



General Certificate of Secondary Education

Physical Education 3586

Short Course

Specification A

Written Paper

Mark Scheme

June examination 2008 series

Mark schemes are prepared by the Principal Examiner and considered, together with the relevant questions, by a panel of subject teachers. This mark scheme includes any amendments made at the standardisation meeting attended by all examiners and is the scheme which was used by them in this examination. The standardisation meeting ensures that the mark scheme covers the candidates' responses to questions and that every examiner understands and applies it in the same correct way. As preparation for the standardisation meeting each examiner analyses a number of candidates' scripts: alternative answers not already covered by the mark scheme are discussed at the meeting and legislated for. If, after this meeting, examiners encounter unusual answers which have not been discussed at the meeting they are required to refer these to the Principal Examiner.

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- 1 (a) (i) Award **one** mark for a correctly identified part, and **one** mark for each reason for including the exercise.

Parts include:

pulse raising / jogging/ cycling/ rowing machine/ swimming
stretching/ mobilising
skills practice

Reasons include:

- In order to prevent/avoid injury
- To increase / decrease heart rate
- To gradually increase / decrease the body temperature
- To increase the range of movement
- To be able to gradually increase the effort to full pace/ decrease effort
- To enable some psychological preparation
- To be able to practice some movement skills through the whole range of movement

Accept the above plus any other suitable examples.

NB Note that reasons for warm-down can also be accepted.

maximum 3 marks

- (ii) Award **one** mark for being able to correctly identify lactic acid as:
a waste material / or poison / a by-product of exercise.
Award **one** further mark for a correct reason for removing it.

Examples include:

- It can prevent soreness in the body at a later stage
- It can prevent stiffness in the muscles at a later stage
- It can cause muscle fatigue at a later stage

Accept the above plus any other suitable examples.

maximum 2 marks

- (b) (i) Award up to **two** marks for describing an acceptable social benefit.

Examples include:

- Meeting / making new friends / who might then have shared common interests
- Being able to get involved in team games, or even individual sports / and being involved in an organised club with social facilities
- Post training or post match socialising / with team or opposition

Accept the above plus any other suitable examples.

maximum 2 marks

- (ii) Award up to **two** marks for **describing** an acceptable physical or psychological benefit. Note that for two marks, benefit must be described.

Examples include:

- Improving body shape/ to improve self esteem
- General good health/ reducing the chances of getting illness or diseases
- Helping with the release / of tension *or* stress / for mental wellbeing
- Helping to sleep better/ due to physical exertion
- Toning up the body *or* the muscles / improving posture
- Increasing basic levels of strength *or* stamina *or* flexibility / to improve performance

Accept the above plus any other suitable examples.

maximum 2 marks

- (c) (i) Award *up to two* marks for **each** different, correctly *explained* advantage of using weight training.

Examples include:

- It is a convenient way to improve muscular strength/ using free standing weights allows overload to take place quite easily using high weights with low repetitions
- It is a convenient way to improve muscle tone/ specialist machinery allows performers to use high repetitions and low weights conveniently
- There are now a great many specific weight training gyms/ facilities/ equipment available/ this allows for easy and convenient access to specialist equipment

Accept the above plus any other suitable examples.

maximum 2 X 2 marks

- (ii) Award up to **two** marks for a correct answer:
- Repetitions are the number of times the weights are actually used/moved
 - A set is a group of repetitions

Award a maximum of **one** mark for being able to differentiate between the two but not identify which is which.

Accept the above plus any other suitable examples.

maximum 2 marks

- 2 (a) Award up to **two** marks for each correct description of the effect of each factor. There must be a description not just a stated effect (**one** mark maximum).

Examples include:

- (i) Motivation – the level of performance could increase/ as a result of a desire to win for either intrinsic or extrinsic reasons (max 2 marks)
- (ii) Boredom – the level of performance is likely to decrease/ as a result of the individual being disinterested, distracted, lacking in concentration, inattentive and generally not prepared to fully take part (max 2 marks)
- (iii) Anxiety – the level of performance could increase/ as a result of increased arousal heightening awareness. The level of performance could decrease/ as a result of the performer becoming very nervous/ worried/ concerned/ nervous which would all lead to a less efficient performance (max 2 marks)

Accept the above plus any other suitable examples.

maximum 3 X 2 marks

- (b) Award up to **two** marks for a correctly described example of risk assessment. **One** mark to be awarded for identifying the accident and **one** for the correct action that should be carried out.

Examples include:

- Games: being kicked in the shins/that the correct equipment is being worn, for example, shin guards in soccer
- In gymnastics: falling or tripping between the mats/ that the correct equipment is being used and that it is in a safe condition eg, Mats
- In dance: to avoid cuts/ that jewellery is checked and removed and that appropriate clothing is being worn
- In athletics: to avoid cut legs/ that the landing areas are checked for sharp objects and removed before use
- In swimming: impact injuries through falling/ that proper movement around the pool is ensured such as no running
- In outdoor and adventurous: possible hypothermia/ that environmental factors are taken into consideration, such as weather forecasts checked and appropriate clothing is provided

Accept the above plus any other suitable examples.

maximum 2 marks

- (c) Award **one** mark for correctly stating what fatigue is and **one** mark for the cause and **one** further mark for stating the effect on a performance

Examples include:

- Gymnastics: fatigue is a feeling of extreme tiredness/ caused by over-exertion or prolonged physical activity/ which leads to a drop or decrease in the level of performance
- Soccer: fatigue is a feeling of extreme tiredness/ caused by over-exertion or prolonged physical activity/ which leads to a drop or decrease in the level of performance or results in a player being substituted to prevent this

Accept the above plus any other suitable examples.

maximum 3 marks

- (d) Award up to **four** marks for a correct response. A development has to be **stated** for **one** mark, an actual **example** must be given for **one** mark, and up to **two** further marks for identifying how it is used or the benefit.

Examples include:

- The use of instant video replays/ in a cricket match/ allows a third official to review a play / and make a decision
- Infra red beams / in tennis / which can detect objects crossing them/ allows officials to tell / if balls are in or out
- Tracking devices / in tennis or cricket / which can track the flight or direction of a ball/ shows where a ball would land or hit an object

Accept the above plus any other suitable examples.

maximum 4 marks

- 3 (a) (i) (ii) and (iii) Award up to **two** marks for **each** correctly identified and **explained** example. Award **one** mark for the identified benefit and **one** further mark for the appropriate example which must include how it has led to a better level of participation or performance.

Examples include:

- Raised fitness levels/ through taking part in regular physical activity/ undertaking the exercise training programme/ fitness levels have increased
- Undertaking different roles such as an official/ has given a better understanding of the rules/ and therefore making less mistakes
- A greater knowledge of health and fitness/ helping contribute to being fitter/ and therefore able to take part more effectively

Accept the above plus any other suitable examples.

maximum 3 x 2 marks

- (b) Award up to **two** marks for **each** correct example and way in which the Local Authority can have an effect.

Examples include:

- Providing facilities/ such as funding leisure centres or/ playing fields etc.
- Providing funding/ to staff facilities/ pay for the upkeep of facilities through ground staff etc
- Provide courses or training/ through setting up and funding courses

Award a maximum of **one** mark for just a stated example which is not described or qualified by an example.

Accept the above plus any other suitable examples.

maximum 4 marks

- (c) (i) Award up to **three** marks for a correct response. Award **one** mark for the example of the role model **improving performance** and up to **two** more marks for the explained example.

Examples include:

- A top level rugby player such as Jonny Wilkinson/ can demonstrate good skills within a game/ these can be observed or even recorded/ and a performer can copy them

Accept the above plus any other suitable examples.

maximum 3 marks

- (ii) Award up to **three** marks for a correct response. Award **one** mark for the example of the role model **improving participation** and up to **two** more marks for the explained example.

Examples include:

- A top level soccer player such as Wayne Rooney/ can be playing a game at a top level/ the rewards in terms of financial gain etc./ would encourage other people to take part as well

Accept the above plus any other suitable examples.

maximum 3 marks

- (d) (i) Award **two** marks for a correct response. Award **one** mark for identifying how family can influence to **increase** the level of participation and **one** further mark for a suitable example of this taking place.

Examples include:

- A family member such as a parent could help with transport/ this would enable you to get to sporting events, training etc.
- A family member could provide financial help/ this would enable you to pay for equipment, training etc

Accept the above plus any other suitable examples.

maximum 2 marks

- (ii) Award **two** marks for a correct response. Award **one** mark for identifying how family can influence to **decrease** the level of participation and **one** further mark for a suitable example of this taking place.

Examples include:

- A family member such as a parent could be reluctant to provide PE kit or equipment/ this would make it difficult for a child to participate
- A family member may have had a poor experience in PE when they were at school/ this might lead to them discouraging them from participating fully

Accept the above plus any other suitable examples.

maximum 2 marks

MARKING CRITERIA FOR QUALITY OF WRITTEN COMMUNICATION

3586/W

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