

**Surname:**

**First Name:**

**Current School:**



# **SHREWSBURY SCHOOL**

## **SIXTH FORM ENTRANCE EXAMINATION 2024 ENTRY**

### **PHYSICAL EDUCATION**

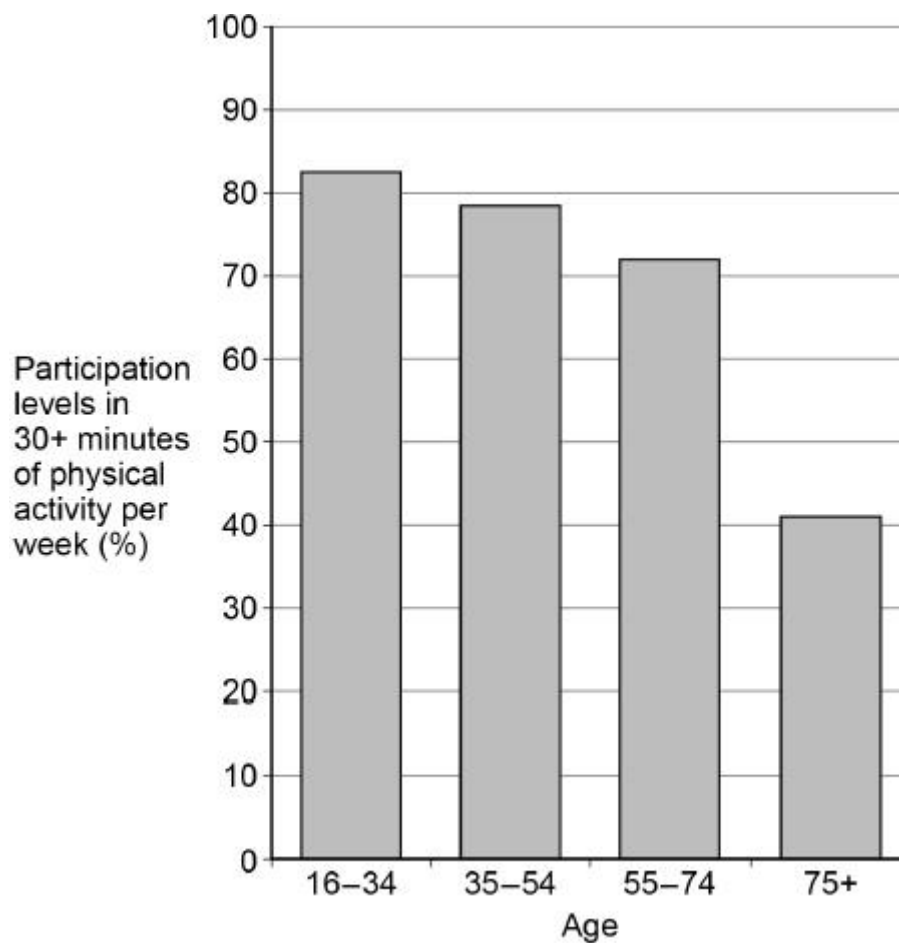
(1 Hour)

#### **Instructions to candidates:**

- Answer **Three** questions from the choices 1-6.
- Each question is worth 9 marks. Total marks available is 27.
- Answer in the booklet.

**Q1.**

The graph below shows the participation levels in physical activity of different age groups in England.



Using the above graph, analyse the reasons for the participation levels amongst the different age groups.

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**(Total 9 marks)**

**Q2.**

Nell is a 16-year-old who represents her county at both football and netball. She is undertaking an intensive training programme so that she can perform to her maximum potential.

Analyse the different methods that Nell could use to prevent injury and recover from vigorous exercise to optimise her performance.

[illegible]

**(Total 9 marks)**

**Q3.**

Sport has become commercialised due to its relationship with sponsorship and the media.

Evaluate the impact that the media and sponsorship have had on sports performers.

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**(Total 9 marks)**

**Q4.**

Jane has become increasingly inactive since she left school and started work in an office. She has recently been to see her doctor for a health check and she was classified as being obese.

Identify factors that could have caused Jane to become inactive and obese.

Justify your choices.

[illegible]

**(Total 9 marks)**

**Q5.**

Gary is a 44-year-old man who has recently decided to stop competing in basketball. He has suffered a number of injuries due to the intensive nature of the game. Gary has decided to take up road cycling in order to stay active. He plans to take part in competitions and has started a programme of continuous training to help him improve his performance in road cycling.

Evaluate the appropriateness of continuous training for Gary.

[illegible]

**(Total 9 marks)**

**Q6.**

Athletes use knowledge of training seasons, training zones and other factors to ensure that they are in peak condition for a major event, such as the Olympic Games.

Analyse how a 1500m runner would plan their training year before a major event.

[illegible]

**(Total 9 marks)**