

Examiners' Report/  
Principal Examiner Feedback

Summer 2012

Principal Learning Sports and Active  
Leisure (SL101)  
Unit 1: Sport and Active Leisure as  
part of a Healthy Lifestyle

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## 1. PRINCIPAL EXAMINER'S REPORT – Level 1 Unit 1

### **General Comments**

This was the second June series for the level 1 paper and there was a very small entry.

Like previous exam series for level 1, Sport and Active leisure is a work-related subject with a strong applied approach. This external examination will always be one in which we will seek to put candidates in these types of situations and ask them to respond to these. This means that it will be essential that centres stress to candidates the need to read the stimulus information carefully before they answer questions and then be prepared to use the information within their responses. Failure to do this will restrict the amount of credit that candidates can get for their responses. Generic responses will only gain limited credit in the later questions on the paper.

Teachers should ensure that candidates are aware of the requirements of the full range of command words that might be used at this level. They should also ensure that all parts of the 'What you need to learn' section have been covered before candidates are entered for the external assessment.

### **Question 1, 2, 3a,**

Most candidates were able to respond accurately to these.

### **Question 3b**

Most candidates were able to identify a negative lifestyle choice, the most likely responses were – don't smoke, don't binge drink and don't over eat.

### **Question 3c**

Most candidates were able to respond accurately to this question.

### **Question 3d**

Most candidates were able to identify a positive lifestyle choice.

### **Question 4a**

**The majority of candidates responded accurately to this.**

### **Question 4b**

**The majority of candidates responded accurately to this.**

#### **Question 4bi**

Most candidates were able to respond accurately to this question.

#### **Question 4ii**

Most candidates were able to respond accurately to this question.

#### **Question 5a**

Most candidates were able to respond accurately to this question.

#### **Question 5b**

**This question was answered well if candidates explained from their own experiences how they had conducted tests.** Candidates gained marks here if a description of the appropriate fitness test was identified. If three or more accurate points from the methodology of the test were identified maximum marks were given.

#### **Question 5c**

Again this question was answered well if candidates used explanations from their own experiences. If marks were accessed in question 5b, generally candidates could access higher marks on this question. Marks were achieved on this question even if no marks were achieved in question 5b although it was clear that the higher the mark in 5b the more likely candidates were to achieve higher marks in 5c.

#### **Question 5d**

Developed responses on the negative psychological effects of not competing achieved higher mark bands marks.

Most candidates were able to respond accurately to this question, most candidate responses used the sit and reach although other recognisable tests or assessments of flexibility were awarded marks.

#### **Question 6a**

The majority of candidates were able to access 2 social benefits, if candidates follow and become highly aware of the specification higher marks can be achieved.

### **Question 6b**

Most candidates were able to respond accurately to this question.

### Question 7

This was the only question on the paper that used a 'levels' rather than 'points' based mark scheme. There was a variety of responses. Candidates showed that they understood how both positive and negative lifestyle choices can impact on Sebastian's health and wellbeing.

However, candidates who simply stated that, for example, 'It's bad he eats fatty foods lots during the week' rather than indicating how this could impact on him, would be limited to MB1 or lower end of MB2 if an extensive range of positive and negative factors of his lifestyle were commented on. It is linkage of the material given to knowledge/understanding that will be the mark of the best candidates and exam practice should encourage them to attempt this.

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