



3	a			Award ½ mark for each correct answer.	2	4						
		<table border="1"> <thead> <tr> <th>Spatial content</th> <th>Dynamic Content</th> </tr> </thead> <tbody> <tr> <td>pathways</td> <td>fast/slow movements</td> </tr> <tr> <td>levels</td> <td>acceleration</td> </tr> </tbody> </table>					Spatial content	Dynamic Content	pathways	fast/slow movements	levels	acceleration
		Spatial content	Dynamic Content									
pathways	fast/slow movements											
levels	acceleration											
b	i	When a dance builds in intensity and interest and reaches a high point.	Accept similar answers.	1								
		ii	A tool used to promote movement such as music, a picture, emotions, history, percussion which may be used to get one going.	Accept similar answers.	1							
4	a	i & ii	Use the flat side of the stick; Do not raise the stick above the waist during regular play; Hit the ball with the hockey stick; Do not use stick to hit an opponent's stick.	Accept <b>TWO</b> . Accept similar answers.	1	4						
		b	i & ii	Keep your knees bent; Keep the ball in a good distance away from your feet; Start with the ball in line with your back leg; Keep the ball touching the stick all throughout the pass; Perform an extended follow through after the pass.	Accept <b>TWO</b> . Accept similar answers.		1 1					
		c	i & ii	Reverse stick push; Slap; Drive; Sweep.	Accept <b>TWO</b> .		1					
5	a	i & ii	Stay side on with staggered feet; Stay touch distance away not far from opponent but not too close; Prevent player from shooting; Direct opponent on one side giving him/her one option; Keep your eyes on the ball.	Accept <b>TWO</b> . Accept similar answers.	½ ½	4						
		b	Situation B. Situation C.		½ ½							
		c	Head the ball high; Head the ball to the sides away from dangerous areas; Head the ball slightly under mid-point; Hit the ball with the front of head; Keep arms wide.	Accept <b>TWO</b> . Accept similar answers.	1							
		d	i	Wall pass; Triangulation; One-two pass.	Accept <b>ONE</b> .		½					
		ii	Overlap.		½							

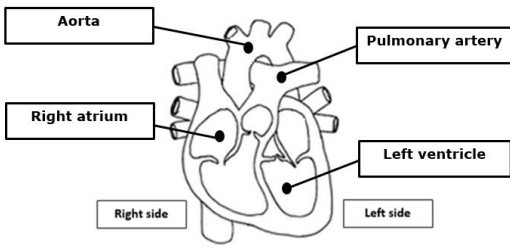
6	a		Rocking exercise; Holding bean bag between feet and drop into hoop behind head; Roll down an incline.	Accept <b>TWO</b> . Accept in any order. Accept similar answers.	1	<b>4</b>
	b				1	
	c	iii.	Vault.		1/2	
	d		30 seconds.		1/2	
7	a	i	A	Accept <b>TWO</b> . Accept similar answers.	1/2	<b>4</b>
		ii	D		1/2	
	b	i	Obstruction.		1/2	
		ii	Penalty Pass or Shot by Goal Attacker where Goal Defence attempted to defend. Goal Defence to stand beside GA and away.		1/2	
		iii	Keep between opponent and ball, close but not touching; Turn head so that both ball and opponent can be seen; Keep the weight on the balls of the feet; Use small quick steps to maintain covering position.	1/2	1/2	
	c		i; iv.	Award 1/2 Mark for every correct answer	1/2	1/2
8	a		Arm leaves the water with the thumb leading; The little finger enters first; Body rolls when arms are used and one shoulder pops out of the water.	Accept <b>TWO</b> . Accept similar answers.	1/2	<b>4</b>
					1/2	
	b		At the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.		1	
	c	i & ii	The head position is raised; Hips are dropped increasing resistance; No flat streamlined position so slowing swimmer down.		1/2	
	d	i	Front crawl.	1/2	1/2	
		ii	Breaststroke.	1/2	1/2	
9	a	i	25.		1/2	<b>4</b>
		ii	15.	1/2		
		iii	2.	1/2		

	b	i	Set Pass; Overhead pass.	Accept <b>ONE</b> .	1/2	
		ii	Start in the ready position facing the direction of the pass; Spread fingers in the shape of the ball above the head; Form a triangle with thumbs and pointer-fingers; Hit the ball with tips of fingers; Perform a follow through upward after the hit.	Accept <b>TWO</b> . Accept similar answers.	1	
	c	2. Dig pass/forearm pass. 3. Set pass/overhead pass.	Accept only in this order. Do not award 1/2 marks.	1		

<b>SECTION B – Health Related Fitness.</b>						<b>16 Marks</b>
1	a	i	Vitamin A.		1/2	<b>3</b>
		ii	Vitamin C.		1/2	
		iii	Vitamin D.		1/2	
	b		Strawberries.		1/2	
	c	i	Night blindness; Flaking skin.	Accept <b>ONE</b> .	1/2	
		ii	Scurvy.		1/2	
2	a		To have more stores of glycogen to be used as fuel when needed in the sports activity.	Accept similar answers.	1	<b>2</b>
	b		It involves increasing the intake of carbs three days before an athletic event or competition.		1	
3		i	Act as insulators; Protect vital organs; Carry fat soluble vitamins; Act as secondary energy source.	Accept <b>ONE</b> .	1	<b>1</b>
4	a		Sedentary Lifestyles; Lack of exercise; Inappropriate food intake.	Accept <b>ONE</b> .	1	<b>2</b>
	b	i & ii	High cholesterol levels; High blood pressure; Breathing problems.	Accept <b>TWO</b> . Accept similar answers.	1/2 1/2	
5	a		Includes dairy products in the diet every day; Snacks on calcium-rich nuts.	Accept <b>ONE</b> . Accept similar answers.	1	<b>2</b>
	b		Osteoporosis.		1	

6		i & ii	Lifestyle; Size; Age; Type and amount of activity chosen to be practised during leisure time.	Accept <b>TWO</b> .	½ ½	<b>1</b>						
7	a		Transports essential nutrients; Aids with body temperature; Hydration.	Accept <b>ONE</b> . Accept other appropriate answers.	1	<b>1</b>						
8			Decreasing.		1	<b>1</b>						
9		i ii	Marathon runner. Gymnastics routine.		½ ½	<b>1</b>						
10		i ii	It is used when the activity is carried out without the use of oxygen; It is used during relatively short periods of time. It is a temporary oxygen shortage arising from vigorous exercise, after one has used the lactic energy system.	Accept <b>ONE</b> .  Accept <b>ONE</b> .	1  1	<b>2</b>						
<b>SECTION C – Body Systems and Performance.</b>						<b>36</b>	<b>Marks</b>					
1			Using personal protective equipment; Wearing the correct clothing and footwear; Using the appropriate level of competition.	Accept <b>ONE</b> . Accept similar answers.	1	<b>1</b>						
2		i ii iii iv	Concussion. When the bones come out of the normal position. Shin splints; Hairline fracture. When muscle fibers fail to relax.		½ 1 ½ 1	<b>3</b>						
3	a b		iv; v.  Specificity - iii. Reversibility – ii.		½ ½  ½ ½	<b>2</b>						
4	a b c		<table border="1" style="display: inline-table; margin-right: 10px;"> <tr> <td>i</td> <td>Trachea</td> </tr> </table> <table border="1" style="display: inline-table; margin-right: 10px;"> <tr> <td>ii</td> <td>Bronchi</td> </tr> </table> <table border="1" style="display: inline-table;"> <tr> <td>iii</td> <td>Bronchioles</td> </tr> </table>  The filtering is done by the cilia, which trap dust, pollen and any other impurities in the air.  i Diffusion.	i	Trachea	ii	Bronchi	iii	Bronchioles		½ ½ ½  1  ½	<b>5</b>
i	Trachea											
ii	Bronchi											
iii	Bronchioles											

		ii	Gas X-Oxygen. Gas Y-Carbon Dioxide.		1/2 1/2	
		iii	The oxygen moves across to the red blood cells and the blood carries the oxygen away to the body cells.		1	
5	a		Part A: Ribs Part B: Diaphragm		1/2 1/2	<b>3</b>
	b		The rib cage moves upwards and the diaphragm contracts, is pulled down and is flattened.	Award <b>ONE</b> mark for how each part is moved.	2	
6			During vigorous exercise more oxygen is required for the muscles to contract. The breathing rate increases to supply oxygen due to a greater demand exerted on the body.	Accept similar answers.	1	<b>1</b>
7	a		27.		1	<b>3</b>
	b		7 minutes.		1	
	c		Kevin. He has a slower breathing rate; Breathing rises less on exercise; More rapid recovery.	Accept similar answers.	1	
8	a	i	Dynamic stretching; Active stretching; Mobility stretching.	Accept <b>ONE</b> .	1/2	<b>2</b>
		ii	Static stretching.		1/2	
	b		Intensity increases during warm up, whereas during cool down, it decreases.	Accept other appropriate answers.	1	
9	a	i – iv	Plank; Push-ups; Sit-ups; Crunches; Jumping Jacks; Step-ups; Bridge; Skipping; Back extensions; Squats; Lunges.	Accept <b>FOUR</b> . Accept other appropriate strength exercises.	2	<b>7</b>
	b	i & ii	Continuous training; Fartlek training.	Accept other appropriate endurance training methods.	1	
	c		It is a means of training which helps to improve power or explosive strength; It involves exerting maximum force in short period of time.	Accept <b>ONE</b> . Accept similar answers	1	

	d	i	Maximal; 100%.	Accept <b>ONE</b> .	1	
		ii	Minimal.	Accept similar answers	1	
		iii	Full recovery; Long recovery.	Accept <b>ONE</b> .	1	
10		i & ii	Transport; Body temperature control; Protection.	Accept <b>TWO</b> .	1 1	<b>2</b>
11		i	Help in blood clotting.		½	<b>1</b>
		ii	Fight against infection.		½	
12			Arteries carry blood away from the heart, while veins carry blood towards the heart.	Accept also references to oxygenated and deoxygenated blood and to differences in pressure.	1	<b>1</b>
13					½ ½ ½ ½	<b>2</b>
14			False. The pulmonary vein is the only vein which carries oxygenated blood.	Do not award mark if student answers true/false only.	1	<b>1</b>
15		i & ii	Radial pulse; Femoral pulse; Temporal pulse.	Accept <b>TWO</b> .	½ ½	<b>1</b>
16		i	It increases.		½	<b>1</b>
		ii	Because the body needs more oxygen to work at an increased rate.		½	

<b>SECTION D – Sports in Society.</b>						<b>12 Marks</b>
1		i ii	Provision of facilities; Organization of competitions; Promotion of their sport; Encouragement for juniors; Community involvement.	Accept <b>TWO</b> .	1 1	<b>2</b>
2	a	i ii	President/Chairperson. Has an overall control of the meetings and guides discussions.	Accept other appropriate answers.	½ 1	<b>1½</b>
	b	i ii	Secretary. Deals with all written work; Takes attendance; Answers correspondence.	Accept other appropriate answers.	½ 1	<b>1½</b>
3		i ii	Commonwealth Games; G.S.S.E, Mediterranean Games; Olympic Games.	Accept <b>TWO</b> .	½ ½	<b>1</b>
4		i & ii	20/20 scheme; A.F.M. scheme.	Accept <b>TWO</b> .	½ ½	<b>1</b>
5		i & ii	Increased popularity; Increased revenue due to increased sponsorships; Increased payments through TV rights.	Accept <b>TWO</b> . Accept other appropriate answers.	1 1	<b>2</b>
6	a		Autobiography.	Accept also 'Biography'	½	<b>2</b>
	b		Sports novels; Books on sport events.	Accept <b>ONE</b> . Accept other appropriate answers.	½	
	c	i & ii	Newspapers; Magazines.	Accept <b>ONE</b> .	½ ½	
7		i & ii	Intrusion on event; Timing of event; Less spectators; Less popularity to sports which do not have any television coverage.	Accept <b>TWO</b> . Accept other appropriate answers.	½ ½	<b>1</b>