



ASSESSMENT and
QUALIFICATIONS
ALLIANCE

Mark scheme

June 2003

GCSE

Physical Education A

3586 (Short Course)

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- (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
- Hurdler being able to clear the hurdle
- Gymnast performing a floor exercise

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:

- Sprinter reacting to the starting gun
- 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)*

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- (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.
- A sprinter leaving the starting blocks/an attacking player sprinting for a pass
 - The vertical test jump
 - A high jumper taking off/a goalkeeper sprinting for a save
 - Power clean in weight lifting
- 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)
- A sprinter in a race/ can increase their stride length/ which therefore makes them faster and more efficient
 - 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.
 - A trampolinist or diver/ can execute moves with greater form or style/ which will gain them more points in a competition.
- Accept the above plus any other suitable responses. *(max 3 marks)*
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- (a) (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.
- Though 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)*
- (b) (i) Award **up to two** marks for **each** correct explanation of why schools provide physical education.
- Because they have to /National Curriculum requirements
 - Health benefits/ the benefits of exercise
 - Balanced programme/ as a practical activity in contrast to more classroom based ones
 - Extra examination choice/ as an additional GCSE which can possibly be taken
- Accept the above plus any other suitable responses. *(max 6 marks)*
- (c) (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)*
- (d) Award up to **two** marks for **each** example of how Governing Bodies help their sport.
- Finance/ any funds which are distributed or fees collected
 - Fixtures/ they organise teams, leagues etc.
 - Discipline/ dealing with any unacceptable behaviour
 - Team selection/ they pick international level etc.
 - Coaching/ they administer the coaching and coaches for their sport
 - Promotion/ they promote and advertise their sport
- Accept the above plus any other suitable responses. *(max 4 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.	3 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 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