



Year 9 End of Year Assessment Paper 2 – Fitness & Training Physical Education: 2022

Name:

Teacher: Miss. Dailly, Mr. Hanlon & Mr. Manu

Time allowed: **45 minutes**

- Students are to attempt all questions on the examination paper.
- Additional paper is available upon request.

Students will be assessed on:

AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

Total Marks available	/ 40	Teacher comment:
	%	
Level/Grade		

Student reflection

Time finished the Assessment (If you finish early note down when you finished) -



Questions

Q1. Which **one** of the following performers relies most heavily on a high level of cardiovascular fitness for success?

(1)

- A** 200m runner
- B** 400m runner
- C** 800m runner
- D** 1500m runner

Q2. The FITT principle is a principle of training.

Which part of the FITT principle overlaps with the principle of specificity?

(1)

- A** Type
- B** Time
- C** Frequency
- D** Intensity

Q3. Which **one** of the following methods of training is **least** likely to improve **both** aerobic and anaerobic fitness?

(1)

- A** Circuit
- B** Fartlek
- C** Cross
- D** Weight



Q4.

Target zones are used to make sure training is at the correct intensity.

Which line on the graph (Figure 2) shows the **upper** training threshold for a 20 year old?

(1)

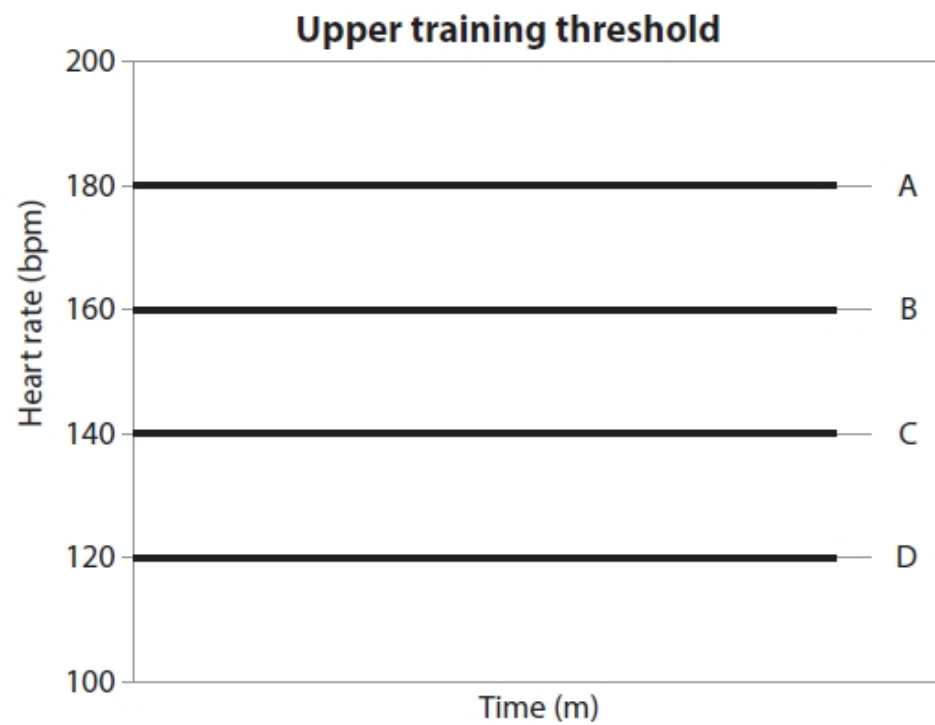


Figure 2

- A** Line A (90%)
- B** Line B (80%)
- C** Line C (70%)
- D** Line D (60%)

Q5. Ben and Jake are cross country runners. They both take part in a series of fitness tests. After completing the Harvard Step Test, Ben recovers to his resting heart rate quicker than Jake.

Give **one** reason why this may be a good test to assess fitness for cross country.

(1)

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Q6. Warm-ups are an important part of preparing for activity. Complete **Table 5** below by stating:

- (a) Two phases of a warm-up.
- (b) How each phase helps a performer prepare for their activity.

	(a) Phase	(b) How phase helps a performer prepare for their activity
1	(1)	(1)
2	(1)	(1)

Table 5

(Total for question = 4 marks)

Q7. Components of fitness help us to perform well in sport. Complete **Table 4** by:

- (a) Stating the component of fitness being described.
- (b) Giving a specific example of how the component of fitness is used in a sport of your choice.

Description	(a) Component of fitness being described	(b) Specific example of use in sport
The ability to exercise the entire body for long periods of time without tiring	(1)	(1)
The ability to change the position of the body quickly while maintaining control of the movement	(1)	(1)
The ability to retain the body's centre of mass above the base of support	(1)	(1)

Table 4

(Total for question = 6 marks)



Q8. Jango is 16 and trains regularly at an athletics club.

(a) Describe, using the Karvonen formula (simplified), how to calculate Jango's aerobic target zone.

(3)

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(b) State how the calculation would change when calculating Jango's anaerobic target zone.

(2)

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Figure 5 shows Jango's heart rate during a typical training session.

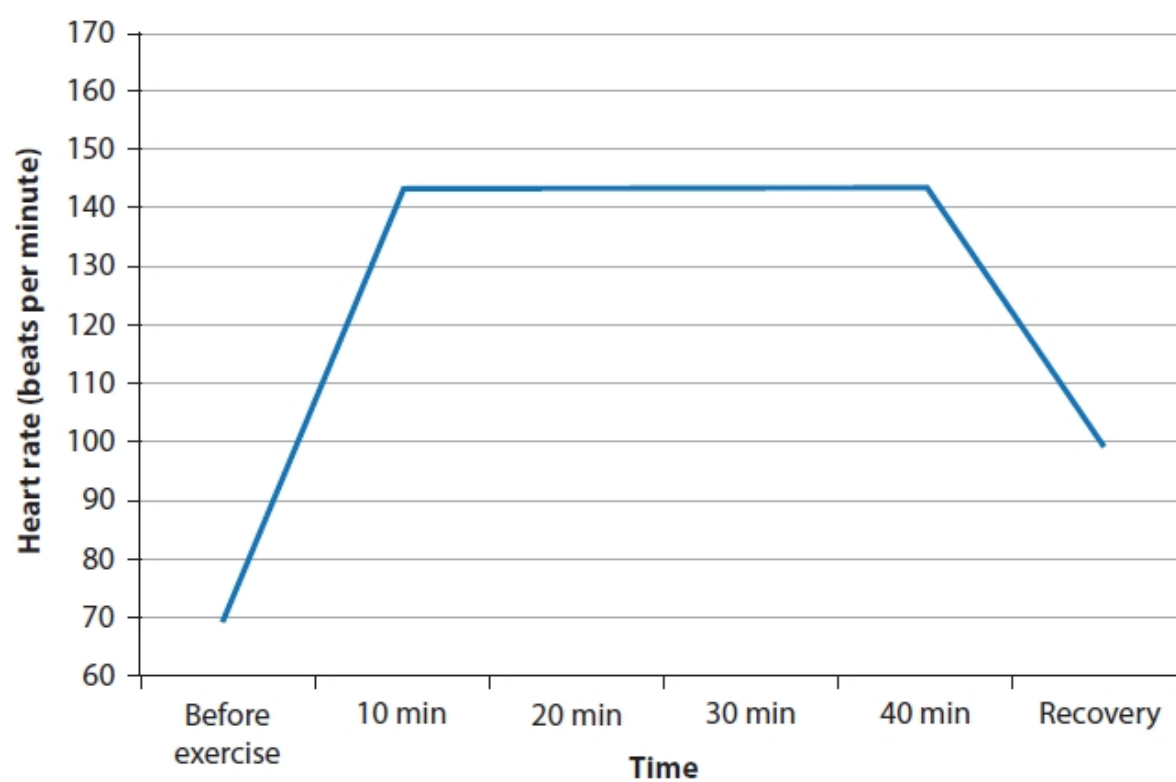


Figure 5

(c) Using Figure 5, explain whether Jango is training for an endurance or power event.

(4)

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(Total for question = 9 marks)



Q9. Maddie is a 15-year-old cross-country runner. She trains regularly for her event. An outline of one week of her training is shown in **Table 5**.

Day of week	Activity	Length of session
Sunday	Run at varying intensities through woodland	60 minutes
Monday	Rest	
Tuesday	Laps around the park varying her pace, running at 60% – 80% of her maximum heart rate	75 minutes
Wednesday	Rest	
Thursday	Run at varying intensities along the beach	60 minutes
Friday	Rest	
Saturday	X-country race	

Table 5

Use the information in **Table 5** to answer all parts of this question.

(a) Identify the training method Maddie is using in her training sessions.

(1)

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(b) State the component of fitness Maddie is training in these sessions.

(1)

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(c) Explain **two** principles of training Maddie has applied to her training sessions.

(2)

(i) Principle of training 1

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(2)



(ii) Principle of training 2

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(d) Give an example that shows how Maddie could apply the principle of progressive overload to one of her training sessions.

(1)

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(Total for question = 7 marks)



Q10.

Figure 9 shows a circuit.

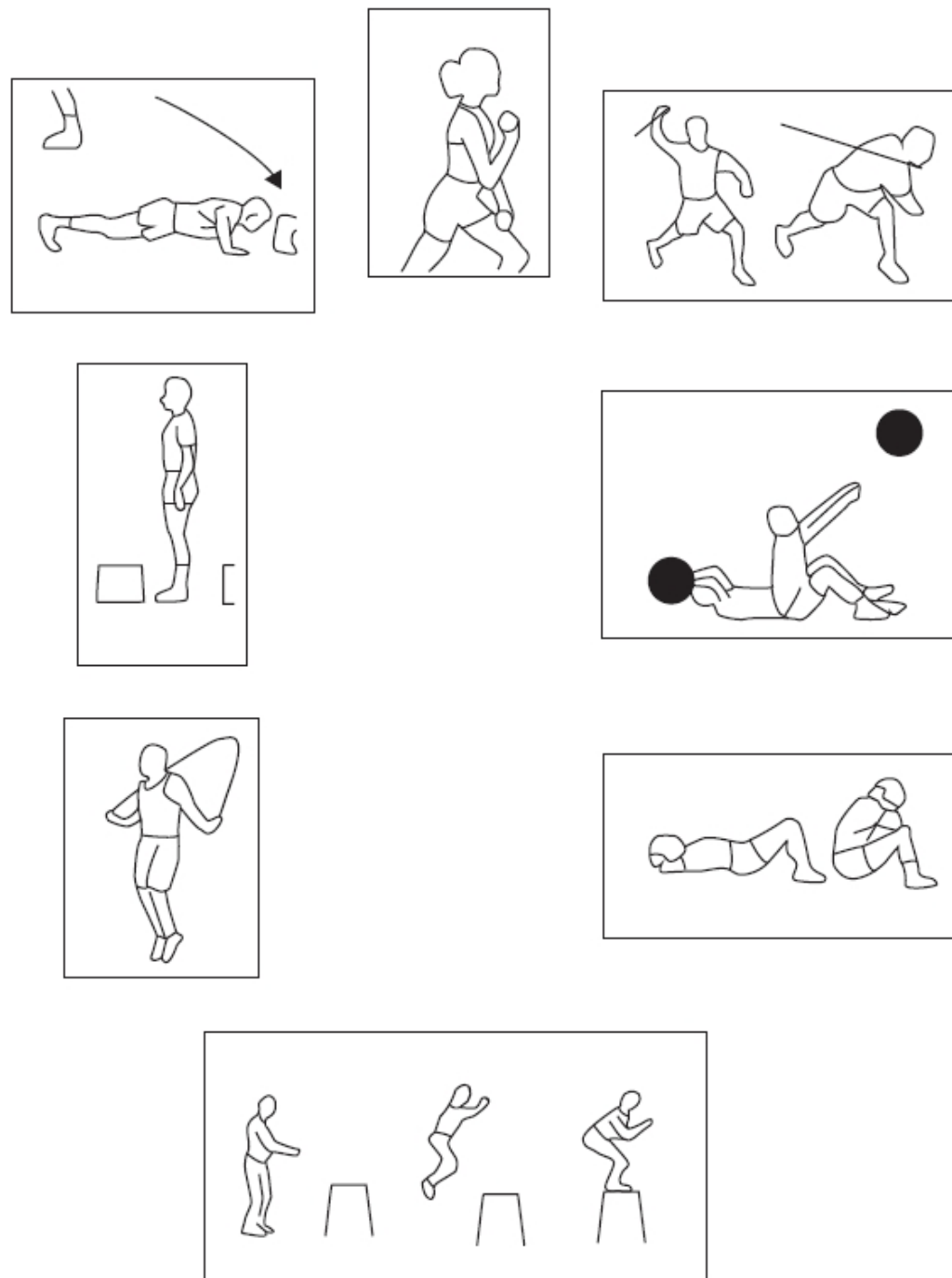


Figure 9

Padme wants to increase the distance she throws the javelin.

Discuss the suitability of the circuit shown in **Figure 9** to improve Padme's javelin performance.

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(Total for question = 9 marks)



End of Paper