



# SHREWSBURY SCHOOL

## SIXTH FORM ENTRANCE EXAMINATION 2021

### PHYSICAL EDUCATION (Time: 1 Hour)

#### Instructions to candidates:

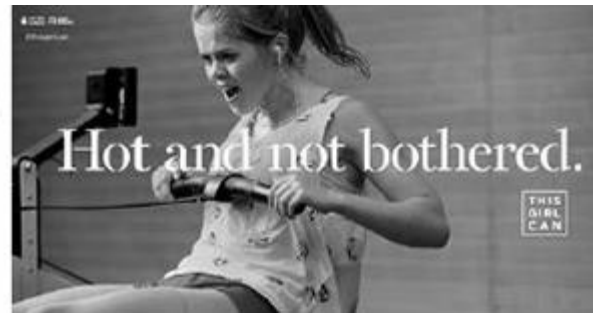
- Answer THREE question from the choices 1 - 6
- Each question is worth 15 marks. Total marks available is 45.
- Answer on lined paper.

## ESSAY TITLES

15 marks are available for each question.

Write 3 essays from the following:

1. Explain a thorough warm up a sportsperson could complete and how this could improve their performance in a named sport.
2. 'This Girl Can' is an example of a Sport England campaign that tries to increase female participation in sport by changing attitudes. The photographs below show two posters from this campaign.



Analyse how campaigns such as 'This Girl Can' might overcome barriers to female participation in sport and change attitudes.

3. Using examples, explain how technological developments could help a gymnast to improve their performance in gymnastics.
4. Explain how a balanced diet can help to improve an athlete's performance.
5. Raising participation in physical activity should deliver both individual health benefits and a positive impact on society.

Analyse and evaluate this statement.

6. Evaluate the importance of speed **and** muscular endurance for an elite long jumper.