



ASSESSMENT and
QUALIFICATIONS
ALLIANCE

Mark scheme

June 2003

GCSE

Physical Education: Games

3583 (Full Course)

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1

- (a) Award up to **three** marks for a correct response.
Ideally, candidates will refer to the World Health Organisations definition as:
A state of complete physical/ mental/ and social well being/ and not merely the absence of disease or infirmity.
Candidates should also be given credit for an acceptable reference to physical, social or mental factors in a different format to the exact definition.

(max 3 marks)

- (b) (i) Award **one** mark for being able to state what is meant by agility ie.
The ability to move quickly and easily/
the ability to rapidly and accurately change the direction of the entire body in space/
a combination of speed and flexibility.

(max 1 mark)

Award **one** further mark for a correct example such as:

- Goalkeeper moving quickly to one side to make a save
- Rugby player swerving/dodging to avoid tackles

Accept the above plus any other suitable responses.

(max 1 mark)

- (ii) Award **one** mark for being able to state what is meant by reaction time ie.
The amount of time taken to respond to something/
speed of response to external events.

(max 1 mark)

Award **one** further mark for a correct example such as:

- Fielder catching a ball close to the bat
- Racket player responding to a hard struck shot

Accept the above plus any other suitable responses.

(max 1 mark)

- (c) Award up to **two** marks for **each** description and example of how a lack of exercise can make it more difficult to carry out everyday tasks. Examples include:
- Lack of strength could make it more difficult to stand on your feet all day/ or carry shopping/open jars/housework/carrying children – if qualified. Consider static, dynamic and explosive.
 - Lack of stamina could make it difficult to stack shelves/ keep walking when shopping/work long hours.
- Accept the above plus any other suitable responses.

(max 4 marks)

- (d) (i) Award **one** mark for **each** reason for a warm-up. This includes:
- To reduce injury
 - To increase the body temperature
 - To increase the range of movement
 - To gradually increase effort to full pace
 - For psychological preparation

- To practise movement skills through the whole range of movements
- To increase heart rate
- To increase breathing rate

Accept the above plus any other suitable responses. *(max 2 marks)*

- (ii) Award up to **two** marks for explaining why a warm-down should be completed.
- Allows the body to recover/ to prevent the possibility of soreness or stiffness later/safe removal of lactic acid
 - Stopping quickly and abruptly/ can cause the blood to ‘pool’ in the veins which leads to stiffness and soreness/ removal of lactic acid
- Accept the above plus any other suitable responses. *(max 2 marks)*

2

- (a) Award **one** mark for **each** correct function of the skeleton **other** than blood cell production.

- Support
 - Protection
 - Movement
 - Shape
 - Calcium/mineral salt storage
- (max 3 marks)*

- (b) (i) Award **one** mark for a correct example of a hinge joint:

- Elbow
 - Knee
- (max 1 mark)*

- (ii) Award **one** mark for a correct example of a ball and socket joint:

- Hip
 - Shoulder
- (max 1 mark)*

- (iii) Award **one** mark for a correct example of a pivot joint:

- Wrist
 - Atlas and axis/ in the neck
- (max 1 mark)*

- (c) (i) Award up to **two** marks for explaining what flexion is:

- The decreasing of an angle/ between two bones
 - A joint bent/ so that one of the bones of the joint moves/towards the other
 - The action of closing a joint
- (max 2 marks)*

- (ii) Award **one** further mark for each example given:

- Bending the leg at the knee
 - Bending the arm at the elbow
 - An actual example such as performing a biceps curl
- Accept the above plus any other suitable responses. *(max 2 marks)*

- (iii) Award **one** mark for **each** correctly named muscle which must correspond to the answer given in part (ii):

- Bending the leg at the knee – quadriceps/hamstrings
 - Bending the arm at the elbow – biceps/triceps
- (max 1 mark)*

- (d) (i) Award up to **two** marks for correctly explaining what is meant by the term anaerobic.

- Respiration/ in the absence of oxygen
 - Glucose → energy + (lactic acid)
- (max 2 marks)*

- (ii) Award **one** mark for a suitable sporting situation:
- Sprinting for the ball in a soccer/hockey game
- Accept the above plus any other suitable responses. *(max 1 mark)*

- (iii) Award **one** mark for correctly stating:
- Lactic acid
- (max 1 mark)*

3

- (a) (i) Award up to **two** marks for explaining what is meant by specificity.
- A training method or system/ which is particularly suited to one particular sport or one particular aspect of fitness
 - Concentrating on one particular area/ such as building up strength in the legs/ or working on increasing endurance
- Accept the above plus any other suitable responses. *(max 2 marks)*

- (ii) Award up to **two** marks for explaining what is meant by overload.
- Making the body work harder/in order to improve it
 - Having a capacity for training/ then increasing this
 - Frequency of training/ training more often
 - Intensity of training / training harder
 - Duration of training/ training for longer
- Accept the above plus any other suitable responses. *(max 2 marks)*

- (b) (i) Award **one** mark for **each explained advantage** of choosing circuit training:
- It is quick and easy to set up
 - It requires little specialist equipment – if any
 - Many people can work in a fairly small area
 - It can be adapted to many different forms
 - It can work on skill or fitness, or both – accept one component of fitness once
 - Levels or targets can easily be increased
 - It is one of the most effective ways of training
- Accept the above plus any other suitable responses. *(max 2 marks)*

- (ii) Award **one** mark for a correctly explained disadvantage.
- Not really suitable for only one person
 - Someone needs to run and set up the circuit
 - Not suitable for a very specific training such as strength training
 - May not be possible to monitor everyone at once
 - Incorrect technique can lead to safety concerns
 - Possible boredom/tedium factors
- Accept the above plus any other suitable responses. *(max 1 mark)*

- (c) (i) Award **one** mark for correctly stating what explosive strength is.
- Strength used in one short or sharp movement
 - Strength used in a very quick movement
 - Maximum energy used in one explosive act
- Accept the above plus any other suitable responses. *(max 1 mark)*

(ii) Award **one** mark for **each** acceptable example of a sporting situation using explosive strength.

- An attacking player sprinting for a pass
- A goalkeeper jumping for a save

Accept the above plus any other suitable responses. *(max 2 marks)*

(d) (i) Award up to **two** marks for correctly explaining what flexibility is.

- The range of movement/ around a joint *(max 2 marks)*

(ii) Award up to **three** marks for correctly describing how improved flexibility can improve a performance – situation (1 mark), what they do (1 mark), effect it has (1 mark)

- An invasion game player/ can increase their stride length/ which therefore enables them to get in a position quicker, or get to a pass etc.

Accept the above plus any other suitable responses. *(max 3 marks)*

4

(a) (i) Award up to **two** marks for correctly stating what fatigue is.

- When the body, or parts of the body, get so tired/ through the amount of work they have been called on to do, that they stop working properly, or sometimes altogether.

Accept the above plus any other suitable response. *(max 2 marks)*

(ii) Award up to **two** marks for correctly giving an example of fatigue occurring in a sporting situation.

- A games player being so tired near the end of a game/ that their skill levels decrease and/or they are no longer able to carry on

Accept the above plus any other suitable examples. *(max 2 marks)*

(b) (i) Award up to **two** marks for explaining how the use of ICT can be used to improve knowledge. Award **one** mark for the correctly identified form of ICT and **one** further mark for the suitable/acceptable explanation.

- Using a CD Rom/ with examples of play or technical or theoretical information can increase knowledge
- Watching a video tape or DVD/ which is instructional in nature can increase knowledge
- Accessing the internet/ to find out information about any aspects can improve knowledge

Accept the above plus any other suitable responses. *(max 2 marks)*

(ii) Award up to **two** marks for explaining how ICT might be used to improve a performance.

Award **one** mark for the correctly identified form of ICT and **one** further mark for the suitable/acceptable explanation.

- Using a digital camera/ to record and then play back a performance which can then be reviewed and assessed.
- Using electronic recording devices/ which can be used to record or monitor a performance to review levels of success.
- Sensors or training aids/ which can monitor performance giving readouts etc. to analyse performances

Accept the above plus any other suitable responses. *(max 2 marks)*

- (c) Award **one** mark for each of the following.
- R – Rest
 - I – Ice
 - C – Compression
 - E – Elevation
- (max 4 marks)*
- (d) (i) Award up to **two** marks for correctly stating what blood doping is.
- Having blood taken away/ which is then replaced by blood which has more efficient oxygen carrying capacity. It can be replaced by someone else's blood, red blood cells or related products
- Accept the above plus any other suitable responses. *(max 2 marks)*
- (ii) Award **one** mark for a correctly stated activity where it might be used to advantage.
- Endurance event athletes eg. Midfield players
- (max 1 mark)*
- 5**
- (a) Award **one** mark for **each** correctly stated 'user groups'.
- Unemployed
 - Mother and toddler
 - Shift workers
 - Disabled
 - Senior citizens
- Accept the above plus any other suitable responses. *(max 3 marks)*
- (b) (i) Award up to **two** marks for correctly identifying and explaining a benefit being an official can bring.
- Greater knowledge of the rules/ allows them to play more effectively
 - When not participating actively/ they are still able to join in
 - The school has the benefit of extra officials/ enabling the teacher to concentrate on teaching
- Accept the above plus any other suitable responses. *(max 2 marks)*
- (ii) Award up to **two** marks for correctly identifying and explaining a benefit being a captain can bring.
- Extra responsibility/ can improve confidence and esteem
 - Taking on some administrative work/ frees others such as the teachers to perform other work
 - Encourages building relationships with others/ therefore improving teamwork
- Accept the above plus any other suitable responses. *(max 2 marks)*
- (iii) Award up to **two** marks for correctly identifying and explaining a benefit being an organiser can bring.
- Through taking on the responsibility/ an insight into organisational skills is gained
 - If it is an activity you are not particularly able at/ it gives you an opportunity to still get involved
 - As it is not only the teacher who is the organiser/it enables more activities to be organised
- Accept the above plus any other suitable responses. *(max 2 marks)*
- (c) (i) Award **one** mark for a correctly named international sporting competition.
- Olympic games
 - Commonwealth games

- Soccer/rugby/cricket/ World Cup
- Hong Kong sevens
- Wimbledon and other similar competitions

Accept the above plus any other suitable responses.

(max 1 mark)

(ii) Award **one** mark for **each** correctly described advantage of hosting competitions. Note that one word answers are not sufficient; there must be an accompanying brief description.

- Financial gain, more money through tourists, visitors etc
- Better facilities, which have to be built for the competition
- Improved road or travel links, which have to be upgraded or provided
- Extra facilities, such as competitor villages which are then available after
- The profile of sport is raised, making sport more successful or popular in that area
- Automatic qualification to the competition in some cases
- Can advantage ‘home’ competitors, ‘home’ support

Accept the above plus any other suitable examples.

(max 3 marks)

(iii) Award **one** mark for **each** correctly described disadvantage of hosting competitions. Note that one word answers are not sufficient; there must be an accompanying brief description.

- May be a target for terrorism or political statements
- The country or area might not be able to cope with the number of people wanting to come
- It can be very expensive, leaving a large bill to be paid off later
- Pressure on the hosts to do well just because they are the hosts

Accept the above plus any other suitable responses.

(max 3 marks)

(d) (i) Award **one** mark for identifying what a role model is.

A role model is someone whose life and behaviour is taken as an example to follow by someone else.

(max 1 mark)

(ii) Award up to **three** marks for the correctly described example of a role model making the activity more popular. Examples include:

- Financial gains might cause it to become more popular
- The fame attached might be a factor
- Raising the profile of the sport/activity
- Getting more media attention

Accept the above plus any other suitable responses.

(max 3 marks)

6

(a) (i) Award **one** mark for **each** correctly named form of the media.

- Television
- Radio
- Press
- Internet
- Magazines, books

(max 3 marks)

(ii) Award up to **two** marks for describing ways in which the media can help give a greater understanding of performance. Examples:

- Expert analysis in broadcast programmes can highlight good play, moves or action.
- Replays of good performances can be used to show good examples of play, style or form.

Accept the above plus any other suitable examples.

(max 2 marks)

- (iii) Award up to **two** marks for describing ways in which media coverage can affect sport. Accept both negative and positive effects which might be identified.
Examples include:
- more supporters may come along as sports become more popular
 - more participants may take up the sport as its profile is raised
 - less people may attend games as they are able to watch it on the television
 - there may be over exposure of certain sports which leads to a decline in their popularity.
- Accept the above plus any other suitable examples. *(max 2 marks)*
- (b) (i) Award up to **two** marks for correctly stating what etiquette is.
- A convention or unwritten rule in an activity/ which is not an enforceable rule but is usually observed. *(max 2 marks)*
- (ii) Award **one** mark for **each** correct example of etiquette (from a named activity).
- Soccer, if a player is injured/ the opposition kicks the ball out to stop play
 - Soccer, after a ball is kicked out to stop play/ the ball is given back to other team
 - In cricket, batters are clapped out on to the pitch/ as they come out to bat
 - Shaking hands after a match/thanking the officials
- Accept the above plus any other suitable responses. *(max 2 marks)*
- (c) (i) Award up to **two** marks for stating what an amateur sportsperson is.
- A sportsperson who only competes part-time/ and does not get paid to take part *(max 2 marks)*
- (ii) Award up to **two** marks for stating what a professional sportsperson is.
- A sportsperson who is full-time/ and gets paid for competing as a job or career. *(max 2 marks)*
- (d) (i) Award **one** mark for **each** correctly identified way in which sponsorship can be provided.
- Through direct cash payments
 - Paying for entry fees
 - Providing equipment, apparatus, clothing
 - Paying transport, travel costs
 - Paying entry fees
 - Paying accommodation costs
- Accept the above plus any other suitable responses. *(max 3 marks)*
- (ii) Award up to **two** marks for describing a form of sponsorship which would be unacceptable. **One** mark for the unacceptable form plus **one** additional mark for stating why.
- Tobacco firms/ because it would be encouraging people to smoke and this is a clearly identified health risk
 - Alcohol firms/ because it could be encouraging under age drinking and also alcohol abuse which is clearly dangerous
- Accept the above plus any other suitable responses. *(max 2 marks)*

MARKING CRITERIA FOR QUALITY OF WRITTEN COMMUNICATION
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High Performance	Candidates spell, punctuate and use the rules of grammar with almost faultless accuracy, deploying a range of grammatical constructions; they use a wide range of specialist terms adeptly and with precision.	4 - 5 marks
Intermediate Performance	Candidates spell, punctuate and use the rules of grammar with considerable accuracy; they use a good range of specialist terms with facility.	2 –3 marks
Threshold Performance	Candidates spell, punctuate and use the rules of grammar with reasonable accuracy; they use a limited range of specialist terms appropriately.	1 mark
Below Threshold Performance		0 marks