

Annual Examinations for Secondary Schools 2014

FORM 3 PHYSICAL EDUCATION (OPTION) MARKING SCHEME

Section A – Skill Acquisition, Movement and Physical Activities (16 marks)				
Q	Answer	Remarks	Mark	Total Mark
1	Skill Acquisition			4
a	D.		1	
b	B.		1	
c	A.		1	
d	D.		1	
2	Athletics			4
a	C.		1	
b	A.		1	
c	D.		1	
d	B.		1	
3	Dance			4
a	B.		1	
b	C.		1	
c	A.		1	
d	D.		1	
4	Games			4
a	B.		1	
b	A.		1	
c	C.		1	
d	D.		1	
5	Gymnastics			4
a	A.		1	
b	D.		1	
c	B.		1	
d	C.		1	

6		Swimming			4
	a	A.		1	
	b	C.		1	
	c	B.		1	
	d	D.		1	
Section B – Health Related Fitness (16 marks)					
1		i ii	Relieves tension/stress; Improves posture; Losing weight; Improves confidence; Meeting people; Making friends.	Accept ONE . Accept similar answer.	1 1
2			ii. Breathing rate increases. iv. Skin reddens.		½ ½ 1
3			Age; Gender; Somatotype.	Accept ONE . Accept appropriate answer.	1
4			Strength peaks at this age; Body's metabolism still high; Increased oxygen uptake; Less likely to suffer injuries; Good reaction time.	Accept ONE . Accept similar answer.	1
5		i ii	Power; Strength; Coordination.	Accept TWO .	1 1 2
6		i ii	Flexibility. Endurance.	Accept Suppleness. Accept Stamina; Muscular endurance; Cardiovascular endurance.	1 1 2
7		i ii iii	Static strength. Explosive strength. Dynamic strength.	Accept Isometric strength. Accept Power. Accept Muscular endurance.	1 1 1 3
8		i ii iii	Balance. Agility. Speed.		1 1 1 3
9			Shortness of breath; Lack of concentration.	Accept ONE . Accept similar answer.	1 1

10			Do not wear jewellery; Abide to rules; Do a proper warm-up/cool-down; Swim under supervision.	Accept ONE . Accept appropriate answer.	1	1
SECTION C – Body Systems and Performance (36 marks)						
1	a		Ligaments.		1	4
	b		Scapula.		1	
	c		Patella.		1	
	d		Femur.		1	
2			A. Cervical vertebrae. B. Thoracic vertebrae. C. Lumbar vertebrae. D. Sacral vertebrae. E. Coccyx.	Accept answers A to D without mentioning 'vertebrae'.	1 1 1 1 1	5
3	a	i	Flexion.	Accept in any order.	½	3
		ii	Extension.		½	
	b	i	Hip.	Accept in any order.	1	
		ii	Shoulder.		1	
4		i	Flexion.		1	3
		ii	Extension.		1	
		iii	Rotation.		1	
5		i	Concentric.		1	3
		ii	Eccentric.		1	
		iii	Isometric.		1	
6	a	i	Agonist: biceps.		½	3
		ii	Antagonist: triceps.		½	
	b	i	Agonist: hamstrings.		½	
		ii	Antagonist: quadriceps.		½	
	c	i	Agonist: triceps.		½	
		ii	Antagonist: biceps.		½	
7		A. Pectorals. B. Deltoids. C. Abdominals. D. Quadriceps. E. Gastrocnemius.		1 1 1 1 1	5	
8	a		Running a shuttle of 20M following the 'bleep' when changing direction, with the intensity of the run increasing after each stage. The test stops when the performer cannot maintain the rhythm with the 'bleep'.	Accept similar description of test.	2	4

	b		Cooper Test: Linear run; Work on the cardiovascular system. Bleep Test: Run on base; Work on the muscular system due to more eccentric work on the muscles.	Accept ONE . Accept similar answers.	1	
	c		Harvard Step test; Sit ups test; Push ups test; Pull ups test.	Accept ONE . Accept an appropriate endurance test.	1	
9	a	i	Standing broad jump.		1	3
		ii	Sergeant jump.	Accept 'Counter movement vertical jump'.	1	
	b		Power.	Accept 'Explosive strength'.	1	
10			Height.		1	1
11	a		Illinois Agility Test.	Accept 'Illinois Test'.	1	2
	b		This test involves change of direction; Running through cones; Maximal test.	Accept ONE . Accept similar answer.	1	
Section D – Sport in Society (12 marks)						
1		i	Round Robin.		1	4
		ii	Ladder.		1	
		iii	League.		1	
		iv	Knockout.		1	
2			Teams only get one chance; The winning teams advance to the second round, whilst the losing teams are eliminated; It halves the number of participants after each round.	Accept ONE . Accept similar answer.		1
3	a		Combined.	Accept Mixed.	1	2
	b		UEFA Champions League; FIFA World Cup.	Accept ONE . Accept appropriate answer.	1	
4	a		Pictures B and D.	Accept in any order.	1	3
	b		Practising a sport; Swimming; Walking.	Accept ONE . Accept appropriate answer.	1	
5		i	Swimming pools; Parks; Playing fields; Sports facilities in state schools for public use.	Accept ONE . Accept similar answer.	1	2
		ii			1	