

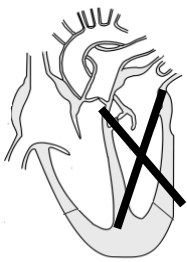


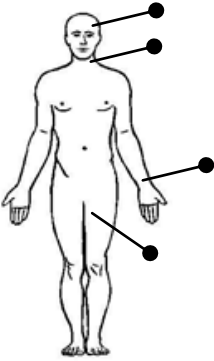
**FORM 4 PHYSICAL EDUCATION (OPTION) Marking Scheme**

<b>SECTION A – Skill Acquisition, Movement and Physical Activities.</b>						<b>16 Marks</b>
1	a	i ii	Intrinsic / Internal feedback. Extrinsic / External feedback.	Accept any appropriate answers.	½ ½	<b>4</b>
	b			One mark for every correct answer.	2	
	c		To improve confidence; To be better prepared; To focus on winning; To reduce anxiety.	Accept <b>ONE</b> . Accept any appropriate answers.	1	
2	a	i & ii	The athlete starts before the pistol (signal to go); The athlete crosses into another runner's lane; Athlete obstructs another athlete's path with any part of their body.	Accept <b>TWO</b> . Accept in any order.	1 1	<b>4</b>
	b		Place the shot at the base of the first three fingers, with the little finger and thumb supporting the shot; 'Clean palm – dirty fingers'.	Accept <b>ONE</b> . Accept any appropriate answers.	1	
	c	i & ii	High Jump; Long Jump; Triple Jump.	Accept <b>TWO</b> .	½ ½	
3	a		When the opponent is in the back court.		1	<b>4</b>
	b		B.		1	
	c				1	
	d		One point to the server.		1	

4	a		Leading; Following; Matching; Mirroring; In contrast; Unision; Meeting; Parting.	Accept <b>ONE</b> .	1	<b>4</b>
	b		Heavy/light; Sharp/smooth; Firm/gentle.	Two correct contrasting words must be mentioned to get one mark.	1	
	c	i & ii	Walking; Running; Hopping; Skipping.	Accept <b>TWO</b> . Accept any appropriate answers.	½ ½	
		i & ii	Bending; Curling; Pulling; Pushing; Stretching; Twisting.	Accept <b>TWO</b> . Accept any appropriate answers.	½ ½	
5	a	i & ii	Body line is arched or dished; Legs are not in line with shoulders; Head tilted backwards.	Accept <b>TWO</b> . Accept any appropriate answers.	1 1	<b>4</b>
	b		Women are accompanied by music, men are not.		1	
	c	i & ii	Squat; Through; Straddle; Headspring; Neck spring; Handspring; Cartwheel vault.	Accept <b>TWO</b> . Accept any appropriate answers.	½ ½	
6	a		The game starts with a pass back from the centre line by one of the teams.	Accept <b>ONE</b> .	1	<b>4</b>
	b		Over shorter distances.		1	
	c		The number of attackers.		1	
	d		The ball shall not be stopped by the foot or any other part of the body; There shall be no interfering with the stick of an opponent; The player shall not obstruct any opponent; There shall be no charging, striking or tripping; No rough or dangerous play is permitted.		1	
7	a	i & ii	Front crawl; Butterfly; Breaststroke.	Accept <b>TWO</b> .	½ ½	<b>4</b>
	b	i & ii	Little finger enters first in the water; Palm facing outwards; Arm entry at 11 o'clock or 1 o'clock.	Accept <b>TWO</b> .	1 1	
	c		Front crawl.		1	

8	a		After each set; In the deciding set, once leading team reaches 8 points.		1	<b>4</b>
	b		When opposing defenders have left an open space undefended on their side of the court; To trick the opposing defending players such as the blockers; When an incorrect set pass is played by the setter.	Accept <b>ONE</b>	1	
	c	i ii	Block. Defensive.		½ ½	
	d		When a team wins a point after a service from an opposing team.		1	
<b>SECTION B – Health Related Fitness.</b>						<b>16</b>
						<b>Marks</b>
1			Obesity: Skeletal and joints problems. Anorexia: Loss of muscle mass.		½ ½	<b>1</b>
2			To avoid cholesterol build up. To avoid being over fat and obese.	Accept <b>ONE</b> . Accept similar answers.	1	<b>1</b>
3			Weightlifter- He/She may consume more meat and fish. More Protein. Marathon runner- He/She eats more pasta and rice. More Carbohydrates.	Accept similar answers.	1 1	<b>2</b>
4		i ii  iii	Carbohydrate Loading. Marathon.  Muscles; Liver.	Accept similar answers.  Accept <b>ONE</b> .	1 1 1	<b>3</b>
5		i ii	Anaemia. Vitamin D.		1 1	<b>2</b>
6	a		Oxygen Water + Carbon Dioxide.		½ ½,½	<b>3</b>
	b		Glucose.		½	
	c		The muscles will be aching with tiredness; There is lack of oxygen in the muscles.	Accept <b>ONE</b> . Accept similar answers.	1	
7	a		The ability of the muscle to keep contracting without tiring.		1	<b>2</b>
	b		Rowing; Running.	Accept appropriate sports.	1	

8		i ii iii iv	Aerobic. Anaerobic. Aerobic. Aerobic.		½ ½ ½ ½	<b>2</b>
<b>SECTION C – Body Systems and Performance.</b>						<b>36 Marks</b>
1	a	i & ii	Specificity; Overload.		1 1	<b>4</b>
	b	i ii	Graph B. Graph C.		1 1	
2		i ii iii iv	Fitness Phase. Skill Phase. Warm up Phase. Cool down Phase.		1 1 1 1	<b>4</b>
3		i ii iii iv	Externally. Internally. Externally. Internally.		½ ½ ½ ½	<b>2</b>
4		i ii	Fracture; Dislocation. Sprain; Strain; Bruises; Cuts.	Accept <b>ONE</b> . Accept <b>ONE</b> . Accept appropriate examples.	1 1	<b>2</b>
5		i ii iii	Plyometrics. Continuous Training. Interval Training.		1 1 1	<b>3</b>
6					1	<b>1</b>
7			Ventricles.		1	<b>1</b>
8			<b>Oxygenated blood:</b> Aorta; Pulmonary vein; Left atrium.  <b>Deoxygenated blood:</b> Right atrium; Right ventricle; Vena cava.		1½  1½	<b>3</b>

9				Give one mark for any two points indicated, as per diagram.	1/2 1/2	<b>1</b>	
10		i ii iii iv	White blood cells. Platelets. Red blood cells. Plasma.		1 1 1 1	<b>4</b>	
11	a	ii iii iv v vi	Pharynx. Trachea. Bronchi. Bronchioles. Alveoli.	Accept in any order.	1 1 1 1 1	<b>8</b>	
	b		Alveoli.		1		
	c	i & ii	Oxygen. Carbon dioxide.		1 1		
12		i ii iii	Moves up. Contracts. Increase in size.		1 1 1	<b>3</b>	
<b>SECTION D – Sports in Society.</b>						<b>12</b>	<b>Marks</b>
1	a	i ii iii iv	Club Captain. Secretary. Chairman/President; Coach	Choose <b>ONE</b> . Accept any appropriate answer.	1/2 1/2 1/2 1/2	<b>4</b>	
	b		Promotes sports in their community; Provision, maintenance and upkeep of facilities; Organisation of competitions and competitive play.		1		
	c		Promote social events; Promote fund-raising events; Act as public relations officer.		1		

2	a		International Olympic Committee.	Accept only this as correct answer.	1	<b>3</b>
	b		Helps in the organisation of the Olympic Games; Selects the host cities.	Accept any appropriate answer.	1 1	
3			Represents the I.O.C. in Malta; Assists athletes who represent Malta in the Olympic Games, Commonwealth Games, Mediterranean Games and G.S.S.E.	Accept <b>ONE</b>	1	<b>1</b>
4			Develops and implements sport programmes for all; Assists sports organisations and local councils.	Accept any appropriate answer.	1 1	<b>2</b>
5			Successful athletes promote the image that makes the product more successful; Successful athletes tend to be young and attractive.	Accept any appropriate answer.	1	<b>1</b>
6			Latest team news; Give details of role models and stars of the club; Contain a great deal of information about that sport or club.	Accept any appropriate answer.	1	<b>1</b>

**Physical Education**

Track 2

Page 1 – For markers only

In the allocation of marks, portfolio section, 15 marks must be awarded solely for the scouting report or skill analysis