

Physical Education Games

General Certificate of Secondary Education **GCSE 1970**

General Certificate of Secondary Education **GCSE 1971**

General Certificate of Secondary Education (Short Course) **GCSE 1071**

Mark Schemes for the Units

June 2008

1970/71/1071/MS/08

OCR (Oxford, Cambridge and RSA Examinations) is a unitary awarding body, established by the University of Cambridge Local Examinations Syndicate and the RSA Examinations Board in January 1998. OCR provides a full range of GCSE, A level, GNVQ, Key Skills and other qualifications for schools and colleges in the United Kingdom, including those previously provided by MEG and OCEAC. It is also responsible for developing new syllabuses to meet national requirements and the needs of students and teachers.

This mark scheme is published as an aid to teachers and students, to indicate the requirements of the examination. It shows the basis on which marks were awarded by Examiners. It does not indicate the details of the discussions which took place at an Examiners' meeting before marking commenced.

All Examiners are instructed that alternative correct answers and unexpected approaches in candidates' scripts must be given marks that fairly reflect the relevant knowledge and skills demonstrated.

Mark schemes should be read in conjunction with the published question papers and the Report on the Examination.

OCR will not enter into any discussion or correspondence in connection with this mark scheme.

© OCR 2008

Any enquiries about publications should be addressed to:

OCR Publications
PO Box 5050
Annesley
NOTTINGHAM
NG15 0DL

Telephone: 0870 770 6622
Facsimile: 01223 552610
E-mail: publications@ocr.org.uk

CONTENTS

General Certificate of Secondary Education

GCSE Physical Education – 1970

GCSE Physical Education (Games) – 1971

GCSE Physical Education (Games) (Short Course) – 1071

MARK SCHEME FOR THE UNITS

Unit/Content	Page
1970/01 Paper 1	1
1971/01 Paper 1	18
1071/01 Paper 1	35
Grade Thresholds	47

1970/01 Paper 1

Question	Expected Answer	Mark
1	<p>Name one major function of the skeleton that may affect performance.</p> <p>One mark for each correct response.</p> <p>Shape/support/movement/protection/blood production/mineral store/act as levers/structure</p> <p>Accept Equivalents such as 'helps us move', 'balance', 'flexibility'</p>	[1]
2	<p>Give two social reasons why people participate in physical activities.</p> <p>Two marks max. One for each correct response.</p> <p>1.Enjoyment/fun/stimulation/hobby (1) 2.To get fit/fitter (1) 3.To be healthy/healthier/life expectancy/weight control (1) 4.To be sociable/part of a group/encouraged by others (1) 5.To make new friends/meet new people (1) 6.To feel better about yourself/increase self esteem/well being/confidence (1) 7.Increase leisure time/early retirement /unemployment/shorter working week (1) 8.A vocation/profession/semi-pro/employment (1)</p>	[2]
3	<p>Identify one fitness test for flexibility.</p> <p>One mark max for a correct response.</p> <p>Sit and reach test/goniometer/measure angle of max joint movement/recognised measurable test.</p>	[1]

Question	Expected Answer	Mark
4	<p>Give one reason why it might be important to warm up before a physical activity.</p> <p>One mark max for a correct response</p> <p>To prevent/reduce injury/raise O2 intake/prepare body/muscles for action/redirect blood/increase blood flow/raise pulse/raise breathing rate/mobilise/loosen joints/flexibility/to mentally focus/mentally rehearse/reduces fatigue/delays onset of lactic acid production/increase force/speed of muscle contraction</p>	[1]
5	<p>Identify an item of personal protective equipment. Describe how this item may minimise the risk of injury when performing a physical activity.</p> <p>Two marks max. One mark for each correct response.</p> <p>ANSWER MUST RELATE TO ITEM IDENTIFIED</p> <p>Appropriate identification of an item of personal protective equipment for a physical activity eg swim cap/nose clip/ear plugs/helmet/special clothing/squash glove/gymnastic hand guards/body armour/specialist footwear etc. (1)</p> <p>Description of how equipment protects eg helmet protects the head from possible concussion (1)</p> <p>Accept Equivalents – eg. ‘specialist footwear’ such as boots with studs, running spikes.</p>	[2]
6	<p>What is meant by flexion and extension when performing a physical activity?</p> <p>2 marks max. One mark for each correct response.</p> <p>(Flexion) decrease in angle around a joint/bend arm at elbow or other flexion example. (1)</p> <p>(Extension) increase in angle around a joint/straighten arm at elbow or other extension example. (1)</p> <p>Accept ‘closing’/‘towards’ and ‘opening’/‘away’ from the joint.</p>	[2]

Question	Expected Answer	Mark
7	<p>Describe the function of platelets in the blood when a performer suffers a cut injury during an activity.</p> <p>2 marks max. One mark for each correct response</p> <p>1.Prevents infection/helps body to survive (1) 2.(Blood) clotting/scab (1) 3.Limits/controls/stops bleeding/haemorrhaging. (1)</p> <p>Accept Clotting for one mark. Accept Clotting that stops bleeding for two marks</p>	[2]
8	<p>Explain two ways in which feedback during practice situations can improve the performance of physical activities.</p> <p>2 marks max. One mark for each correct response.</p> <p>1.Detects errors/what is wrong/identify weaknesses (1) 2.Gives information/shows how/coaching points for improvement/improves technique/set goals (1) 3.Can motivate/encourage to improve/continue/confidence (1) 4.Reinforces correct movements/actions/tells us when things are going well/identify strengths (1) 5.Gives us results/knowledge of results to know where we are/how well we have done/outcome (1)</p>	[2]

Question	Expected Answer	Mark
9	<p>Identify one example of a local authority sporting facility and explain one way in which it helps to increase participation in physical activities.</p> <p>2 marks max. One mark for each correct response. (example) sports hall/football pitches/tennis courts or appropriate example. (1)</p> <p>(increases participation) easy to get to/accessibility/runs courses/activities/to enable casual use/lots of opportunities/cheap/cost effective/concessions/coaching available/chances to try new activities/good facilities/equipment/open to everyone (1)</p> <p>Accept Youth clubs, named facilities, parks.</p>	[2]
10	<p>Explain how the use of steroids improves performance. Identify two harmful effects of the use of steroids on the health of a performer.</p> <p>3 marks max. One mark for each correct response</p> <p>(Effect of steroids) builds protein/promotes muscle growth/helps to 'bulk up'/repairs body after training stress/gives more power/potential for work/strength/power/increases recovery rate/enables you to train longer and harder/more aggressive/competitive (1)</p> <p>(harmful effects) Max 2 marks</p> <p>1.changes in appearance/more facial hair/deeper voice/changes in sexual characteristics (1)</p> <p>2.impotency/infertility (1)</p> <p>3.liver/kidney damage (1)</p> <p>4.acne (1)</p> <p>5.masks injury which leads to more injury (1)</p> <p>6.high blood pressure/risk of heart disease (1)</p> <p>7.psychological problems/addiction (1)</p> <p>8.Cancer (1)</p> <p>9.Joint problems (1)</p>	<p>1 Sub Max</p> <p>2 Sub Max</p> <p>[3]</p>

Question	Expected Answer	Mark
11	<p>Concussion is an injury that can occur during a physical activity. Give one symptom of concussion as an injury. Describe how concussion may occur in a named physical activity.</p> <p>2 marks max. One mark for each correct response</p> <p>(symptoms) headache/nausea/feeling sick/ dizziness/increase pupil size/confusion and any other appropriate symptom/unconscious/fainting (1)</p> <p>(Describe occasion) being hit in boxing/falling over in skiing/being hit in contact sports or any other appropriate activity. (1)</p>	[2]

SECTION B1			
Question	Expected Answer		Mark
1	(a)	<p>Explain two benefits to a performer of having a strong heart muscle.</p> <p>One mark max for one correct response.</p> <p>1. More efficient circulation/blood flow/increase in blood available/increase cardiac output/increase stroke volume (1)</p> <p>2. More oxygen/nutrients available (1)</p> <p>3. Get rid of waste products more efficiently (1)</p> <p>4. To prevent heart attack/illness (1)</p> <p>5. To cope with high demands of exercise/endurance (1)</p>	[2]
	(b)	<p>Briefly describe how the heart becomes more efficient as a result of regular exercise.</p> <p>2 marks max for 2 correct responses</p> <p>1. Stronger heart</p> <p>2. Bigger heart/hypertrophy (1)</p> <p>3. Lower (resting) heart/pulse rate/bradycardia (1)</p> <p>4. Increase in stroke volume (at rest and during exercise)/more blood being pumped out per contraction (1)</p> <p>5. Increase (maximal) cardiac output/more blood pumped per minute (1)</p>	[2]

Question	Expected Answer	Mark
(c)	<p>Top sports performers are often referred to as role models. Describe how a role model may help in learning the skills of a physical activity.</p> <p>2 marks max. One mark for each correct response.</p> <p>1.Showing/demonstrating/observing the right technique/skills (1) 2.Motivates you/enthuses/encourages (1) 3.Gives you coaching/teaching points/gives good advice (1) 4.You can copy their performance (1)</p>	[2]
(d)	<p>Identify three extrinsic motivating factors that might be important to a performer. 3 marks max for 3 correct responses.</p> <p>1.Financial reward/money/sponsorship /endorsements (1) 2.Rewards/badge/medal/colours/certificates/cups /trophies (1) 3.Winning/being the winner (1) 4.Fear of failure/not wanting to lose/be embarrassed (1) 5.Praise/encouragement/positive feedback (1) 6.Pleasing others/popularity/crowd/teammates/ coach/family (1) 7.Being famous/fame/getting recognition/status/media/talent scout (1)</p>	[3]

Question	Expected Answer	Mark
(e)	<p>Describe three ways that mental preparation aids successful performance.</p> <p>3 marks max for 3 correct responses</p> <p>1.Can help to relax/calms you down (1) 2.Controls anxiety (1) 3.Enables mental rehearsal/going over what needs to be done/visualisation (1) 4.Helps you concentrate focus/shut out distractions (1) 5.Raises arousal level/spurs you on/encourages yourself/psyching up/I can do it/right mood/motivates (1) 6.Stopping negative thoughts/boosts confidence (1) 7.Thinking about specific targets that are achievable/self-evaluation/reflection (1) 8.Think about prizes/rewards/fame (1) 9.Think about strategies/techniques (1)</p>	
(f)	<p>Describe how a school may promote participation in physical activities.</p> <p>4 marks max for 4 correct responses.</p> <p>1.PE/physical activities part of national curriculum/programme/syllabus/so compulsory for all (1) 2.Examination courses to achieve success (1) 3.Extra curricular activities (general)/clubs (1) 4.Educate about social, health and skills benefits (1) 5.Competitions/fixtures/inter house competitions/sports day/teams (1) 6.Links with sports clubs/external teams (1) 7.Giving different types of sports opportunities /range of activities (1) 8.Links with local authority/sports development officers (1) 9.Celebrating/reinforcing participation/success in physical activities/so that you feel good /raise self-esteem/posters/displays (1) 10.Providing facilities/equipment/resources (1) 11.Enthusiastic teachers/coaches/role models/inspiring. (1)</p>	[4]

Question	Expected Answer	Mark
(g)	<p>Explain both the positive and negative effects of sponsorship on participation in physical activity.</p> <p>4 marks max for 4 correct responses</p> <p>(positive effects) sub max 2 marks</p> <p>1.Attracts more performers/attracts better players/ makes you want to participate/persist/join in/ motivates you (1)</p> <p>2.Gives money/helps you live/financial security (1)</p> <p>3.Pays for equipment/facilities/clothing/ travel/accomodation (1)</p> <p>4.Gives you recognition/status/makes you feel confident (1)</p> <p>5.Advertises the sport/draws more people to the sport/activity (1) (1)</p> <p>6.Get better/high quality coaching (1)</p> <p>(negative effects) sub max 2 marks</p> <p>7.Only limited funding/can lose the funding (1)</p> <p>8.Increase pressure/de-motivates/people drop out (1)</p> <p>Takes the fun/enjoyment away/too serious (1)</p> <p>9.Makes it daunting for low ability/if you think you are not good enough you shy away (1)</p> <p>10.May have to wear the clothing/use the equipment even if you don't want to/have to use poor quality products (1)</p> <p>11.Not available for many/some groups/unfair (1)</p>	<p>2 Sub Max</p> <p>2 Sub Max</p> <p>[4]</p>

Question	Expected Answer	Mark
(h)	<p>Explain how muscles, other than the heart, become more efficient after regular exercise.</p> <p>6 marks max for 6 correct responses.</p> <p>1.Makes them stronger/more powerful (1) 2.Larger muscle (fibres)/hypertrophy/more muscle fibres/enlarging of slow twitch fibres (1) (1) 3.Can go on for longer/more endurance/tire less easily/quicker recovery (1) 4.More tolerant to lactic acid/more efficient at getting rid of waste (1) 5.More/greater size of mitochondria (1) 6.Increase in myoglobin (1) 7.Higher O₂ uptake (1) 8.Makes their contractions faster/they work faster/ increase in speed (1) 9.Less likely to be injured/more resilient to damage/more elastic (1) 10.More energy available/increase in glycogen stores (1) 11.Increase in ATP/PC (1) 12.More lean muscle/less fat if exercised/toned(1) (1) 13.More capillaries/increase in blood supply (1)</p>	[6]

SECTION B2			
Question		Expected Answer	Mark
2	(a)	<p>Describe an occasion when a fast reaction is important to a performer in a physical activity.</p> <p>One mark for one correct response</p> <p>To get away from opponents/competitors To start quickly/get a good start To get out of trouble To react quickly to changes in play/competitors/ environment during the activity/intercept ball/opponent To be more powerful/combine with strength</p> <p>Or any practical example which illustrates the above</p>	[1]
	(b)	<p>There are often different body types or physiques associated with certain physical activities. What is meant by a mesomorph? Explain how the physique of a mesomorph can help a performer be more successful in a physical activity.</p> <p>3 marks max for 3 correct responses.</p> <p>(mesomorph) – sub max 1 mark Muscular/little body fat compared to muscle/ can be related to confident personality (results conflicting). (1)</p> <p>(Explanation - Physique can help) sub max 2 marks Keeps body stable/less likely to fall over/pushed over (1) Is stronger (1) Faster /more powerful in short bursts/explosive power (1) Can look daunting/aggressive/intimidating (1)</p>	<p>1 Sub Max</p> <p>2 Sub Max</p> <p>[3]</p>

Question	Expected Answer	Mark
(c)	<p>Explain the FITT principle of training.</p> <p>4 marks max for 4 correct responses</p> <p>(max of 2 marks for simple identification)</p> <p>Frequency – regular training/number of weekly sessions (1)</p> <p>Intensity – make training demanding/challenging/how hard training is (1)</p> <p>Time – have a programme/how long (1)</p> <p>Type – matches the needs of the activity/method (1)</p>	[4]
(d)	<p>Explain why eating foods high in carbohydrates can help in the performance of physical activities.</p> <p>3 marks max for 3 correct responses.</p> <p>1.Improves endurance/stamina/keep going (1)</p> <p>2.Provides energy for muscles/exercise (1)</p> <p>3.Sole use of energy if fast pace/v intensive exercise/above 95% VO2 max (1)</p> <p>4.Turned into glycogen (by liver)/stored as glycogen (muscle/liver) (1)</p> <p>5.Act as a fuel reserve/store of energy (1)</p>	[3]

Question	Expected Answer	Mark
(e)	<p>Describe four different short-term effects of exercise on the body systems during physical activity.</p> <p>4 marks max for 4 correct responses.</p> <p>1. Increase breathing (rate) (1)</p> <p>2. Increase tidal volume/increase in volume of air either inspired or expired per breath/increase in depth of breathing/increase in minute ventilation (1)</p> <p>3. Increase in oxygen debt (1)</p> <p>4. Increase in muscle/body temperature/increase in flexibility/elasticity (1)</p> <p>5. Increase in delivery of nutrients/O₂/removal of waste/CO₂/increase gaseous exchange/increase VO₂/O₂ uptake (1)</p> <p>6. Higher pulse rate/heart rate (1)</p> <p>7. Increase in stroke volume (1)</p> <p>8. Increase in cardiac output (1)</p> <p>9. Increase in circulation/blood flow (1)</p> <p>10. Muscle tiredness/increase in lactic acid/strain/cramp (1)</p> <p>11. Sweating/dehydration (1)</p> <p>12. Increase adrenaline/hormone release/action(1) (1)</p> <p>13. Vascular shunt/shunting/redirecting of blood to muscles (away from organs)/vasodilation/go red (1)</p> <p>14. Increase in enzyme activity (1)</p> <p>15. Increase force/speed of muscle contractions (1)</p>	[4]

Question	Expected Answer	Mark
(f)	<p>Explain how weight training can be used to prepare for a specific physical activity. What are the advantages and disadvantages of weight training? 7 marks max for 7 correct responses.</p> <p>(Used to prepare) sub max of 3 marks</p> <p>1.Effective in increasing fitness (1) 2.Enables body to adapt to stress (1) 3.Increases strength (1) 4.Increases strength endurance/endurance (1) 5.Increase in speed/agility (1) 6.Increases power/bulk (1) 7.Increase in flexibility (1) 8.Psychological/motivational factors (1)</p> <p>(Advantages) sub max of 2 marks</p> <p>9.Can work on specific areas of fitness/strength/muscles (1) 10.Easy to do in all weathers/seasons (1) 11.Easy to monitor progress (1) 12.Easy to increase resistance/increase weights (1) 13.Suitable for most activities/versatile (1) 14.Easy to do interval training/enables recovery between reps (1)</p> <p>(Disadvantages) sub max of 2 marks</p> <p>15.Can overdo/get injured/tear muscles/dangerous (1) 16.Can be off-putting/intimidation (1) 17.Too restrictive/not enough cardio-vascular work (1) 18.Can bulk too much/decrease in speed/flexibility/agility (1) 19.Some equipment very expensive/may not have access to equipment (1) 20.Boring/repetitive (1) 21.Requires supervision (1) 22.May be dangerous for the young (1)</p>	<p>3 Sub Max</p> <p>2 Sub Max</p> <p>2 Sub Max</p> <p>[7]</p>

Question		Expected Answer	Mark
3	(a)	<p>Identify three potential hazards in the outdoor adventurous activity of rock climbing.</p> <p>3 marks for 3 correct responses.</p> <p>1.Height/drops (1) 2.Obstacles such as rocks falling or causing tripping or sharp (1) 3.Plants/undergrowth (1) 4.Equipment/equipment failure (1) 5.Shoes/inappropriate clothing causing blisters (1) 6.Weather conditions/temperature (1) 7.The failings of other climbers (1) 8.Surface wet/icy/slippy (1)</p>	[3]

Question	Expected Answer	Mark
(b)	<p>Cuts and grazes are common injuries in physical activities. Describe how you would treat a cut that is bleeding.</p> <p>2 marks for 2 correct responses</p> <p>Clean/use antiseptic (1) Use (sterile) gloves (1) Apply direct pressure/hold a thick pad of clean cloth over the wound/use a sterile cloth/use your hand until you can get a pad (1) Draw the edges of the cut together (1) Pressing will make the flow of blood slow down and clot (1) Keep the original covering on the wound/changing the covering will disturb the blood clot that has formed(1) Add other layers of material to the top as needed (1) Raise the bleeding limb above the level of his heart as you continue to apply pressure (1) Unless you think a bone may be broken (1) After the bleeding is under control, apply a pressure bandage to the wound (1) Keep the bandage tight enough to prevent bleeding, but loose enough to allow blood to circulate (1) (If direct pressure does not stop the bleeding, you may need to use) the pressure point technique (1) Press the main artery above the wound in order to stop Bleeding (1) Get medical help immediately (1) Always treat a (severely) bleeding victim for shock (1)</p>	[2]

Question	Expected Answer	Mark
(c)	<p data-bbox="371 272 1877 341">Explain how you would minimise the risk of dehydration and exhaustion when taking part in a physical activity.</p> <p data-bbox="371 376 819 410">3 marks for 3 correct responses</p> <ol data-bbox="371 445 1155 673" style="list-style-type: none"><li data-bbox="371 445 1021 475">1.Regular drinking of water (1)<li data-bbox="371 480 1021 510">2.Regular breaks (1)<li data-bbox="371 515 1021 545">3.Replace electrolytes (1)<li data-bbox="371 550 1021 580">4.Intake of glucose/food/sugar (1)<li data-bbox="371 585 1155 616">5.Work/train to your own level/slow down/acclimatisation (1)<li data-bbox="371 620 1155 651">6.Keep watching/looking after/observing others (1)<li data-bbox="371 655 1021 686">7.Appropriate clothing/equipment (1)	[3]

1971/01 Paper 1

SECTION A			
Question	Expected Answer		Mark
1	<p>Name one major function of the skeleton that may affect performance.</p> <p>One mark max for a correct response.</p> <p>Shape/support/movement/protection/blood production/mineral store/act as levers/structure.</p> <p>Accept Equivalentents such as 'helps us move', 'balance', 'flexibility'</p>		[1]
2	<p>Give two social reasons why people participate in Games.</p> <p>Two marks max. One for each correct response.</p> <p>1.Enjoyment/fun/stimulation/hobby (1) 2.To get fit/fitter (1) 3.To be healthy/healthier/life expectancy/weight control (1) 4.To be sociable/part of a group/encouraged by others (1) 5.To make new friends/meet new people (1) 6.To feel better about yourself/increase self esteem/well being/confidence (1) 7.Increase leisure time/early retirement /unemployment/shorter working week (1) 8.A vocation/profession/semi-pro/employment (1)</p>		[2]

Question	Expected Answer	Mark
3	<p>Identify one fitness test for flexibility.</p> <p>One mark max for a correct response.</p> <p>Sit and reach test/goniometer/measure angle of max joint movement/recognised measurable test.</p>	[1]
4	<p>Give one reason why it might be important to warm up before a Game.</p> <p>One mark max for a correct response.</p> <p>To prevent/reduce injury/raise O2 intake/prepare body/muscles for action/redirect blood/increase blood flow/raise pulse/raise breathing rate/mobilise/loosen joints/flexibility/to mentally focus/mentally rehearse/reduces fatigue/delays onset of lactic acid production/increase force/speed of muscle contraction.</p>	[1]
5	<p>Identify an item of personal protective equipment. Describe how this item may minimise the risk of injury when performing a Game.</p> <p>Two marks max. One mark for each correct response.</p> <p>ANSWER MUST RELATE TO ITEM IDENTIFIED</p> <p>Appropriate identification of an item of personal protective equipment eg hockey goalkeeping pads/helmet/scrum cap/cricket box/shin guards/gum shield/body armour/specialist footwear/gloves etc. (1)</p> <p>Description of how equipment protects eg goalkeeping helmet to protect head from injury. (1)</p>	[2]

Question	Expected Answer	Mark
6	<p>What is meant by flexion and extension when performing a Game?</p> <p>2 marks max. One mark for each correct response.</p> <p>ANSWER MUST RELATE TO A JOINT/JOINTS</p> <p>(Flexion) decrease in angle around a joint/bend arm at elbow or other flexion example. (1)</p> <p>(Extension) increase in angle around a joint/straighten arm at elbow or other extension example. (1)</p> <p>Accept 'closing'/'towards' and 'opening'/'away from' the joint.</p>	[2]
7	<p>Describe the function of platelets in the blood when a performer suffers a cut injury during a game.</p> <p>2 marks max. One mark for each correct response.</p> <p>1.Prevents infection/helps body to survive (1)</p> <p>2.(Blood) clotting/scab (1)</p> <p>3.Limits/controls/stops bleeding/haemorrhaging. (1)</p> <p>Accept Clotting for one mark.</p> <p>Accept Clotting that stops bleeding for two marks</p>	[2]

Question	Expected Answer	Mark
8	<p>Explain two ways in which feedback during practice conditions can improve the performance of Games.</p> <p>2 marks max. One mark for each correct response.</p> <p>1.Detects errors/what is wrong/identify weaknesses (1) 2.Gives information/shows how/coaching points for improvement/improves technique/set goals (1) 3.Can motivate/encourage to improve/continue/confidence (1) 4.Reinforces correct movements/actions/tells us when things are going well/identify strengths (1) 5.Gives us results/knowledge of results to know where we are/how well we have done/outcome (1)</p>	[2]
9	<p>Identify one example of a local authority sporting facility and explain one way in which it helps to increase participation in Games.</p> <p>2 marks max. One mark for each correct response.</p> <p>(example) sports hall/football pitches/tennis courts or an appropriate example. (1)</p> <p>(increases participation) easy to get to/ accessibility/runs courses/activities/to enable casual use/lots of opportunities/cheap/cost effective/concessions/coaching available/chances to try new activities/good facilities/equipment/open to everyone (1)</p>	[2]

Question	Expected Answer	Mark
10	<p>Explain how the use of steroids improves performance. Identify two harmful effects of the use of steroids on the health of a performer.</p> <p>3 marks max. One mark for each correct response.</p> <p>(Effect of steroids) bigger/stronger/faster/builds protein/promotes muscle growth/helps to 'bulk up'/repairs body after training/stress/gives more power/potential for work/strength/power/increases recovery rate/enables you to train longer and harder/more aggressive/competitive (1)</p> <p>(harmful effects) Max 2 marks</p> <p>1.changes in appearance/more facial hair/deeper voice/changes in sexual characteristics (1) 2.impotency/infertility (1) 3.liver/kidney damage (1) 4.acne (1) 5.masks injury which leads to more injury (1) 6.high blood pressure/risk of heart disease (1) 7.psychological problems/addiction (1) 8.Cancer (1) 9.Joint problems (1)</p>	<p>1 Sub Max</p> <p>2 Sub Max</p> <p>[3]</p>

Question	Expected Answer	Mark
11	<p>Concussion is an injury that can occur during a Game. Give one symptom of concussion as an injury. Describe how concussion may occur in a named Game.</p> <p>2 marks max. One mark for each correct response.</p> <p>(symptoms) headache/nausea/feeling sick/dizziness/increase pupil size/confusion and any other appropriate symptom/unconscious/fainting (1)</p> <p>(describe occasion) Head clash in rugby/collision in football/being hit in contact sports or any other appropriate occasion. (1)</p>	[2]

SECTION B			
Question		Expected Answer	Mark
1	(a)	<p>Explain two benefits to a performer of having a strong heart muscle.</p> <p>Two marks max for two correct responses</p> <p>1. More efficient circulation/blood flow/increase in blood available/increase cardiac output/increase stroke volume (1) (1)</p> <p>2. More oxygen/nutrients available (1)</p> <p>3. Get rid of waste products more efficiently (1)</p> <p>4. To prevent heart attack/illness (1)</p> <p>5. To cope with high demands of exercise/endurance (1)</p>	[2]
	(b)	<p>Briefly describe how the heart becomes more efficient as a result of regular exercise.</p> <p>2 marks max for 2 correct responses</p> <p>1. Stronger heart (1)</p> <p>2. Bigger heart/hypertrophy (1)</p> <p>3. Lower (resting) heart/pulse rate/bradycardia (1)</p> <p>4. Increase in stroke volume (at rest and during exercise)/more blood being pumped out per contraction (1)</p> <p>5. Increase (maximal) cardiac output/more blood pumped per minute (1)</p>	[2]

Question	Expected Answer	Mark
(c)	<p>Top sports performers are often referred to as role models. Describe how a role model may help in learning the skills of a Game.</p> <p>2 marks max. One mark for each correct response.</p> <p>1. Showing/demonstrating/observing the right technique/skills (1) 2. Motivates you/enthuses/encourages (1) 3. Gives you coaching/teaching points/gives good advice (1) 4. You can copy their performance (1)</p>	[2]
(d)	<p>Identify three extrinsic motivating factors that might be important to a performer.</p> <p>3 marks max for 3 correct responses.</p> <p>1. Financial reward/money/sponsorship /endorsements (1) 2. Rewards/badge/medal/colours/certificates/cups /trophies (1) 3. Winning/being the winner (1) 4. Fear of failure/not wanting to lose/be embarrassed (1) 5. Praise/encouragement/positive feedback (1) 6. Pleasing others/popularity/crowd/teammates/ coach/family (1) 7. Being famous/fame/getting recognition/status/media/talent scout (1)</p>	[3]

Question	Expected Answer	Mark
(e)	<p>Describe three ways that mental preparation aids successful performance.</p> <p>3 marks max for 3 correct responses.</p> <p>1.Can help to relax/calms you down (1) 2.Controls anxiety (1) 3.Enables mental rehearsal/going over what needs to be done/visualisation (1) 4.Helps you concentrate focus/shut out distractions (1) 5.Raises arousal level/spurs you on/encourages yourself/psyching up/I can do it/right mood/motivates (1) 6.Stopping negative thoughts/boosts confidence (1) 7.Thinking about specific targets that are achievable/self-evaluation/reflection (1) 8.Think about prizes/rewards/fame (1) 9.Think about strategies/techniques (1)</p>	[3]
(f)	<p>Describe how a school may promote participation in Games.</p> <p>4 marks max for 4 correct responses.</p> <p>1.PE/physical activities part of national curriculum/programme/syllabus/so compulsory for all (1) 2.Examination courses to achieve success (1) 3.Extra curricular activities (general)/clubs (1) 4.Educate about social, health and skills benefits (1) 5.Competitions/fixtures/inter house competitions/sports day/teams (1) 6.Links with sports clubs/external teams (1) 7.Giving different types of sports opportunities /range of activities (1) 8.Links with local authority/sports development officers (1) 9.Celebrating/reinforcing participation/success in physical activities/so that you feel good /raise self-esteem/posters/displays (1) 10.Providing facilities/equipment/resources (1) 11.Enthusiastic teachers/coaches/role models/inspiring. (1)</p>	[4]

Question	Expected Answer	Mark
(g)	<p>Explain both the positive and negative effects of sponsorship on participation in Games.</p> <p>4 Marks max for 4 correct responses.</p> <p>(positive effects) sub max 2 marks</p> <p>1.Attracts more performers/attracts better players/ makes you want to participate/persist/join in/ motivates you (1)</p> <p>2.Gives money/helps you live/financial security (1)</p> <p>3.Pays for equipment/facilities/clothing/travel/ accomodation (1)</p> <p>4.Gives you recognition/status/makes you feel confident (1)</p> <p>5.Advertises the sport/draws more people to the sport/activity (1) (1)</p> <p>6.Get better/high quality coaching (1)</p> <p>(negative effects) sub max 2 marks</p> <p>7.Only limited funding/can lose the funding (1)</p> <p>8.Increase pressure/de-motivates/people drop out (1)</p> <p>Takes the fun/enjoyment away/too serious (1)</p> <p>9.Makes it daunting for low ability/if you think you are not good enough you shy away (1)</p> <p>10.May have to wear the clothing/use the equipment even if you don't want to/have to use poor quality products (1)</p> <p>11.Not available for many/some groups/unfair (1)</p>	<p>2 Sub Max</p> <p>2 Sub Max</p> <p>[4]</p>

Question	Expected Answer	Mark
(h)	<p>Explain how muscles, other than the heart, become more efficient after regular exercise.</p> <p>6 marks max for 6 correct responses.</p> <p>1.Makes them stronger/more powerful (1) 2.Larger muscle (fibres)/hypertrophy/more muscle fibres/enlarging of slow twitch fibres (1) (1) 3.Can go on for longer/more endurance/tire less easily/quicker recovery (1) 4.More tolerant to lactic acid/more efficient at getting rid of waste (1) 5.More/greater size of mitochondria (1) 6.Increase in myoglobin (1) 7.Higher O2 uptake (1) 8.Makes their contractions faster/they work faster/ increase in speed (1) 9.Less likely to be injured/more resilient to damage/more elastic (1) 10.More energy available/increase in glycogen stores (1) 11.Increase in ATP/PC (1) 12.More lean muscle/less fat if exercised/toned(1) (1) 13.More capillaries/increase in blood supply (1)</p>	[6]

Question		Expected Answer	Mark
2	(a)	<p>Describe an occasion when a fast reaction is important to a performer in a Game.</p> <p>One mark for one correct response.</p> <p>To get away from opponents/competitors (1) To start quickly/get a good start (1) To get out of trouble (1) To react quickly to changes in play/competitors/ environment during the activity/intercept ball/opponent (1) To be more powerful/combine with strength (1)</p>	[1]
	(b)	<p>There are often different body types or physiques associated with certain Games.</p> <p>What is meant by a mesomorph?</p> <p>Explain how the physique of a mesomorph can help a performer be more successful in a Game.</p> <p>3 marks max for 3 correct responses</p> <p>(mesomorph) sub max 1 mark Muscular/little body fat compared to muscle/can be related to confident personality (results conflicting). (1)</p> <p>(Explanation - Physique can help) sub max 2 marks Keeps body stable/less likely to fall over/pushed over (1) Is stronger (1) Faster /more powerful in short bursts/explosive power (1) Can look daunting/aggressive/intimidating (1)</p>	<p>1 Sub Max</p> <p>2 Sub Max</p> <p>[3]</p>

(c)		<p>Explain the FITT principle of training.</p> <p>4 marks max for 4 correct responses.</p> <p>(max of 2 marks for correct words/identification)</p> <p>Frequency – regular training/number of weekly sessions (1)</p> <p>Intensity – make training demanding /challenging/how hard training is. (1)</p> <p>Time – have a programme/how long you train (1)</p> <p>Type – matches the needs of the activity/method (1)</p>	[4]
(d)		<p>Explain why eating foods high in carbohydrates can help in the performance of Games.</p> <p>3 marks max for 3 correct responses.</p> <p>1.Improves endurance/stamina/keep going (1)</p> <p>2.Provides energy for muscles/exercise (1)</p> <p>3.Sole use of energy if fast pace/v intensive exercise/above 95% VO2 max (1)</p> <p>4.Turned into glycogen (by liver)/stored as glycogen (muscle/liver) (1)</p> <p>5.Act as a fuel reserve/store of energy (1)</p>	[3]

Question	Expected Answer	Mark
(e)	<p>Describe four different short-term effects of exercise on the body systems during Games.</p> <p>4 marks max for 4 correct responses.</p> <p>1. Increase breathing (rate) (1)</p> <p>2. Increase tidal volume/increase in volume of air either inspired or expired per breath/increase in depth of breathing/increase in minute ventilation (1)</p> <p>3. Increase in oxygen debt (1)</p> <p>4. Increase in muscle/body temperature/increase in flexibility/elasticity (1)</p> <p>5. Increase in delivery of nutrients/O₂/removal of waste/CO₂/increase gaseous exchange/increase VO₂/O₂ uptake (1)</p> <p>6. Higher pulse rate/heart rate (1)</p> <p>7. Increase in stroke volume (1)</p> <p>8. Increase in cardiac output (1)</p> <p>9. Increase in circulation/blood flow (1)</p> <p>10. Muscle tiredness/increase in lactic acid/strain/cramp (1)</p> <p>11. Sweating/dehydration (1)</p> <p>12. Increase adrenaline/hormone release/action(1) (1)</p> <p>13. Vascular shunt/shunting/redirecting of blood to muscles (away from organs)/vasodilation/go red (1)</p> <p>14. Increase in enzyme activity (1)</p> <p>15. Increase force/speed of muscle contractions (1)</p>	[4]

Question	Expected Answer	Mark
(f)	<p>Explain how weight training can be used to prepare for a specific physical activity. What are the advantages and disadvantages of weight training? 7 marks max for 7 correct responses.</p> <p>(Used to prepare) sub max of 3 marks</p> <p>1.Effective in increasing fitness (1) 2.Enables body to adapt to stress (1) 3.Increases strength (1) 4.Increases strength endurance/endurance (1) 5.Increase in speed/agility (1) 6.Increases power/bulk (1) 7.Increase in flexibility (1) 8.Psychological/motivational factors (1)</p> <p>(Advantages) sub max of 2 marks</p> <p>9.Can work on specific areas of fitness/strength/muscles (1) 10.Easy to do in all weathers/seasons (1) 11.Easy to monitor progress (1) 12.Easy to increase resistance/increase weights (1) 13.Suitable for most activities/versatile (1) 14.Easy to do interval training/enables recovery between reps (1)</p> <p>(Disadvantages) sub max of 2 marks</p> <p>15.Can overdo/get injured/tear muscles/dangerous (1) 16.Can be off-putting/intimidation (1) 17.Too restrictive/not enough cardio-vascular work (1) 18.Can bulk too much/decrease in speed/flexibility/agility (1) 19.Some equipment very expensive/may not have access to equipment (1) 20.Boring/repetitive (1) 21.Requires supervision (1) 22.May be dangerous for the young (1)</p>	<p>3 Sub Max</p> <p>2 Sub Max</p> <p>2 Sub Max</p> <p>[7]</p>

Question	Expected Answer	Mark
3 (a)	<p>Identify three potential hazards found on grass playing fields.</p> <p>3 marks for 3 correct responses.</p> <p>1.Surface/holes/uneven/hardness/long grass (1) 2.Surface 'slippyness'/wet/icy (1) 3.Litter/debris such as stones/glass/needles/animal excrement (1) 4.Goalposts (1) 5.Corner flags/posts (1) 6.Other appropriate hazards identified (1)</p>	[3]
(b)	<p>Cuts and grazes are common injuries in Games. Describe how you would treat a cut that is bleeding. 2 marks for 2 correct responses</p> <p>Clean/use antiseptic (1) Use sterile gloves (1) Apply direct pressure/hold a thick pad of clean cloth over the wound/use a sterile cloth/use your hand until you can get a pad (1) Clean dressing if possible (1) Draw the edges of the cut together (1) Pressing will make the flow of blood slow down and clot (1) Keep the original covering on the wound/ changing the covering will disturb the blood clot that has formed (1) Add other layers of material to the top as needed (1) Raise the bleeding limb above the level of his heart as you continue to apply pressure (1) Unless you think a bone may be broken (1) After the bleeding is under control, apply a pressure bandage to the wound (1) Keep the bandage tight enough to prevent bleeding, but loose enough to allow blood to circulate (1) (If direct pressure does not stop the bleeding, you may need to use) the pressure point technique (1) Press the main artery above the wound in order to stop bleeding (1) Get medical help immediately (1) Always treat a (severely) bleeding victim for shock (1)</p>	[2]

Question	Expected Answer	Mark
(c)	<p data-bbox="371 272 1877 306">Explain how you would minimise the risk of dehydration and exhaustion when taking part in a game.</p> <p data-bbox="371 341 1877 375">3 marks for 3 correct answers.</p> <ul style="list-style-type: none"><li data-bbox="371 410 1877 443">1.Regular drinking of water (1)<li data-bbox="371 443 1877 477">2.Regular breaks (1)<li data-bbox="371 477 1877 510">3.Replace electrolytes (1)<li data-bbox="371 510 1877 544">4.Intake of glucose/food/sugar (1)<li data-bbox="371 544 1877 577">5.Work/train to your own level/slow down/acclimatisation (1)<li data-bbox="371 577 1877 611">6.Keep watching/looking after/observing others (1)<li data-bbox="371 611 1877 644">7.Appropriate clothing/equipment (1)	[3]

1071/01 Paper 1

Question	Expected Answer	Mark
1	<p>Name one training method that can be used to prepare for a Game. One mark max for a correct response.</p> <p>Circuit training/fartlek/interval/weight training/continuous training/ flexibility.</p> <p>Accept Equivalent as long as it is a recognised method of training</p>	[1]
2	<p>Give two essential components of a healthy diet. Two marks max. One for each correct response.</p> <p>Carbohydrates/sugars (1) Protein (1) Fats (1) Minerals (1) Vitamins (1) Fibre/roughage (1) Water (1)</p>	[2]
3	<p>Identify one fitness test for flexibility. One mark max. One mark for:</p> <p>Sit and reach test/goniometer/measure angle of max joint movement/recognised measurable test.</p>	[1]

Question	Expected Answer	Mark
4	<p>Give one reason why it might be important to warm up before a Game.</p> <p>One mark max for a correct response.</p> <p>To prevent/reduce injury/raise O2 intake/prepare body/muscles for action/redirect blood/increase blood flow/raise pulse/raise breathing rate/mobilise/loosen joints/flexibility/to mentally focus/mentally rehearse/reduces fatigue/delays onset of lactic acid production/increase force/speed of muscle contraction.</p>	[1]
5	<p>Identify an item of personal protective equipment. Describe how this item may minimise the risk of injury when performing a Game.</p> <p>Two marks max. One mark for each correct response.</p> <p>ANSWER MUST RELATE TO ITEM IDENTIFIED</p> <p>Appropriate identification of an item of personal protective equipment eg hockey goalkeeping pads/helmet/scrum cap/cricket box/shin guards/gum shield/body armour/specialist footwear etc. (1)</p> <p>Description of how equipment protects eg goalkeeping helmet to protect head from injury. (1)</p>	[2]

Question	Expected Answer	Mark
6	<p>Identify a skill-related fitness component necessary for performance in a Game. 1 mark max. One mark max for correct response.</p> <p>Agility/balance/coordination/speed/speed of reaction/timing/power/explosive strength.</p>	[1]
7	<p>What is meant by mental rehearsal when performing in a Game? 1 mark max. One mark for correct response.</p> <p>Going over movements in your mind/focusing/repeating actions in your mind/visualisation.</p>	[1]
8	<p>Explain two ways in which feedback during practice conditions can improve the performance of Games. 2 marks max. One mark for each correct response.</p> <p>1.Detects errors/what is wrong/identify weaknesses (1) 2.Gives information/shows how/coaching points for improvement/improves technique/set goals (1) 3.Can motivate/encourage to improve/continue/confidence (1) 4.Reinforces correct movements/actions/tells us when things are going well/identify strengths (1) 5.Gives us results/knowledge of results to know where we are/how well we have done/outcome (1)</p>	[2]

Question	Expected Answer	Mark
9	<p>Give two examples of how a Games player might ensure good personal hygiene. 2 marks max. One mark for each correct response.</p> <p>Washing/showering/bathing/shampooing (1) Drying (thoroughly) (1) Cleaning/wash clothes (1) Changing clothes/appropriate clothes (1) Nail cleaning/clipping (1) Treat/cover cuts/grazes (1) Cover/remove piercings/jewellery (1)</p>	[2]
10	<p>Give two examples of how the training principle of overload could be used to prepare a Games player for competition. 2 marks max. One mark for correct response.</p> <p>Increase frequency/more often (1) Increase intensity/work harder (1) Increase time spent on training/work longer (1)</p>	[2]
	Total Marks	15

SECTION B		Expected Answer	Mark
Question			
1	(a)	<p>Some skills performed in Games are known as open skills. Identify one open skill. One mark max for one correct response.</p> <p>Eg passing a ball/catching a ball</p>	[1]
	(b)	<p>Give two ways a skilful performer in Games is different to a novice. 2 marks max for 2 correct responses.</p> <p>Consistent/fewer mistakes (1) Successful/correct movements/technique (1) More efficient/(seemingly) has more time (1) More adaptable/has more strategies (1) More energy/fitter (1) No waste of effort/economic (1) More co-ordinated/fluent (1) Aesthetically pleasing/looks good (1) Better control (1)</p> <p>Accept Descriptions of scoring etc under point for successful. Equivalentents for each description – eg “higher level of skill”</p>	[2]
	(c)	<p>Identify two examples of intrinsic motivation for performers in Games. 2 marks max. Two marks for each correct response.</p> <p>Enjoyment/fun/feeling good (1) Reaching/aspiring to personal goals/personal best/ sense of achievement/satisfaction/pride (1) Being part of a team/teamwork/friendships (1) Competition/beating others/being the best/wanting to win (1) Fear of failure/not wanting to lose/let yourself down (1)</p>	[2]

Question	Expected Answer	Mark
(d)	<p>Identify two methods of extrinsically motivating performers in Games. 2 marks max for 2 correct responses.</p> <p>1. Financial reward/money/sponsorship /endorsements (1) 2. Rewards/badge/medal/colours/certificates/cups /trophies (1) 3. Winning/being the winner (1) 4. Fear of failure/not wanting to lose/be embarrassed (1) 5. Praise/encouragement/positive feedback (1) 6. Pleasing others/popularity/crowd/teammates (1) 7. Being famous/fame/getting recognition/status/media/talent scout (1)</p>	[2]
(e)	<p>Describe three ways that mental preparation positively affects performance in Games. 3 marks max for 3 correct responses.</p> <p>1. Can help to relax/calms you down (1) 2. Controls anxiety (1) 3. Enables mental rehearsal/going over what needs to be done/visualisation (1) 4. Helps you concentrate focus/shut out distractions(1) 5. Raises arousal level/spurs you on/encourages yourself/psyching up/I can do it/right mood/motivates (1) 6. Stopping negative thoughts/boosts confidence (1) 7. Thinking about specific targets that are achievable/self-evaluation/reflection (1) 8. Think about prizes/rewards/fame (1) 9. Think about strategies/techniques (1)</p>	[3]

Question		Expected Answer	Mark
2	(a)	<p>Describe an occasion when a fast reaction is important to a performer in a Game. One mark for one correct response.</p> <p>To get away from opponents/competitors (1) To start quickly/get a good start (1) To get out of trouble (1) To react quickly to changes in play/competitors/ environment during the activity (1) To be more powerful/combine with strength (1)</p>	[1]
	(b)	<p>Give 3 different components of fitness that are not skill related. 3 marks max for 3 correct responses.</p> <p>Cardiovascular endurance (1) Muscular endurance (1) Speed (1) Strength (1) Power (1) Flexibility (1) Body composition (1)</p>	[3]

Question	Expected Answer	Mark
(c)	<p>What fitness component does the multistage fitness test evaluate? Give one strength and one weakness of the multistage fitness test. 3 marks max for 3 correct responses.</p> <p>1 mark for fitness component: (cardiovascular) endurance/VO2 max/stamina/aerobic capacity (1)</p> <p>1 mark for strength: easy to set up/perform/administer/good to use as baseline for further tests/against national norms/can control variables/conditions stable/good for large numbers/does not take up much space. (1)</p> <p>1 mark for weakness: Boring/can be affected by motivation/motivation is Variable/if done outside conditions may affect Inaccurate timing/measuring/affected by others/audience effects. (1)</p>	[3]
(d)	<p>Explain why eating foods high in carbohydrates can help a Games player. 2 marks for 2 correct responses.</p> <p>1.Improves endurance/stamina/keep going (1) 2.Provides energy for muscles/exercise (1) 3.Sole use of energy if fast pace/v intensive exercise/above 95% VO2 max (1) 4.Turned into glycogen (by liver)/stored as glycogen (muscle/liver) (1) 5.Act as a fuel reserve/store of energy (1)</p>	[2]

Question	Expected Answer	Mark
(e)	<p>Describe two different short-term effects of exercise on the body systems during Games. 2 marks max for 2 correct responses.</p> <p>1. Increase breathing (rate) (1) 2. Increase tidal volume/increase in volume of air either inspired or expired per breath/increase in depth of breathing/increase in minute ventilation (1) 3. Increase in oxygen debt (1) 4. Increase in muscle/body temperature/increase in flexibility/elasticity (1) 5. Increase in delivery of nutrients/O₂/removal of waste/CO₂ (1) 6. Higher pulse rate/heart rate (1) 7. Increase in stroke volume (1) 8. Increase in cardiac output (1) 9. Increase in circulation/blood flow (1) 10. Muscle tiredness/increase in lactic acid/strain/cramp (1) 11. Sweating/dehydration (1) 12. Increase adrenaline/hormone release/action(1) (1) 13. Vascular shunt/shunting/redirecting of blood to muscles (away from organs)/vasodilation/go red (1) 14. Increase in O₂ uptake/enzyme activity (1) 15. Increase force/speed of muscle contractions (1)</p>	[2]

Question	Expected Answer	Mark
(f)	<p>What are the advantages and disadvantages of weight training? 4 marks max for 4 correct responses.</p> <p>(Advantages) sub max of 2 marks Can work on specific areas of fitness/strength/muscles (1) Easy to do in all weathers/seasons (1) Easy to monitor progress (1) Easy to increase resistance/increase weights (1) Suitable for most activities/versatile (1) Easy to do interval training/enables recovery between reps (1)</p> <p>(Disadvantages) sub max of 2 marks Can overdo/get injured/tear muscles/dangerous (1) Can be off-putting/intimidation (1) Too restrictive/not enough cardio-vascular work (1) Can bulk too much/decrease in speed/flexibility/agility (1) Some equipment very expensive/may not have access to equipment (1) Boring/repetitive (1) Requires supervision (1) May be dangerous for the young (1)</p>	<p>2 sub max</p> <p>2 sub max</p> <p>[4]</p>

Question		Expected Answer	Mark
3	(a)	<p>Identify two potential hazards found on grass playing fields. 2 marks for 2 correct responses.</p> <p>Surface/holes/uneven/hardness (1) Surface 'slipyness' (1) Litter/debris such as stones/glass/needles/animal excrement (1) Goalposts (1) Corner flags/posts (1) Other appropriate hazards identified</p>	[2]
	(b)	<p>How would you lift and carry heavy sports equipment safely? 1 marks for 1 correct response.</p> <p>Carry out risk assessment/assess weight before lifting (1) Lift with others/use a machine/device to help (1) Follow instructions/guidelines (1) Use large muscle groups to lift/bend legs/do not use straight legs(1) Do not lift if injured/pregnant (1) Keep back straight/head up (1) Keep object/equipment close to body (1)</p>	[1]

Question	Expected Answer	Mark
(c)	<p data-bbox="371 272 1877 336">Explain how you would minimise the risk of injury when playing Games on a playing field. 3 marks for 3 correct responses.</p> <p data-bbox="371 376 1021 408">Protective equipment/mouthguard (1)</p> <p data-bbox="371 411 1021 443">Correct clothing/remove jewellery (1)</p> <p data-bbox="371 446 1021 478">Protective clothing (1)</p> <p data-bbox="371 481 1021 513">Correct footwear for the surface (1)</p> <p data-bbox="371 517 1021 549">No eating/chewing (1)</p> <p data-bbox="371 552 1021 584">Work/play/train to your own level (1)</p> <p data-bbox="371 587 1021 619">Warm up/cool down (1)</p> <p data-bbox="371 622 1021 686">Follow safety procedures with handling equipment (1)</p> <p data-bbox="371 689 1021 721">Follow rules/codes of the game/have referee (1)</p> <p data-bbox="371 724 1021 756">Keep watching/looking after/observing others (1)</p> <p data-bbox="371 759 1021 791">Check for ice/holes/debris (1)</p> <p data-bbox="371 794 1021 826">Post protectors (1)</p>	[3]

Grade Thresholds

General Certificate of Secondary Education
Physical Education (Specification Code 1970)
June 2008 Examination Series

Component Threshold Marks

Component	Max Mark	A	B	C	D	E	F	G
01 Written Paper	80	68	63	58	49	40	32	24
02 Coursework	60	52	46	40	34	28	22	16
82 Coursework c/f	60	52	46	40	34	28	22	16

Specification Options

Overall

	Max Mark	A*	A	B	C	D	E	F	G
Overall Threshold Marks	200	179	165	151	138	117	96	76	56
Percentage in Grade		4.75	16.26	24.04	21.02	21.55	8.84	2.69	0.68
Cumulative Percentage in Grade		4.75	21.01	45.05	66.07	87.62	96.46	99.15	99.83

The total entry for the examination was 17300

Statistics are correct at the time of publication.

**General Certificate of Secondary Education
Physical Education: Games (Specification Code 1971)
June 2008 Examination Series**

Component Threshold Marks

Component	Max Mark	A	B	C	D	E	F	G
01 Written Paper	80	68	63	58	49	40	32	24
02 Coursework	60	52	46	40	34	28	22	16
82 Coursework c/f	60	52	46	40	34	28	22	16

Specification Options

Overall

	Max Mark	A*	A	B	C	D	E	F	G
Overall Threshold Marks	200	179	165	151	138	117	96	76	56
Percentage in Grade		1.84	9.11	19.11	21.51	28.57	13.12	4.89	1.50
Cumulative Percentage in Grade		1.84	10.95	30.06	51.57	80.14	93.26	98.14	99.83

The total entry for the examination was 6700

Statistics are correct at the time of publication.

**General Certificate of Secondary Education (Short Course)
Physical Education: Games (Specification Code 1071)
June 2008 Examination Series**

Component Threshold Marks

Component	Max Mark	A	B	C	D	E	F	G
01 Written Paper	50	42	36	31	27	24	21	18
02 Coursework	60	52	46	40	34	28	22	16
82 Coursework c/f	60	52	46	40	34	28	22	16

Specification Options

Overall

	Max Mark	A*	A	B	C	D	E	F	G
Overall Threshold Marks	200	181	163	145	128	111	94	78	62
Percentage in Grade		0.99	7.51	14.72	24.43	23.07	16.39	7.66	3.49
Cumulative Percentage in Grade		0.99	10.95	30.06	51.57	80.14	93.26	98.14	99.83

The total entry for the examination was 1318

Statistics are correct at the time of publication.

OCR (Oxford Cambridge and RSA Examinations)
1 Hills Road
Cambridge
CB1 2EU

OCR Customer Contact Centre

14 – 19 Qualifications (General)

Telephone: 01223 553998

Facsimile: 01223 552627

Email: general.qualifications@ocr.org.uk

www.ocr.org.uk

For staff training purposes and as part of our quality assurance programme your call may be recorded or monitored

Oxford Cambridge and RSA Examinations
is a Company Limited by Guarantee
Registered in England
Registered Office; 1 Hills Road, Cambridge, CB1 2EU
Registered Company Number: 3484466
OCR is an exempt Charity

OCR (Oxford Cambridge and RSA Examinations)
Head office
Telephone: 01223 552552
Facsimile: 01223 552553

© OCR 2008

