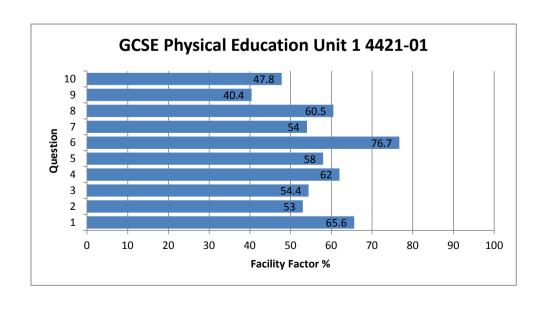


WJEC 2014 Online Exam Review

GCSE Physical Education Unit 1 4421-01

All Candidates' performance across questions

?	?	?	?	?	?	?
Question Title	N	Mean	S D	Max Mark	F F	Attempt %
1	6027	11.8	3.5	18	65.6	100
2	6027	7.4	2.7	14	53	100
3	6027	9.8	2.7	18	54.4	100
4	6027	2.5	1.3	4	62	100
5	6027	4.6	1.9	8	58	100
6	6027	6.9	2.3	9	76.7	100
7	6027	4.3	1.7	8	54	100
8	6027	5.4	2	9	60.5	100
9	6027	2.4	1.6	6	40.4	100
10	6027	2.9	1.2	6	47.8	100



10 Examiner Discuss the factors which have influenced **your** participation in sport/physical activity. [6] (d)



Discuss the factors which have influenced your participation in sport/physical activity Many factors have affected my purhcipition in sport. Friend, jamily, and age have been he briggest factors. When I wanted to join a knyo club in the kens lessure cente, but it only for the years plus and ony other kanyo clubs in my area. Fried Friends affected my publicipation of sport school as in year 7 one of my friend started hochey club, one day followed along and know I have never stopped playing. I belie that school has been one of the brygest factor that affected my perhapetim as it afford loads of different clubs through a institute eq and Sx60 - Family also affects my participation in sport sport, so I jound paral ger lills to clubs the bear lessine center and my Jamily Jound it hard to find for hit and equipment that I needed to perhiciple.

Discuss the factors which have influenced your participation in sport/physical activity Many factors have affected my publiphian in sport. Friend, jamily, and age have been he briggest factors. When I wanted to join a kango club in the being lessure center, but it only for the years plus and ony other kanyo clubs in my area. Fried Friends affected my publicipation of sport school as in year 7 one of my friend started howley dub, one day followed along and know I have never stopped playing. I belie that school has been one of the brygest factor that affected my perhapetim as it afford loads of different clubs through a inclines eq and Sx60 - Furnity also affects my policipation in sport in sport, so I found pand get lills to clubs he has lisere center and my Jamily Jound it had to find for hit and equipment that I needed to purhiciple.

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(d) Discuss the factors which have influenced your participation in sport/physical acti	vity [6]
The factors that influenced me in sport are	
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professional and helps with a safer environent.	aritie.
Also good coaches have influenced me because	
they can motivate you to do well and to	
be more committed. The weather has influence	d
me aswell because here in Britain we don't	
have any snow so I can't go string unlike	
people # in the Artic they cannot go and play	
rugby because there is no snow.	
However money has inthenced my	
participation in a bad way Most clube are just	(58)(514)
too expensive so I can't afford to attend	
them. Tradition has stopped me playing some	
sports like windowf because where I like	
it is traditional to play rugby and my	
family has brought me up to play it.	1157.55
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Examiner Discuss the factors which have influenced your participation in sport/physical activity The factors that influenced me in sport one the better facilities, it makes the experience more professional and helps with a safer environent. Also good coaches have influenced me because they can motivate you to do well and to be more committed. The weather has influenced me aswell because here in Britain we don't have any snow so I can't go string unlike people # in the Artic they cannot go and play rugby because there is no snow However money has influenced my participation in a bad way Most clubs are just too expensive so I can't afford to attend them. Tradition has stopped me playing some sports like windows because where I live it is traditional to play rugby and my family has brought me up to play it.

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(d) Discuss the factors which have influenced your participation in sport/physical activit [I
I have been influenced by many different pactors for my
participation in sport. I have been intrinsically motivated by
the want to improve and better myself, physically,
mentally and socially and get healthier. I also participate
because I enjoy sport and love to continue doing it. I
also do sport because I want to be the best that I
can be
However I have also been extrinsically motivated also
to do sport because of family, friends, teachers praise
to me. This allows me to know that I amobing great
I have also been notivated by the sense of trophies,
winning and fame, this makes me want to do more and
earn myself a better life. I also participate in sport
because any friends of it, this encourages me to impress
them and make them object my name. Finally I
participate in sport because my friends do it as well.
To conclude many factors have influenced me in
my participation in sport and will continue influencing
me throughout my life.

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(d) Discuss the factors which have influenced your participation in sport/physical activity.[6]
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them and make them others my name. Finally I
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my participation in sport and will continue influencing
me throughout my life.

e) Discuss the risks associated with a sedentary lifestyle.	[6]	Exa o



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(e) Discuss the risks associated with a sedentary lifestyle. [6]	Exam
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the body libe carrying shopping or run	
Hunring for a hus Olso you are Whaty	
to become obese and you could even	
get diabetes or artain concers which could	
result in death. B	
Or well as this you may become atreased	
or depressed or ever arkins in your	
life and by not doing everise you	
mon't be able to reduce that beging which	
could put strain or your health.	
Obso you may to not be able to neet new	
people or feel like you belong to construng.	
By exerciang you will have a happier	
life because it you look good then you	
f will feel good about yourself which	
will allow you to goin confidence.	
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Hurring for a hus. Olso, you are Waly		
to become obese and you could even		
get diabetes or artain concers which could)	
result in death. B		2
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or depressed or ever arkious in your		
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could put strain on your health.		
Obso, you may to not be able to next new		
people or feel like you belong to something.		
By exercious you will have a happier		
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will allow you to goin confidence.		
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Examiner only Discuss the risks associated with a sedentary lifestyle. (e) [6] \bigcirc 18





(e) Discuss the risks associated with a sedentary lifestyle.	[6]
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hey are burning of Their extenses mi	
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ne blocked.	
More and more people are being	ref
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Allso a sedentary person may not	
use his joints at it full range of motion	ΔΩ
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and not very flexible.	>0003000030000
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(e) Discuss the risks associated with a sedentary lifestyle.	Examiner
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they are burning of Their extenses mig)	N.X
clog up with chloresteral and this can	**********
have major consequences like a heart	- 1
attack take if your colonery ateries	·····
are blocked.	
More and more people are being	1.5
labelled as obese with a lot of exess un	engrit
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Also a sedentary person may not	eme eeu mac
use his joints at it full range of meltion	\$,,,,,,
ghen enough, so they will become stiff	
and not very steable.	
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Describe the IMMEDIATE EFFECTS OF EXERCISE on the body.	[6]



9.	Describe the IMMEDIATE EFFECTS OF EXERCISE on the body. [6]
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	body is muscle strain. Immediatly to your
	museles stort to nuch and when you also
	have exposen delat, honder on your knees.
	ocspine for air. Your heat colve would
	also go down a bit because it would be
	colner and slower after a very loop
	exercise your skine upon soon red because
	the blood it going to all the different
	muscles. You start to sweat a lot because
	you body is heeling \$ 40.
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Describe the IMMEDIATE EFFECTS OF EXERCISE on the body.	[6]
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body is muscle strain Immediatly,	事 Non
muscles stort to nurt and arche. 4	oslo us
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also go down a bit because it was	19 ps
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	Describe the IMMEDIATE EFFECTS OF EXERCISE on the body.
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	the body are you begin to sweat. You
	begin to sweat because your body opens
	The skins pour to allow moisture to come out,
	that cools down the skin, and then is
	evapourated which gets god of the heat
	energy mother munediate effect of
	exercise on the body is you become
	red in the face. This is because your
	capillerus become closer to the skins
	suiface so they can cool down They
	vasodilate you also become out of break
	because you need to re-pay oxygen
	debt, because now have use to much
	oxygen, more than your body could supply
	to repay oxygen debt att you just
	breath in
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Examiner only

	The immediate effects of exercise on
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	the body are you begin to sweat you
	begin to sweat because your body opens
	The skins pour to allow mother to come out,
	that cools down the skin, and then is
	evapourated which gets rid of the heat
	energy. Another munediate effect of
	exercise on the body is you become
	red in the face. This is because your
	capillerus become closer to the skins
	surface so they can cool down. They
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being because it makes their confidence go
The makes them feel better about about their body because they are improving it. It makes them feel better about themselves.
because they are getting out of the house and exercising.
being because it makes them meet new people when they go to clubs.
they want to improve. It makes them so to different places because of different places because



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0. "Taking p	part in physical activity can help a person's mental and social well-being." Discuss. [6]	
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Examine only

Taking part in physical activity can help a person's mental and social well-being. Discuss. [6]
Taking part in physical activity can help
a person's mental and social well-being
because, if you are taking part in
pysical activity you will become filter
and they that might make you feel
good about yourself. Also, taking part
in sport can take your mind of
alle Maries and at hully me els taking
other things, such as bullying etc taki-
ng part in physical activity can help
a persons social well-being because if
Shey are in a team. They will go
to competitions, games and events. Here
They will meet new people and make
friends. Also if you like sport and
you enjoy playing it then you
in feel good about what you are
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END OF PAPER

6



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10.	"Taking part in physical activity can help a person's mental and social well-being." Discuss. [6]
	Taking part in physical activity can help
	a person's mental and social well-being
	because, if you are taking part in
	pysical activity you will become filter
	and they that might mala you feel
	good about yourself. Also, taking part
	in sport can take your mind of
	other things, such as bullying etc taki-
	ng part in physical activity can help
	a persons social well-being because if
	They are in a team, they will go
	to competitions, games and events. Here
	they will meet new people and make
	friends Also if you like sport and
	you enjoy playing it then you
	will feel good about what you are
	doing

END OF PAPER

6



Examine

10.

"Taking part in physical activity can help a person's mental and social well-being." Discuss. [6]
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and social well being as other
taking part in a netrolly you metally
feel more confitch to your self because
you know that it you continue to
take part in physicall activities you
WILL become fitter and healthrer & a socially
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to make people torng the advirg and
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you also fort become mentally world
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if you wish or Fey as it you
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END OF PAPER 6



Examine

10.

"Taking part in physical activity can help a person's mental and social well-being." Discuss. [6]	only
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feel more confitent in your self because	
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