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X856/76/11

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National Qualifications

2024

Physical Education

Monday, 22 April

Instructions to Candidates

Candidates should enter their surname, forename(s), date of birth, Scottish candidate number and the name and level of the subject at the top of their first answer sheet.

Attempt ALL questions.

Total marks — 50

SECTION 1 — 32 marks

SECTION 2 — 10 marks

SECTION 3 — 8 marks

You must clearly identify the question number you are attempting on your answer sheet.

Sources marked with an asterisk differ in some respects from those in the printed paper.

Marks are shown in square brackets at the end of each question or part question.

An owl in the margin indicates a new question.

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SECTION 1 — 32 marks

Attempt ALL questions

- ow 1. (a) (i) Describe one method used to collect information on emotional factors. [3 marks]
- (ii) Describe a different method used to collect information on emotional factors. [3 marks]
- (b) Describe one strength and one development need identified from the information collected in (a). [2 marks]
- (c) Explain two ways information collected for emotional factors could be used when planning a Personal Development Plan. [2 marks]
- ow 2. (a) Explain the positive impact mental factors could have on a team or group performance. [3 marks]
- (b) Explain the negative impact mental factors could have on the performance development process. [3 marks]
- (c) Describe two changes which could be made to a Personal Development Plan to address the negative impact of mental factors in (b). [2 marks]

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- ow 3. (a) Describe one way progress could be recorded during a Personal Development Plan for social factors. [3 marks]
- (b) Explain the possible impact social factors could have on recording progress during a Personal Development Plan. [2 marks]
- ow 4. Explain the importance of monitoring throughout a Personal Development Plan for social factors. [4 marks]
- ow 5. (a) Identify two different types of feedback a performer could receive when developing physical factors. [2 marks]
- (b) Explain the importance of the following three considerations when using feedback to develop physical factors:
- (i) quantity of feedback [1 mark]
- (ii) timing of feedback [1 mark]
- (iii) accepting feedback. [1 mark]

[End of Section 1]

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SECTION 2 — 10 marks

Attempt ALL questions

Refer to a Personal Development Plan (PDP) you have created and implemented.

Now 6. (a) Describe two priorities you identified at the start of your PDP. [2 marks]

(b) Describe one approach you used to improve one of your priorities in (a).
[4 marks]

(c) Evaluate the approach you used in (b). [4 marks]

[End of Section 2]

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SECTION 3 — 8 marks

Attempt ALL questions

Please read the scenario below and answer the questions that follow.

The process * below highlights the use of a model performance and/or model performer during the performance development process for physical and emotional factors.

- Stage 1 The performer gathers data (effective use of model performance and/or model performer)
- Stage 2 The performer plans the PDP (no use of model performance and/or model performer)
- Stage 3 The performer implements the PDP (highly effective use of model performance and/or model performer)
- Stage 4 The performer monitors progress (ineffective use of model performance and/or model performer)
- Stage 5 The performer evaluates progress (no use of model performance and/or model performer)

The process then starts again at Stage 1

You must refer to the information in the process * in your answers.

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- ow 7. Describe the ways in which a model performance and/or model performer may have been used during the development of emotional factors. [2 marks]
- ow 8. Analyse the possible impact a model performance and/or model performer may have had on the performer's development of physical factors. [4 marks]
- ow 9. Explain the possible impact a model performance and/or model performer could have had if used at stages 2 and/or 5 to develop physical factors. [2 marks]

[End of Section 3]

[END OF QUESTION PAPER]