

LUI

--	--	--	--	--	--	--	--	--	--

School code

--	--	--	--

School name

--

Given name/s

--

Family name

--

Attach your
barcode ID label here

Book

--

of

--

books used

External assessment 2023

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)

- 3 short response questions

Section 3 (16 marks)

- 1 extended response question



DO NOT WRITE ON THIS PAGE
THIS PAGE WILL NOT BE MARKED

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	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"/>

Ensure you have filled an answer bubble for each question.

Do not write outside this box.

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.
-

DO NOT WRITE ON THIS PAGE

THIS PAGE WILL NOT BE MARKED

Do not write outside this box.



A large rectangular box containing 25 horizontal lines for writing.

Do not write outside this box.





A large rectangular box containing 25 horizontal lines for writing.

Do not write outside this box.



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	Rest day	Fartlek training	Rest day	Interval training	Competition day	Recovery
PM session	Resistance training		Circuit training		Circuit training		

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): _____

Do not write outside this box.



A large rectangular box containing 25 horizontal lines, intended for writing.

Do not write outside this box.





A large rectangular box containing 20 horizontal lines for writing.

Do not write outside this box.



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>.



© State of Queensland (QCAA) 2023

Licence: <https://creativecommons.org/licenses/by/4.0> | Copyright notice: www.qcaa.qld.edu.au/copyright — lists the full terms and conditions, which specify certain exceptions to the licence. Third-party materials referenced above are excluded from this licence. | Attribution: © State of Queensland (QCAA) 2023