Captivate
EDUCATION

Given name/s	
Family name	
Teacher	

Trial 1 external assessment 2027

Question and response book

Physical Education

SAMPLE

Time allowed

- Perusal time — 15 minutes
- Working time — 120 minutes

General instructions

- Answer all questions in this question and response book.
- Planning paper will not be marked.

Section 1 (10 marks)

- 10 multiple choice questions

Section 2 (28 marks)

- 3 short response questions

Section 3 (17 marks)

- 1 extended response question

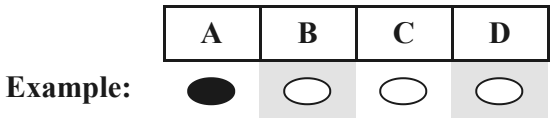
Practice material in the layout of the 2025 QCAA external assessment. Not a QCAA assessment.

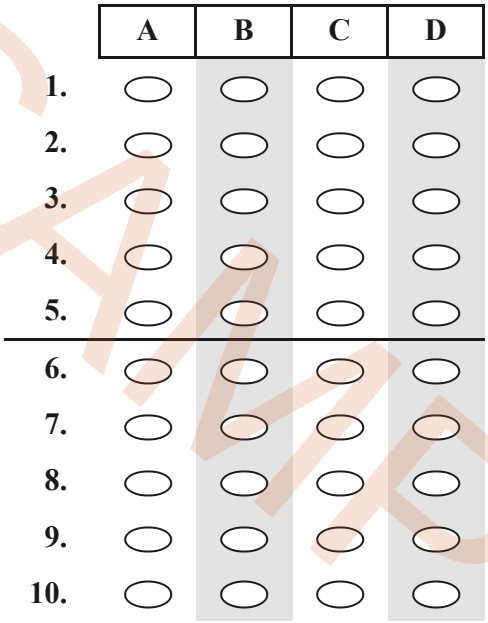
Sample pages only. Full paper and marking guide: captivateeducation.com.au/trial-exams/qce/physical-education

Section 1

Instructions

- This section has 10 questions and is worth 10 marks.
- Use a 2B pencil to fill in the A, B, C or D answer bubble completely.
- Choose the best answer for Questions 1–10.
- If you change your mind or make a mistake, use an eraser to remove your response and fill in the new answer bubble completely.





Ensure you have filled an answer bubble for each question.

SAMPLE

Do not write outside this box.

Section 2

Instructions

- Write using black or blue pen.
- If you need more space for a response, use the additional pages at the back of this book.
  - On the additional pages, write the question number you are responding to.
  - Cancel any incorrect response by ruling a single diagonal line through your work.
  - Write the page number of your alternative/additional response, i.e. See page …
  - If you do not do this, your original response will be marked.
- This section has three questions and is worth 28 marks.

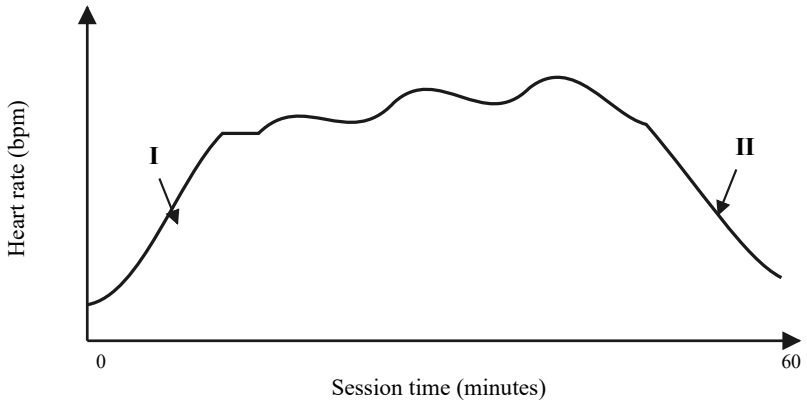
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SAMPLE

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QUESTION 11 (6 marks)

The graph shows an athlete's heart rate during a 60-minute training session.



a) Identify the feature of a training session occurring at I and at II. *[2 marks]*

I:

II:

b) Explain how the features identified in Question 11a) prepare the body for the conditioning phase and assist the body after it. *[4 marks]*

SAMPLE

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Physical Education marking guide and response

Trial 1 external assessment 2027 · 55 marks

Teacher copy – not for distribution to students.

Where a response does not meet any of the descriptors for a question or a criterion, a mark of '0' will be recorded.

SAMPLE

Marking guide

Multiple choice

Question	Response	Explanation
1	**B**	ATP is the direct and only immediate source of energy for muscular contraction. Glycogen (A) and creatine phosphate (C) are fuels used to *resynthesise* ATP, a very common confusion; lactate (D) is a by-product, not a fuel for contraction.
2	**C**	Near-maximal effort of ~55 seconds sits squarely in the lactic acid system's high-intensity, moderate-duration range. ATP–PC (A) is exhausted within ~10 seconds; aerobic (B) dominates only at sub-maximal, longer durations; (D) reflects the misconception that the systems contribute equally rather than by interplay.
3	**A**	In RAMP, "prepare" is achieved by incorporating dynamic stretching. Static stretching (B) is a cool-down/flexibility device; (C) and (D) describe cool-down aims — the classic warm-up/cool-down swap.
4	**D**	The current syllabus periodisation order is preparatory → pre-competition → competition → transition. The distractors reorder the phases plausibly (e.g. placing transition first as "off-season").
5	**B**	High repetitions, low-moderate load, short rest and controlled speed prescribe muscular endurance. Strength (A) would use heavy load and low repetitions; power (C) heavy-moderate load moved explosively with long rest; flexibility (D) is not trained with sets/reps/load prescriptions of this kind.

6	**A**	An 800 m run (~2 minutes) draws on all three systems with the aerobic system contributing the majority and the lactic acid system a substantial share — 10/30/60 is the best fit between the sprint and marathon rows. (B) reverses the pattern, (C) matches a much longer event, (D) overweights the anaerobic systems.
7	**C**	The plateau in oxygen uptake despite increasing intensity defines VO2 max. The lactate threshold (A) occurs earlier, on the rising part of the curve; cardiac output does not decline at X (B); the ATP–PC system (D) cannot be the main provider during prolonged incremental work.
8	**D**	Tailoring load to each athlete's own results is individuality. Specificity (A) concerns matching training to the activity's requirements, not the person; the scenario mentions neither varied activities (B) nor progressively increased load (C).
9	**A**	Active recovery maintains gentle movement to assist waste-product removal and overcome fatigue. (B) confuses recovery with overload; (C) and (D) are warm-up (activate/mobilise) and flexibility-training aims respectively.
10	**B**	Agility = change direction with control; power = exert force rapidly; muscular endurance = repeated contractions; speed = cover distance quickly. (A) scrambles all four; (C) swaps power for strength (force rapidly vs maximal force); (D) swaps agility for flexibility.

Short response

Question 11 (6 marks)

a) Identify the feature of a training session occurring at I and at II. [2 marks]

Sample response	The response:
I: The warm-up phase of the training session. II: The cool down phase of the training session.	• correctly identifies I as the warm-up **[1 mark]** • correctly identifies II as the cool down **[1 mark]**

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b) Explain how the features identified in Question 11a) prepare the body for the conditioning phase and assist the body after it. [4 marks]

Sample response	The response:
During the warm-up at I, heart rate rises steadily because the athlete is raising body temperature, heart rate and respiration rate and activating and mobilising key muscle groups. This prepares the body for the conditioning phase by increasing blood flow to the working muscles and readying joints and muscles for the higher-intensity efforts that follow. During the cool down at II, heart rate falls gradually because the athlete performs gentle cardiovascular exercise and stretching. This assists the body after the conditioning phase by gradually reducing heart rate and body temperature and helping to remove waste products, which relaxes the muscles and supports recovery.	• explains that the warm-up raises body temperature, heart rate and/or respiration rate and activates key muscle groups **[1 mark]** • states how the warm-up prepares the body for the conditioning phase **[1 mark]** • explains that the cool down gradually reduces heart rate and body temperature through gentle exercise and stretching **[1 mark]** • states how the cool down assists the removal of waste products and/or promotes recovery **[1 mark]**

Question 12 (10 marks)

a) Identify two components of fitness that are essential for the netball centre, using evidence from the table. [4 marks]

Sample response	The response:
1: Agility is essential, as the centre performed 56 changes of direction of approximately 1 second each, requiring rapid changes of direction while maintaining control. 2: Aerobic capacity is essential, as the centre performed repeated moderate-intensity efforts across the full 60 minutes (78 jogs of 12 seconds), requiring sustained sub-maximal work with only walking recovery between them.	• identifies a relevant component of fitness **[1 mark]** • supports the first component with evidence from the table **[1 mark]** • identifies a second relevant component of fitness **[1 mark]** • supports the second component with evidence from the table **[1 mark]**

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