



# **SHREWSBURY SCHOOL**

## **SIXTH FORM ENTRANCE EXAMINATION 2018**

### **PHYSICAL EDUCATION** Suitable for ALL CANDIDATES (1 Hour)

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

- Answer **THREE** question from the choices 1 - 5
- Each question is worth 15 marks. Total marks available is 45.
- Answer on lined paper.

# ESSAY TITLES

15 marks are available for each question.

Write 3 essays from the following:

1. With reference to a name sporting activity, outline a type of training which would be appropriate to that activity/performer.
2. Using your knowledge of agility and reaction time evaluate the importance of these components of fitness for a games performer.
3. Table 1 shows the winning times of the men's 100 metres final from previous Olympic Games.

**Table 1**

<b>Year</b>	<b>Time completed (s)</b>
1952	10.40
1964	10.00
1976	10.06
1988	9.92
2000	9.87
2012	9.63
2016	9.81

Consider how commercialisation and technology have affected the 100 metres at the Olympic Games. Use the data in Table 1 to support your answer.

4. Improving participation in physical activity should deliver both health benefits and a positive impact on society. Analyse and evaluate this statement.
5. Discuss the impact of drugs in elite sport and why performers continue to take performance enhancing drugs.

PLEASE ENSURE THAT YOU HAVE NUMBERED YOUR ANSWERS AND  
PUT YOUR NAME ON ALL SHEETS OF PAPER