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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 2021

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 (14 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"/>
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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.
-

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QUESTION 11 (14 marks)

The table shows gameplay data for an athlete for the first 15 weeks of the 25-week competition phase.

	Weeks 1–5	Weeks 6–10	Weeks 11–15
Distance run per game (km)	16	12.5	9
Playing time (minutes)	60	50	50
Errors per game	3	5	8

Training notes/comments

The athlete:

- completes all training sessions at a high level of exertion
- works on personally identified areas of fitness aimed at improving aerobic performance, in addition to team training
- presents on game days as fatigued and lethargic, producing progressively poorer performances throughout the season.

a) Identify the reason for the athlete’s declining performance during the competition phase. Support your response with four indicators from the information.

[5 marks]

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QUESTION 12 (14 marks)

Training session design

Warm-up:

- 1 km jog — low intensity (50% maximum heart rate (MHR))
- 5 minutes dynamic stretching

Session:

Repeat × 5, 1-minute rest between efforts:

- 1500 m run at 80% MHR, no rest (active recovery)
- 500 m run at 50% MHR, no rest (active recovery)

Cool down:

- 500 m walk
- stretches

- a) Determine the variation of interval training evident in the training session design.
Support your response with an example from the training session.

[2 marks]

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- b) Evaluate how effectively the training session targets the specific energy and fitness requirements of a physical activity you have studied in Unit 4.

Justify the maintenance or modification of the training session to meet the specific energy and fitness requirements of the selected physical activity.

[12 marks]

Selected physical activity (and position, if applicable): _____

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Section 3

Instructions

- This section has one question and is worth 14 marks.
 - Respond in 400 words or more.
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QUESTION 13 (14 marks)

Analyse the position-specific or event-specific components of fitness relevant to optimal performance in a physical activity you have studied in Unit 4. Determine which **two** components are the most important to ensure optimal performance.

Devise a **two-session** microcycle to optimise performance in a relevant specialised movement sequence in the selected physical activity context.

Justify the selected training methods, principles of training and recovery principles.

Selected physical activity (and position, if applicable): _____

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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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ADDITIONAL PAGE FOR STUDENT RESPONSES

Write the question number you are responding to.

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