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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 2022

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 (27 marks)

- 3 short response questions

Section 3 (20 marks)

- 1 extended response question



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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 three questions and is worth 27 marks.
-

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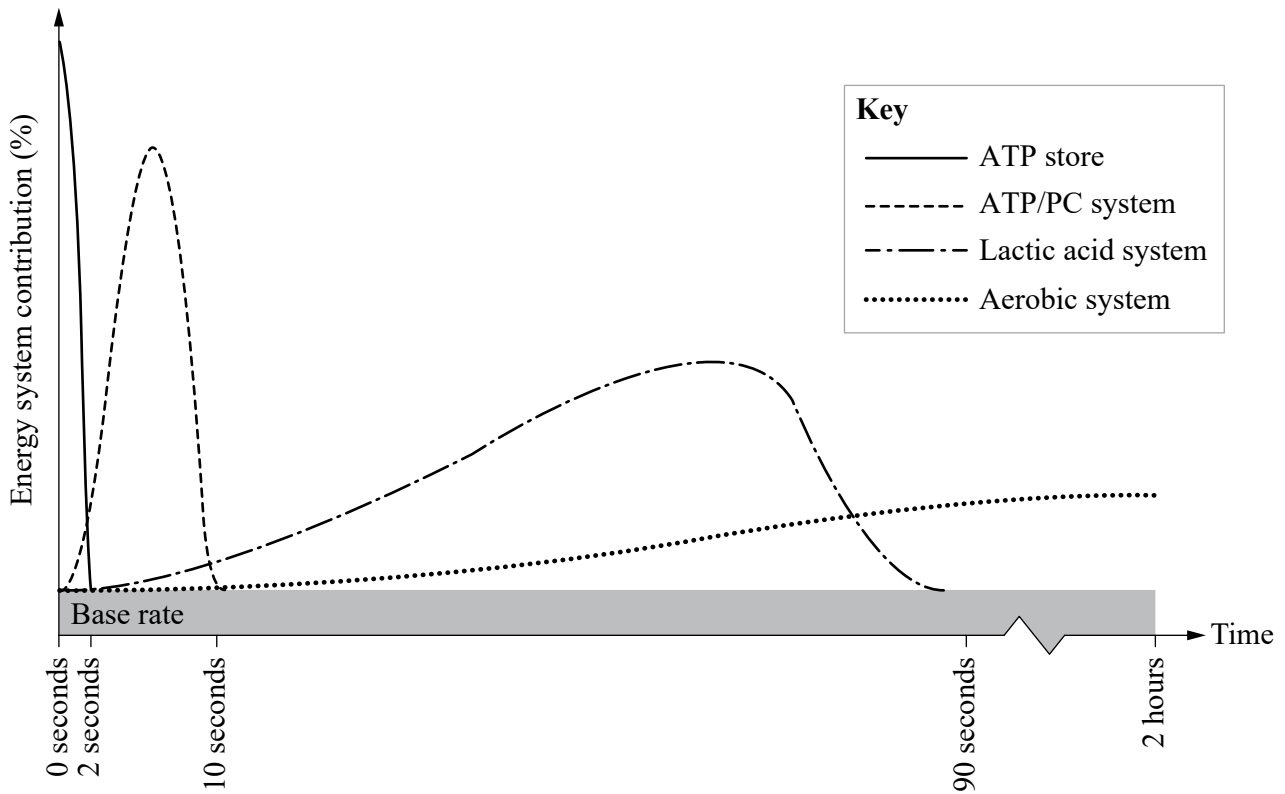
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QUESTION 13 (12 marks)

Explain the interplay that occurs between energy systems during physical activity. Use indicators from the graph to support your answer.

Identify three specialised movement sequences within a physical activity context and describe the connection of each sequence to a different energy system when optimising performance.



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Section 3

Instructions

- This section has one question and is worth 20 marks.
 - Respond in 400 words or more.
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QUESTION 14 (20 marks)

Analyse the tables to identify relevant components of fitness that the amateur athlete should focus on to optimise their competitive performance.

Devise two training sessions targeting the identified components of fitness. Apply the appropriate training methods and principles of training to both training sessions. Justify how the training sessions have been developed to complement the pursuit of optimal performance. Connect evidence from the tables and identified components of fitness in your response.

	Elite athlete	Amateur athlete
Minutes played	35	35
Total number of 0 to 10-second efforts (90% + MHR ¹)	6	12
Total distance covered in 0 to 10-second efforts	70 m	50 m
Total distance covered during physical activity	4.2 km	2.2 km
Average heart rate	150 BPM ²	170 BPM

Approximate heart rate ranges	
MHR range (%)	Heart rate (BPM)
40–50	81–101
51–60	102–122
61–70	123–142
71–80	143–162
81–90	163–182
91–100	183–203

-
- 1 maximum heart rate
2 beats per minute

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