

# Example Questions - Analysis of performance GCSE PE

## Netball

### Analysis of Performance Questions

1. Devise a game to highlight footwork, catching and throwing,
2. Explain where each team member starts before the centre pass.
3. Briefly describe the role of 2 different positions e.g. where they may go what their main job is etc.
4. Describe a defensive tactic. Illustrate your answer if possible.
5. Devise a practice that would be good for a shooter and her defence.
6. What are the duties of an umpire?
7. With the aid of a diagram how would one execute 3-1-3 system in a zig zag and straight pattern of play?
8. Name some common injuries in play and how could they be prevented and treated.

### Observations and Analysis

1. Observe participant A and analyse their chest pass technique.

### Strengths and Weaknesses

2. Observe participant B - what are their strengths and weaknesses. How would you correct their weaknesses?
3. What are the progressions for the shoulder pass?

### PEP Improvements

4. PEP program improving cardiovascular fitness:
  5. What type of training method would you use? Continuous training  
How will this improve your overall performance in Netball? overall cardiovascular fitness... ability to keep on going throughout the game without the skill level decreasing
  6. Give an example of circuit training. Then state why this would be good for a netballer – allow them to improve speed, agility, strength and cardio-vascular fitness in one training session.

### Role of leaders

7. Explain the role of a coach? Motivate, performance analysis, team selection, plan trainings, safe teaching processes, competitions etc..
9. Explain the role of a captain – motivate, helping players on court, team talk in the absence of a coach
10. Explain the role of a manager – organise matches, ensure courts are available and let players know where to meet and what time etc.
11. Explain the role of an umpire – ensure safety, fair game, keep time, keep score.

# Example Questions - Analysis of performance GCSE PE

## Rugby

### Analysis of Performance Questions

1. Explain the rules of and teaching points to good passing in rugby.
2. Explain where each position stands on the pitch
3. Explain the role of 2 different positions e.g. their main job.
4. Explain the teaching points of tackling from behind, side and front (use diagrams)
5. Devise a practice to improve catching.
6. Name some common injuries in play and how could they be prevented and treated.

### Observations and Analysis

1. Observe participant A and analyse their passing technique.

### Strengths and Weaknesses

2. Observe participant B - what are their strengths and weaknesses. How would you correct their weaknesses, ie what practices would you use?

### PEP Improvements

3. You did a PEP improving cardiovascular fitness:
4. What type of training method would you use? Continuous training
5. How will this improve your overall performance in rugby? overall cardiovascular fitness... ability to keep on going throughout the game without the skill level decreasing
6. What methods of training would be most beneficial to rugby? Interval/fartlek (why?)  
Similar to a game scenario
7. Explain a training session for rugby using interval training.

### Role of leaders

Explain the role of a captain? Motivate, lead by example, tactical changes on pitch  
Explain the role of a coach? Motivate, tactics, team selection, plan trainings, manage  
Explain the role of a referee? Ensure safety, fair game, keep time, keep score.

# Example Questions - Analysis of performance GCSE PE

## Badminton

### Analysis of Performance Questions

1. What are the rules governing the serve (also receiving)
2. Explain what happens when players 'set'
3. Explain how to execute 2 shots, one attacking, one defending.
4. Explain 2 different formations in doubles play explaining the advantages and disadvantages.
5. You are playing in a hall that has a low ceiling. What are the disadvantages and how could you get round this.
6. Your opponent is a strong aggressive player what would be your game plan.
7. Name some common injuries in play and how could they be prevented and treated.

# Example Questions - Analysis of performance GCSE PE

## Table tennis

### Analysis of Performance Questions

1. List 3 requirements covering the server's free hand during the service.
2. State the correct umpiring decision when:
  - i) in a doubles match, the service, having bounced in the server's right hand court, passes over the net and lands on the centre line.
  - ii) for the first time, an umpire interrupts a rally to warn a player that his/her service was doubtful.
  - iii) the receiver of a good, wide serve returns the ball outside the net post to land on the opponent's side of the table.
  - iv) in reaching forward for a short ball, a player leans on his/her free hand on the table.
3. Give 3 characteristics of a good stance when waiting to receive service.
4. What is meant by a combination bat, state the rule which applies to a combination bat and what is the tactical purpose of using a combination bat?
5. Describe 3 different types of serve
6. State where your opponent would be in relation to the table if you chose to play a drop shot.
7. Give two points of good technique for the drop shot.

# Example Questions - Analysis of performance GCSE PE

## **Trampolining Questions**

### **Analysis of Performance Questions**

1. What is the recommended ceiling height for rec trampolining? 5m
2. What is the recommended ceiling height for comp. trampolining? 8m
3. Factors to consider re: positioning of a tramp? Away from walls, not under direct sunlight, not underneath beams
4. Safety rules for the participant? Jewellery, hair, listen to instruction, appropriate clothing, spotting, footwear
5. Main body shapes? Tuck, Pike and Straight
6. Seat drop, full twist to seat drop? Roller
7. Individual trampolining competitions.. how many form judges are there? 5
8. How many of the form judges marks are counted? 3
9. What do the judges mark? Height, Form and Travel

### **Observations and Analysis**

1. Observe participant A and analyse their straight bounce jumping technique.

### **Strengths and Weaknesses**

2. Observe participant B - what are their strengths and weaknesses. How would you correct their weaknesses
3. What are the progressions for teaching a front drop for the first time?

### **PEP Improvements**

4. PEP program improving cardiovascular fitness:
5. What type of training method would you use? Circuit  
How will this improve your overall performance in trampolining? Conditioning, strength and overall cardiovascular fitness... ability to keep on going
6. Give an example of circuit training?

### **Role of leaders**

7. Explain the role of a coach? Motivate, performance analysis, team selection, plan trainings, safe teaching processes, competitions etc..

# Example Questions - Analysis of performance GCSE PE

## **Dance Questions**

### **Analysis of Performance Questions**

1. What safety would you check before allowing someone to participate in a dance class?- jewellery, appropriate footwear, appropriate clothes, hair tied back, no chewing, work space is clear and dry, listen to instructions
2. What are some of the main considerations when choreographing a dance? Space, levels, motif etc
3. Name 3 dance moves and describe them
4. What would you be judged on in a dance competition?

### **Observations and Analysis**

1. Observe participant A and analyse their dance moves.

### **Strengths and Weaknesses**

2. Observe participant B - what are their strengths and weaknesses. How would you correct their weaknesses

### **PEP Improvements**

1. If you did a PEP to improve dance, what fitness components would you concentrate on?- muscular strength, power, flexibility
2. What type of training method would you use? Circuit
3. How will this improve your overall performance in dance? Conditioning, strength and overall cardiovascular fitness... ability to keep on going throughout routine without tiring. You could include any fitness components in the circuit.
4. Give an example of circuit training activities to improve the flexibility, strength and power?

### **Role of leaders**

1. Explain the role of a dance instructor? Motivate, performance analysis, choreography, training, safe teaching processes, competitions etc..
2. Explain the role of a judge in competitions – analyse performance and grade performers in order, according to a pre-defined model

# Example Questions - Analysis of performance GCSE PE

## **Football Questions**

### **Analysis of Performance Questions**

1. What should the referee check regarding equipment and safety before the game starts? Studs, Jewellery and Pads
2. When can a player not be offside? Throw in, Corner, Own half
3. When would a referee give an indirect free kick and how does he indicate? Obstruction, dangerous play, offside
4. Describe the term 'weighting the ball'
5. What has to happen at the Kick off for the game to start correctly? Pass forward
6. What is a tactical formation? 442 or 451
7. How far does an opposition player have to stand from a free kick or corner? 10yds
8. How far is the penalty shot to the goal line? 12 yards
9. Explain the different types of passes and their uses
10. Explain the technique for dribbling in football including at least 3 teaching points.
11. Describe the different techniques used when heading in a defensive position as opposed to an attacking position.
12. Dribbling and control skills are important explain why.
13. Choose a formation used in football e.g. 4-4-2 and give tactical reasons for this system of play.
14. When taking a penalty how would you decide on your approach to using power or accuracy to score.
15. Name some common injuries in play and how could they be prevented and treated.

### **Observations and Analysis**

Watch player A and analyse what you see in relation to their passing technique. What is their strongest foot?

### **Strengths and Weaknesses**

Watch player A for 2 minutes. Explain what you see regarding strengths and weaknesses. How would you correct his / her weaknesses ie. Practices

### **PEP Improvements**

You did a 6 week PEP program on improving your cardiovascular fitness.

8. How would this in turn improve your ability to play football (maintain high work rate/skill level throughout the game/more efficient)
9. What methods of training would be most beneficial to football? Interval/fartlek (why?)  
Similar to a game scenario.
10. Explain a training session for football using interval training.

### **Role of leaders**

Explain the role of a captain - Motivate, lead by example, tactical changes on pitch

Explain the role of a coach - Motivate, tactics, team selection, plan trainings, manage

Explain the role of a referee - maintain a safe and fair game.

# Example Questions - Analysis of performance GCSE PE

## **Basketball Questions**

### **Analysis of Performance Questions**

1. What should the referee check regarding equipment and safety before the game starts? Hair, jewellery, playing area, nets, backboards etc
2. Explain what happens if there is a foul. Eg free throws, scoring, free passes.
3. Describe the term 'weighting the ball'
4. Describe one tactical play.
5. Explain the back court rule.
6. Give 5 rules and explain them.
7. Explain the different types of passes and their uses.
8. Explain the technique for dribbling
9. Give the teaching points for the lay up.
10. Explain the scoring system.
11. Name some common injuries in play and how could they be prevented and treated.

### **Observations and Analysis**

Watch player A and analyse what you see in relation to their passing or dribbling or shooting technique?

### **Strengths and Weaknesses**

Watch player A for 2 minutes. Explain what you see regarding strengths and weaknesses. How would you correct his weaknesses ie. Practices

### **PEP Improvements**

You did a 6 week PEP program on improving your cardiovascular fitness.

12. How would this in turn improve your ability to play basketball (maintain high work rate/skill level throughout the game/more efficient)
13. What methods of training would be most beneficial to basketball? Interval/fartlek (why?) Similar to a game scenario
14. Explain a training session for basketball using interval training.

### **Role of leaders**

Explain the role of a captain - Motivate, lead by example, tactical changes on pitch

Explain the role of a coach - Motivate, tactics, team selection, plan trainings, manage

Explain the role of a referee – maintain a safe and fair game.

What other officials would there be? – Time keepers, scorers.



# Example Questions - Analysis of performance GCSE PE

## Rounders

### Analysis of Performance Questions

1. Devise a game to help practice throwing and catching,
2. Name all the fielding positions in the order they should bat.
3. Briefly describe the role of 2 different positions e.g. where they stand and what their main job is etc.
4. Explain the teaching points for a long pick up / short pick up / long barrier.
5. Devise a practice that would be good for batting.
6. What are the teaching points for batting?
7. Name some common injuries in play and how could they be prevented and treated.

### Observations and Analysis

1. Observe participant A and analyse their bowling technique.

### Strengths and Weaknesses

2. Observe participant B - what are their strengths and weaknesses. How would you correct their weaknesses?

### PEP Improvements

1. PEP program for rounders would probably improve power and speed. What type of training method would you use? Circuit training (why?) because it allows the performer to train their speed and power / strength and speed in the same training session
2. How will this improve your overall performance in rounders? More power in the deltoids + triceps will allow the performer to hit the ball harder and throw it harder. Better speed will allow them to run round the posts quicker and run to field the ball quicker.
3. Give an example of circuit training, including which activities you would use to improve the fitness components you need for rounders (above).

### Role of leaders

1. Explain the role of a coach? Motivate, performance analysis, team selection, plan trainings, safe teaching processes, competitions etc.
2. Explain the role of a captain – motivate, helping players on pitch, team talk in the absence of a coach
3. Explain the role of a manager – organise matches, ensure courts are available and let players know where to meet and what time etc.
4. Explain the role of an umpire – ensure safety, fair game, keep time, keep score.

# Example Questions - Analysis of performance GCSE PE

## Athletics

### Analysis of Performance Questions

1. Name the 3 areas of athletics and which 2 groups would these be divided into?
2. What are the teaching points for the shot put / discus / javelin / long jump / triple jump / high jump / sprint start / sprint race / middle distance race?
3. What practices would you set up to improve the long jump / triple jump?
4. What are the safety points to consider when teaching a group to do a throwing event?
5. Name some common injuries in play and how could they be prevented and treated.

### Observations and Analysis

1. Observe participant A and analyse their technique.

### Strengths and Weaknesses

2. Observe participant B - what are their strengths and weaknesses. How would you correct their weaknesses?

### PEP Improvements

1. If you wrote a PEP program for a sprinter, what would you improve? - power and speed. What type of training method would you use? Weight training and interval training (why?) weight training = power for start / interval training = speed
2. If you wrote a PEP program for a middle distance runner, what would you improve? – speed for the end of the race, cardio vascular endurance + muscular endurance to sustain technique throughout the event. What type of training method would you use? Continuous training = cardio vascular fitness + Fartlek training = for speed and cardiovascular fitness.
3. If you wrote a PEP program for a jumper, what would you improve? - power and speed. What type of training method would you use? Weight training and interval training (why?) weight training = power for take off / interval training = speed for run up
4. If you wrote a PEP program for a thrower, what would you improve? – power. What type of training method would you use? Weight training and circuit training
5. If you did circuit training for a thrower, what activities would you include, why?
6. If you did weight training for a sprinter, what activities would you include, why?

### Role of leaders

1. Explain the role of a coach? Motivate, performance analysis, team selection, plan trainings, safe teaching processes, competitions etc.
2. Explain the role of a captain – motivate, helping team members during the events
7. Explain the role of a manager – organise meets, ensure competitors know where to meet and what time etc.
8. Explain the role of a judge / officials – ensure safety, ensure the competition runs to time and that everyone has their allotted amount of turns. Ensure results are recorded.

# Example Questions - Analysis of performance GCSE PE

## Tennis

### Analysis of Performance Questions

1. What should the umpire check regarding equipment and safety before the game starts?
2. What is the height of the net? 3 ft
3. Is it in or out if the ball hits the line? In
4. What happens if the server hits the net but the ball bounces out of the service box?
5. When is the tie break used? Final set
6. What side of the court would you be serving from if the score was 40:30? Left
7. When you play a tie break, what do you play up to?
8. What are the teaching points of a forehand volley?
9. What are the teaching points of a serve?
10. What are the teaching points of a backhand drive?
11. Describe the area of play for a doubles game – whole court including the tramlines
12. Describe the area of play for a singles game – long and thin (no tramlines)

### Observations and Analysis

1. Observe participant A and analyse their technique.

### Strengths and Weaknesses

2. Observe participant B - what are their strengths and weaknesses. How would you correct their weaknesses, ie what practices would you use?

### PEP Improvements

1. You did a PEP improving cardiovascular fitness. How would this improve your ability to play tennis? overall cardiovascular fitness... ability to keep on going throughout the game without the skill level decreasing
2. What type of training method would you use? Continuous training
3. What method of training would be best for tennis? Interval (why) similar to the demands of tennis
4. Explain a training session for rugby using interval training.

### Role of leaders

Explain the role of a captain? Motivate, lead by example

Explain the role of a coach? Motivate, tactics, team selection, plan trainings, manage

Explain the role of an umpire? Ensure safety, fair game, keep time, keep score.