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# **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)

• 3 short response questions

# Section 3 (16 marks)

• 1 extended response question



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# **Section 1**

# **Instructions**

- 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.
- Choose the best answer for Questions 1–10.
- 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	В	С	D			
Example:							

	A	В	С	D
1.	0			0
2.	0	$\bigcirc$		$\circ$
3.	0	$\bigcirc$		$\bigcirc$
4.	0	$\bigcirc$		$\circ$
5.		$\bigcirc$		$\bigcirc$
6.	0	0	0	0
7.	0	$\bigcirc$		$\bigcirc$
8.	0	$\bigcirc$		$\circ$
9.	0	$\bigcirc$		$\circ$
10.	0	$\bigcirc$		$\bigcirc$

Ensure you have filled an answer bubble for each question.

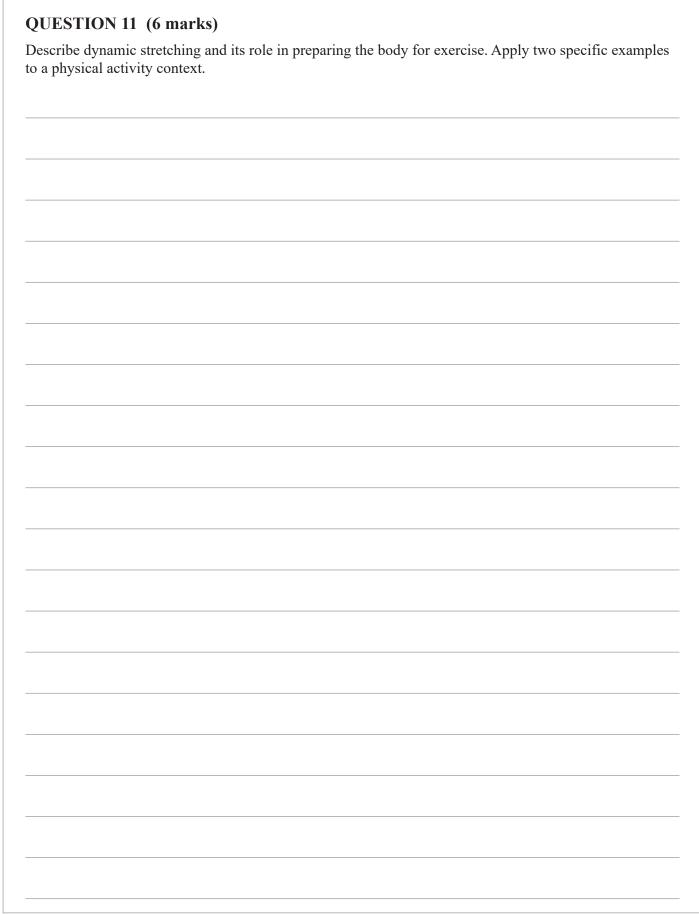
# **Section 2**

#### **Instructions**

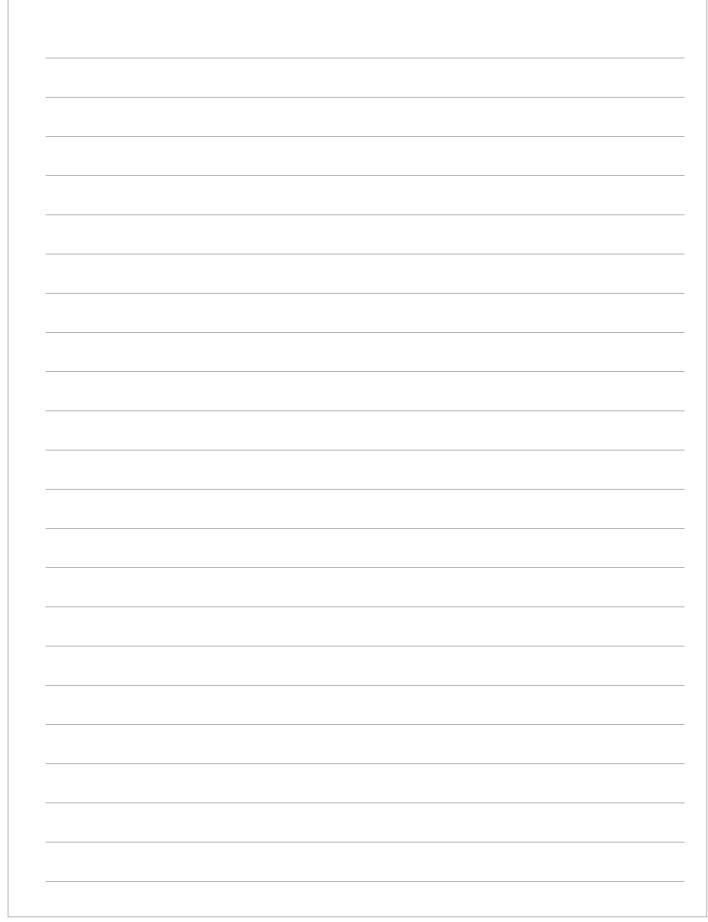
- Write using black or blue pen.
- Respond in paragraphs consisting of full sentences.
- If you need more space for a response, use the additional pages at the back of this book.
  - On the additional pages, write the question number you are responding to.
  - Cancel any incorrect response by ruling 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 28 marks.

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a)	Describe two contributions fitness testing makes in developing athlete training programs.	[4 marks]
b)	Demonstrate how the identified contributions in Question 12a) can be applied to specialised movement sequences in a position- or event-specific context of your choice.	[6 marks



# QUESTION 13 (12 marks)

	Annual training plan																							
Phases of training			Competition												Transition									
Sub-phases	Gene prepara	1					C	Pre- competition Cor					mj	pet	iti	tion				Transition				
1																								
1																								
I II	III	[																						

a)	Identify the labelled elements of the annual training plan.	[3 marks]
I.		
II.		
III.		
b)	Explain how the elements identified in Question 13a) contribute to targeting specific, or a series of, energy and/or fitness requirements within a designated timeframe.	[9 marks]



# **Section 3**

#### **Instructions**

- This section has one question and is worth 16 marks.
- Respond in 400 words or more.

# **QUESTION 14 (16 marks)**

Consider the one-week competition phase training plan.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM session	Interval training	D 4 - 1	Fartlek training	D4 -1	Interval training	Competition	D
PM session	Resistance training	Rest day	Circuit training	Rest day	Circuit training	day	Recovery

Select Monday, Wednesday or Friday from the training plan. Using the identified training methods for that day, develop two conditioning phase training sessions, specifically referencing specialised movement sequences within a physical activity that you have engaged with during Unit 4.

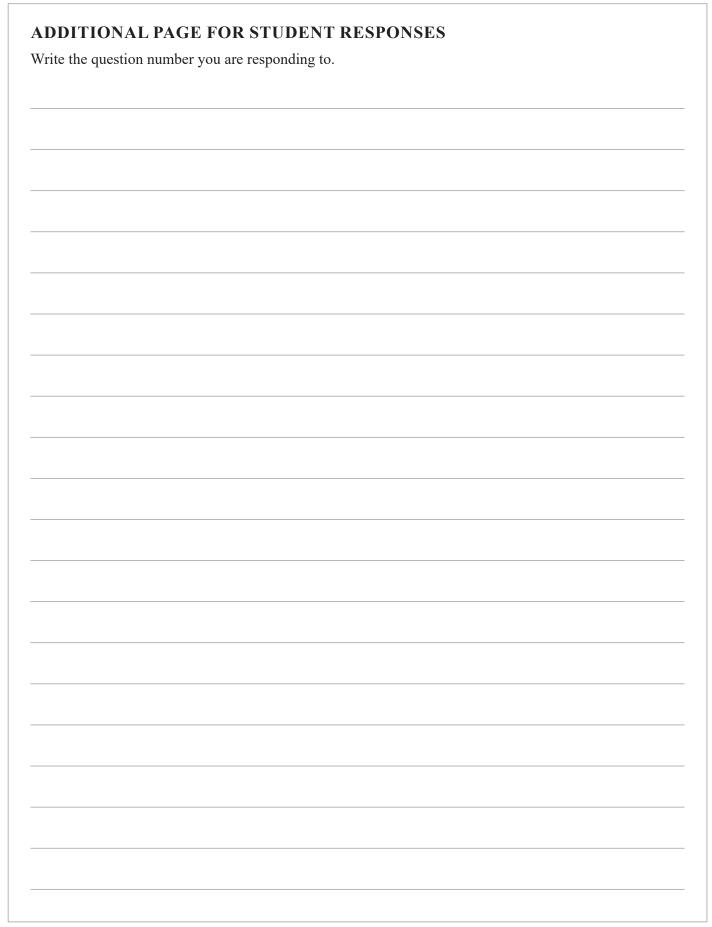
Justify by applying the features of the conditioning phase of a training session and the aims of the competition phase in your response.

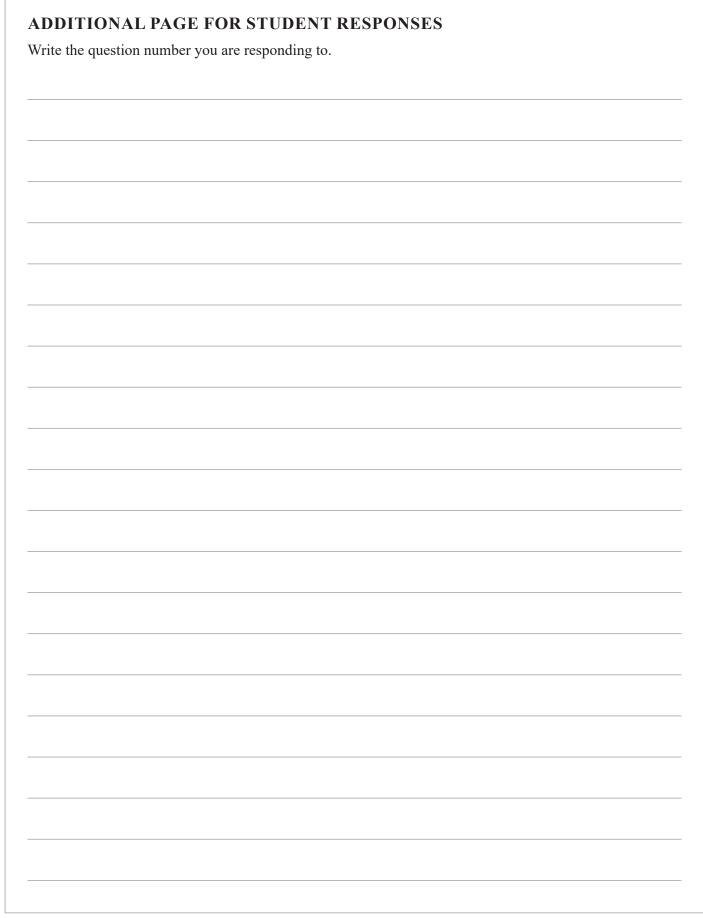
Selected day:
Corresponding training sessions for your selected day
AM session: PM session:
Physical activity context (position- or event-specific):











# References

### **Question 13**

Adapted from Figure 8.1 Division of an annual plan into its phases and cycles of training in Chiu, G 2017, 'Periodization of skill acquisition & performance', *GC Performance Training*, https://gcperformancetraining.com/gc-blog/skillperiodization.

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