous sessions (85%), 1 interval session, 1 resistance session
		14	championships (4 days)
Transition	<ul style="list-style-type: none"> recovery rest maintaining base general fitness 	15	recovery week 1
		16	recovery week 2
		17	1 continuous session (60–70%), 1 skills session
		18	1 continuous session (60–70%), 1 skills session

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Stimulus 3

A training microcycle containing three training sessions is shown below.

Session 1	Conditioning phase <ul style="list-style-type: none">• 30 minutes of continuous exercise (70–80% intensity)
Session 2	Conditioning phase <ul style="list-style-type: none">• upper body<ul style="list-style-type: none">– bench press: 3 × 10 (60% maximum weight for one repetition)– lateral pulldowns: 3 × 10 (60% maximum weight for one repetition)– seated row: 3 × 10 (60% maximum weight for one repetition)– pull-ups or chin-ups: × 3 (body weight)– 1-minute recovery time between each set of repetitions• lower body<ul style="list-style-type: none">– calf raises: 3 × 10 (60% maximum weight for one repetition)– lunges: 3 × 10 (body weight)– 1-minute recovery time between each set of repetitions
Session 3	Conditioning phase <ul style="list-style-type: none">• set 1 (75–85 % intensity)<ul style="list-style-type: none">– 2-minute run/4-minute rest (active recovery)– 2-minute run/4-minute rest (active recovery)– 2-minute run/4-minute rest (active recovery)– 2-minute run/4-minute rest (active recovery)• set 2 (70–80 % intensity)<ul style="list-style-type: none">– 3-minute run/6-minute rest (active recovery)– 3-minute run/6-minute rest (active recovery)

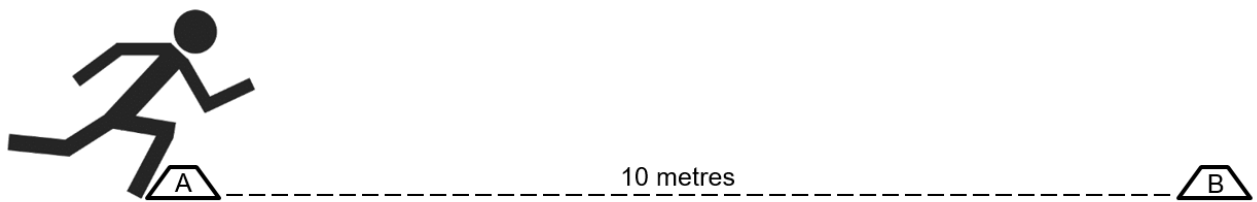
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Stimulus 4

A simple fitness test has been used to measure an individual's performance in fitness components and an energy system specific to their chosen event. The test consists of three 10-metre shuttle runs, performed at maximum speed and requiring the individual to run in a straight line between two markers A and B. The individual takes approximately 8–10 seconds to complete the fitness test in its entirety.

Fitness test instructions

Starting at marker A, the individual sprints to touch marker B, they turn and sprint to touch marker A, and then sprint back past marker B. The time for each lap is recorded as well as the total time.



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