



2012 Physical Education

**Standard Grade Foundation/General/Credit
Knowledge & Understanding**

Finalised Marking Instructions

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2012 Physical Education – Standard Grade

Foundation Level

Marking Instructions

1. In K&U, markers are directed in each question to note where it is essential that candidates **must** state an activity in their answer.
2. Activities used in K&U answers should be within the bounds of Physical Education or School Sport ie unacceptable activities – *Darts, Snooker, and Pool*.

Foundation Level

Question 6

Part A

1 mark for each correct response

<i>Playing or non-playing role</i>	<i>Personal Quality</i>
Coach	Leadership (given)
Referee	Fairness/Vision/Concentration
Captain	Motivation/Determination
Supporter	Concentration/Motivation/Committed
Defender	Determination/Confidence

Total 4 marks

Part B

- (i) If an activity is not given, marks may be awarded if the candidate clearly identifies an example of good sporting behaviour.

Example

Activity

- Football

Description

- I shook hands with my opponent/after the game

Limited description

- I shook hands

2 marks for a detailed description
1 mark for a limited description

- (ii) If an activity is not given, marks may be awarded if the candidate clearly identifies a different situation in the description.

Example

Activity

- Golf

Description

- I kept quiet when my opponent played

Limited description

- I kept quiet

2 marks for a detailed description
1 mark for a limited description
Total 4 marks

Question 7

Part A

1 mark for each correct response

Statement	True	False
A teacher can give you written feedback	✓	
You should be given lots of information at the one time		✓
It is best to receive feedback a long time after your performance		✓
It is best to receive negative feedback		✓

Total 4 marks

Part B

- (i) If a type of feedback is not given, marks may be awarded if the candidate clearly identifies a type of feedback in the description.

If no skill/technique is given marks may be awarded

Example 1 – Verbal

Skill/technique – Cartwheel

Description

- My teacher told me
- I was told after my performance

Limited description

- I was told

2 marks for a detailed description
1 mark for a limited description

- (ii) Example

Description

- My legs weren't straight

Limited description

- I wasn't straight

2 marks for a detailed description
1 mark for a limited description

Example 2 – Kinaesthetic

Skill/technique – Overhead clear

Description

- I could feel it when I hit the shot

Limited description

- I felt it

**2 marks for a detailed description
1 mark for a limited description**

(ii) Example

Description

- I was off balance when I hit my shot
- I was off balance and I lacked power

Limited description

- I was off balance
- I lacked power

**2 marks for a detailed description
1 mark for a limited description
Total 4 marks**

Question 8

Part A

1 mark for each correct response

Statement	True	False
Tactics are only used in team activities		✓
You cannot change a tactic during a game		✓
You need to think about your strengths	✓	
You need to think about your opponents' strengths	✓	

Total 4 marks

Part B

(i) If no activity is given marks may be awarded.

Example

Activity – Handball

Description

- I played a 6-0 defence

Limited description

- 6-0

**2 marks for a detailed description
1 mark for a limited description**

(ii) Example

Description

- We had players across the width of the court to stop the attackers

Limited description

- It gave us width

**2 marks for a detailed description
1 mark for a limited description**

(iii) Candidates must give a different tactic

Example

Description

- Fast break as soon as we got the ball

Limited description

- Fast break

**2 marks for a detailed description
1 mark for a limited description
Total 6 marks**

Question 9

Part A

- (i) Using gradual build up helps you to learn **dangerous** or **complex** skills safely.
- (ii) Gradual build up allows you to learn the skill in **easy** stages.
- (iii) Using gradual build up will help improve your **confidence/motivation**.

Total 4 marks

Part B

If no activity is given marks may be awarded.

If no skill/technique is given, marks may be awarded if a skill/technique is clearly identified in the description.

Example

Activity – Gymnastics

Skill/technique – Somersault

Description

Firstly – I practised doing a forward roll off the trampette

Then – I practised a dive roll onto mats

Then – I practised a somersault over mats/with support

Limited description

Firstly – I did a forward roll

Then – I did a dive roll

Then – I somersaulted

2 marks for a detailed description

1 mark for a limited description

Total 6 marks

Question 10 Candidates may only use each answer once

Part A

1 mark for each correct response

<i>Aspects of Fitness</i>	<i>Statement</i>
Strength/Power	can help you support your partner
Power/Strength	can help you jump higher than an opponent
Flexibility	can help you do the splits
Cardio-Respiratory Endurance	can help me keep going for the whole game

Total 4 marks

Part B

- (i) **If no skill/technique is given, marks may be awarded if the candidate clearly identifies muscular endurance in the description.**

Example

Skill/technique – Overhead clear

Explanation

- I was able to keep playing clear/shots

Limited explanation

- I could keep playing

**2 marks for a detailed explanation
1 mark for a limited explanation**

- (ii) **Description**

- Shoulders/arms

1 mark

If no skill/technique is given, marks may be awarded if the candidate clearly identifies an exercise for muscular endurance.

The exercise described must relate to the part of the body given.

- (iii) **Description**

- I did 20 press ups

Limited Description

- I did press ups

**2 marks for a detailed description
1 mark for a limited description
Total 5 marks**

2012 Physical Education – Standard Grade

General Level

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Question 6

Part A

1 mark for each correct response

Statement	True	False
You should ignore what the referee says to you		✓
You should shake hands with your opponents after a game	✓	
You should give the ball back to your opponents when it is their serve	✓	
You should help your opponents up if they fall	✓	
You should accept the decision if your opponent calls your shot out	✓	✓

(for statement five 1 mark may be awarded for a tick in either box)

Total 5 marks

Part B

Marks may be awarded if no activity is given.

(i) Examples

Activity – 100m

Description

- Wait for the gun before you start/run
- Everyone must start behind the line
- You must stay in your lane until the finish

Limited description

- Wait for the gun
- Stay in your lane
- Start behind the line

2 marks for a detailed description
1 mark for a limited description

(ii) Example

Activity – Basketball

Description

- You can't stay in the key for more than 3 seconds
- You can't dribble stop then dribble again
- No player can double dribble
- The ball is thrown up in the middle at the start
- Each team has 5 players at the start

Limited description

- No contact
- No double dribble
- 3 second rule
- 5v5

2 marks for a detailed description
1 mark for a limited description

(iii) Example

Description

- They would blow the whistle and give the ball to the other team

Limited description

- Give the ball to the other team

2 marks for a detailed description
1 mark for a limited description
Total 6 marks

Question 7

Part A

<i>Activity</i>	<i>Set time limit</i>	<i>No time limit</i>
Orienteering		✓ (given)
100m sprint		✓
Volleyball		✓
Hockey	✓	
Basketball	✓	
Table tennis		✓

Total 5 marks

Part B

If no activity is given marks may be awarded

(i) Example

Activity – Football

Description

- We played 30 mins extra time

Limited description

- Played extra time

**2 marks for a detailed description
1 mark for a limited description**

If no activity is given marks may be awarded

(ii) Example

Activity – High jump

Description

- Count back to see who had taken less jumps

Limited description

- Count back

**2 marks for a detailed description
1 mark for a limited description
Total 4 marks**

Question 8

Part A

1 mark for each correct response

(i)

Description	Name of joint
A ball and socket joint in the upper body	shoulder
A ball and socket joint in the lower body	hip
A hinge joint in the upper body	elbow
A hinge joint in the lower body	knee

4 marks

(ii) If no hinge joint is given 0 marks should be awarded

Example 1

Elbow

Muscle 1 **bicep**

Muscle 2 **triceps**

Example 2

Knee

Muscle 1 **hamstring**

Muscle 2 **quadriceps/quads**

2 marks
Total 6 marks

Part B

- (i) **Marks may be awarded if no skill/technique is given, if the candidate clearly identifies a throwing or kicking skill in the description.**

Example

Skill/technique – Spiking

Description

- It twists forward as I hit
- It moves back then forward

Limited description

- It twists around/turns

**2 marks for a detailed description
1 mark for a limited description**

- (ii) **Explanation**

- I can get a big/powerful/fast swing of my arm

Limited explanation

- I can get a full swing

**2 marks for a detailed description
1 mark for a limited description
Total 4 marks**

Question 9

Part A

If no activity or skill is given, marks may be awarded if the techniques are clearly from a skill used in a team activity.

(i) 1 mark for each correct response.

Example

Team activity – Netball

Skill – Passing

Technique1

- bounce

Technique 2

- chest

If no activity and skill are given, marks may be awarded if the techniques are clearly from a skill used in an individual activity.

(ii) 1 mark for each correct response.

Example

Individual activity – Badminton

Skill – Serving

Technique1

- high/long

Technique 2

- low/short

Total 4 marks

Part B

If no skill/technique is given, marks may be awarded if the candidate clearly identifies a skill/technique in the description.

Example

Skill/technique – overhead clear

Preparation

Description

- I moved back to the shuttle
- I moved under the shuttle
- I stopped and took my racquet back

Limited description

- I moved to the shuttle
- I moved back

2 marks for a detailed description
1 mark for a limited description

Action

Description

- I swung my arm forward
- I stepped forward into the shot
- I straighten my arm to hit

Limited description

- I swung/stepped forward
- I swung my arm

2 marks for a detailed description
1 mark for a limited description

Recovery

Description

- I followed through to the target
- I moved back to my base

Limited description

- I followed through

2 marks for a detailed description
1 mark for a limited description
Total 6 marks

Question 10

Part A

1 mark for correct response.

<i>Statement</i>	<i>Principles of Training</i>
How often you train is...	Frequency (given)
How long a training session lasts is...	Duration/time
Marking your training suit your needs is...	specificity
How hard you work when training is...	intensity

Total 3 marks

Part B

No marks may be awarded for part (i) if no aspect of fitness is given.

Example

Aspect of Fitness – Speed

(i) 1 mark for an appropriate method of training

Example

Interval training

If no aspect of fitness is given, marks may be awarded in parts (ii), (iii) and (iv) if the candidate clearly identifies an aspect of fitness in the description.

(ii) Example

- I did short runs near my maximum
- I sprinted for 80 metres and took long rests
- I did 10 runs of 50 metres flat out

Limited Description

- I did sprints near my maximum
- I sprinted and then jogged back
- I sprinted near my maximum

2 marks for a detailed explanation
1 mark for a limited explanation

(iii) Example

- I now ran at my top speed when sprinting
- I did more sprints and for longer

Limited Description

- I ran faster

2 marks for a detailed explanation
1 mark for a limited explanation

(iv) Example

- I was getting fitter and it was getting too easy
- My times were getting faster

Limited Description

- It was too easy
- I was getting fitter/faster

2 marks for a detailed explanation
1 mark for a limited explanation
Total 7 marks

2012 Physical Education – Standard Grade

Credit Level

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Question 6

Part A

(i) Example

Explanation

- Information that you receive about your performance

Limited explanation

- Information on your performance

2 marks for a detailed explanation

1 mark for a limited explanation

(ii) Example

Explanation

- It gives you a picture in your mind that you can copy
- You can understand how the skill links together
- You can see the correct timing of each part of the skill

Limited explanation

- It gives you something to copy
- You can get a picture in your mind
- It can show mistakes

2 marks for a detailed explanation

1 mark for a limited explanation

Total 6 marks

Part B

If no activity or skill/technique is given, marks may be awarded if the candidate clearly identifies an activity or skill/technique in the description.

(i) Example

Individual activity – Gymnastics

Skill/technique – Forward roll

Description

- I could not turn quickly enough to get to my feet

Limited description

- I could not get back to my feet

2 marks for a detailed description
1 mark for a limited description

(ii) Example

Description

- I tucked in tighter for longer as I rolled

Limited description

- I tucked in tighter

2 marks for a detailed description
1 mark for a limited description

(iii) Example

Explanation

- It flowed as I could get to my feet without using my hands

Limited explanation

- I did not need to use my hands to get up
- I could roll faster

2 marks for a detailed explanation
1 mark for a limited explanation
Total 6 marks

Question 7

Part A

Example

Explanation

- You can learn to perform skills when tired
- It allows you to work under the same pressure as in a game
- It can be more interesting so you work for longer
- It allows you to develop fitness specific to the demands of the activity

Limited explanation

- It makes your training more game like

2 marks for each detailed explanation
1 mark for each limited explanation
Total 4 marks

Part B

Marks may be awarded in no activity is given.

If no skill/technique is given, marks may be awarded if the candidate clearly identifies a skill/technique in the description.

(i) Example

Activity – Football

Skill/technique – Passing

3 marks description

- We played a high intensity one touch possession game for 5 minutes/with short rests

2 mark description

- We played a high intensity one touch possession game

1 mark description

- We played a one touch possession game

(ii) Example

Description

- I checked my pulse after every set/for 6 seconds

Limited description

- I wore a heart rate monitor
- I checked my pulse

(iii) Example

Explanation

- I was able to recover more quickly so I made fewer mistakes
- I could keep a high work rate to tire out my opponent
- My skill level stayed high at the end of the game

Limited explanation

- I was able to recover more quickly
- I could keep the same pace up for the full game

2 marks for a detailed explanation

1 mark for a limited explanation

Total 7 marks

Question 8

Part A

(i) Example

Explanation

- 2nd defender moving behind to cover them if they are beaten
- Having another player behind the defender who goes to the ball

Limited explanation

- Covering behind each other

2 marks for a detailed explanation

1 mark for a limited explanation

(ii) Example

Explanation

- Slowing an opponent down to allow defenders to get back/organised
- Player puts pressure on the ball carrier to give time for your team to get back

Limited explanation

- Holding your position
- Not driving in
- Jockeying
- Sagging off

2 marks for a detailed explanation

1 mark for a limited explanation

Total 4 marks

Part B

- (i) **If no team activity is given, marks may be awarded if the candidate clearly identifies a team activity in the description.**

Example

Team activity – Hockey

Description

- They were strong and were able to break our tackles
- They had a fast winger who was beating our fullback player

Limited description

- They could break our tackles
- They had a fast winger

**2 marks for a detailed description
1 mark for a limited description**

- (ii) **Example**

Description

- We used a sweeper to cover in behind the defence

Limited description

- We used a sweeper to cover

**2 marks for a detailed description
1 mark for a limited description**

- (iii) **Example**

Description

- I backed off slowly as they came forward
- I angled my body to show them wide

Limited description

- I backed off slowly
- I backed off as they came forward
- I moved to the ball
- I showed them wide

**2 marks for a detailed description
1 mark for a limited description
Total 6 marks**

Question 9

Part A

(i) Example

Explanation

- A player who puts you under little/no pressure and who is not trying to get possession/the ball

Limited explanation

- An opponent who puts you under little/no pressure
- An opponent not trying to win the ball

2 marks for a detailed explanation
1 mark for a limited explanation

(ii) Example

Explanation

- I am under little pressure and I can concentrate on performing the skills
- I could get used to performing skills with a defender close to me

Limited explanation

- I am under little/no pressure
- No opponent is trying to get the ball off me
- I can concentrate more on the skills
- I can build confidence
- Easier to perform skills successfully

2 marks for a detailed explanation
1 mark for a limited explanation
Total 6 marks

Part B

Marks may be awarded if no activity is given.

If no skill/technique is given, marks may be awarded if the candidate clearly identifies a skill/technique from an individual activity in the description.

(i) Example

Individual activity – Badminton

Skill/technique – Overhead clear

Description

- My partner fed me high serves one after the other with no time in between
- After each clear I had to return quickly to my base/middle of the court

Limited description

- My partner fed me high serves one after the other
- I had to return quickly to my base

2 marks for a detailed description

1 mark for a limited description

Marks may be awarded if no activity is given.

If no skill/technique is given, marks may be awarded if the candidate clearly identifies a skill/technique from a team activity in the description.

(ii) Example

Team activity – Rugby

Skill/technique – Clearance kick

Description

- I had to make the kick quickly before my opponent tackled me.

Limited description

- I had to make my kick as soon as I caught the ball

2 marks for a detailed description

1 mark for a limited description

(iii) Example

Explanation

- I got used to working with no time to think about what I was doing so made less mistakes
- I was able to perform skills consistently in the game

Limited explanation

- I was able to perform the skills automatically/consistently/accurately

2 marks for a detailed explanation

1 mark for a limited explanation

Total 6 marks

Question 10

Part A

(i) Example

Explanation

- Wanting to be successful no matter how difficult it becomes

Limited explanation

- Wanting to be successful/better

2 marks for a detailed explanation

1 mark for a limited explanation

(ii) Example

Explanation

- The ability to stay focused no matter the distraction around you

Limited explanation

- The ability to stay focused

2 marks for a detailed explanation

1 mark for a limited explanation

(iii) Example

Explanation

- Having a positive state of mind about your ability to be successful

Limited explanation

- Having a positive state of mind
- Knowing you can do it well

2 marks for a detailed explanation

1 mark for a limited explanation

Total 6 marks

Part B

(i) **Marks may be awarded if no team activity is given.**

Example

Activity – Gymnastics

Description

- I thought about performing each skill well
- I planned ahead how I would link the skills in my routine
- I focused on what I had done well the last time I did my routine

Limited description

- I thought about the hard part
- I visualised performing each skill
- I went over my performance in my head

2 marks for a detailed description
1 mark for a limited description

(ii) **Example**

Description

- I was able to perform with confidence and attempt all the hard skills
- I was able to perform the routine smoothly without mistakes

Limited description

- I make no mistakes in my routine

2 marks for a detailed description
1 mark for a limited description
Total 4 marks

[END OF MARKING INSTRUCTIONS]