



Annual Examinations for Secondary Schools 2014

FORM 4 PHYSICAL EDUCATION (OPTION) Marking Scheme

SECTION A – Skill Acquisition, Movement and Physical Activities.						16 Marks
1	a	i	Intrinsic / Internal feedback.	Accept any appropriate answers.	1/2	4
		ii	Extrinsic / External feedback.		1/2	
	b		One mark for every correct answer.	2		
c	To improve confidence; To be better prepared; To focus on winning; To reduce anxiety.	Accept ONE. 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 TWO. Accept in any order.	1 1	4
		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 ONE Accept any appropriate answers.	
	c	i & ii	High Jump; Long Jump; Triple Jump.	Accept TWO.	1/2 1/2	
3	a		When the opponent is in the back court.		1	4
	b		B.		1	
	c				1	
	d		One point to the server.		1	

4	a		Leading; Following; Matching; Mirroring; In contrast; Unison; Meeting; Parting.	Accept ONE .	1	4
	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 TWO . Accept any appropriate answers.	½ ½	
		i& ii	Bending; Curling; Pulling; Pushing; Stretching; Twisting.	Accept TWO . 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 TWO . Accept any appropriate answers.	1 1	4
	b		Women are accompanied by music, men are not.		1	
	c	i& ii	Squat; Through; Straddle; Headspring; Neck spring; Handspring; Cartwheel vault.	Accept TWO . 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 ONE .	1	4
	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 TWO .	½ ½	4
	b	i & ii	Little finger enters first in the water; Palm facing outwards; Arm entry at 11 o'clock or 1 o'clock.	Accept TWO .	1 1	
	c		Front crawl		1	

8	a		After each set; In the deciding set, once leading team reaches 8 points.		1	4
	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 ONE .	1	
	c	i	Block.		½	
		ii	Defensive.		½	
	d		When a team wins a point after a service from an opposing team.		1	
SECTION B – Health Related Fitness.						16
						Marks
1		i	Obesity: Skeletal and joints problems; Excess strain on the heart.	Accept any appropriate answers.	1	2
		ii	Anorexia: Loss of muscle mass; Body systems not functioning well.		1	
2	a		Weightlifter-protein. Marathon runner-carbohydrates.	Do not accept examples of food sources.	½ ½	2
	b		Weightlifter-anaerobic. Marathon Runner-aerobic.		½ ½	
3			To avoid dehydration.		1	1
4			Cannot be stored in the body; The body needs a daily constant supply.		1	1
5			The week before the event, the athlete eats a lot of protein and fat. For the few days prior to the event she/he eats lots of carbohydrates.	Accept answers involving carbohydrate loading.	1	1
6	a		Iron		1	2
	b		Rickets; Weakening of bones.	Accept ONE .	1	
7			Glucose + Oxygen = Energy + Water + Carbon Dioxide		½ ½ ½ ½	2
8		i & ii	Very slow pace; Long duration; 60-80% of maximum heart rate.	Accept TWO .	1 1	2

9			Raises the aerobic threshold; Improves endurance; Improves cardiovascular fitness; Improves lung capacity.	Accept ONE .	1	1
10			The amount of oxygen that the body needs and takes in at any time.	Accept similar answer.	1	1
11			Muscle pain; Muscle fatigue; Reduced muscle contraction.	Accept ONE . Accept similar answer.	1	1
SECTION C – Body Systems and Performance.						36
						Marks
1			When a person increases training gradually.	Accept similar answer.	1	1
2		i & ii	Increase the number of training sessions per week; Increase the duration of training sessions; Train harder than normal.	Accept TWO . Accept similar answers.	1 1	2
3			Muscle atrophy; Muscle loses its strength; Muscle quickly loses its ability to use oxygen.	Accept ONE Accept any appropriate answers.	1	1
4		i & ii	Increases the heart rate; Increases body temperature; Prepares athlete mentally.	Accept TWO . Accept any appropriate answers.	1 1	2
5		i ii iii iv	Externally. Internally. Externally. Internally.		½ ½ ½ ½	2
6	a		Sprain is an injury to a ligament. Strain is an injury to either a muscle or tendon.		2	3
	b		R.I.C.E.		1	
7		i ii	Closed or simple fracture. Open or complex fracture.		1 1	2
8		i ii iii iv	Continuous Training. Interval Training. Plyometrics. Circuit Training.		1 1 1 1	4

9			<u>Oxygenated Blood:</u> Aorta. Left Atrium. Pulmonary Vein. <u>Deoxygenated Blood:</u> Vena Cava. Tricuspid Valve. Right Ventricle.		1/2 1/2 1/2 1/2 1/2 1/2	3
10			Septum.		1	1
11			Increase in size; Increase in strength; Heart will contract more forcefully.		1	1
12			Ventricles.	Accept only this as correct answer.	1	1
13		i & ii	Arteries carry blood away from the heart while veins carry blood to the heart; Arteries have no valves, while veins have valves; Arteries carry oxygenated blood except for the pulmonary arteries. Veins carry deoxygenated blood except for the pulmonary veins.	Accept TWO .	1 1	2
14			White blood cells.		1	1
15		i & ii	To trap dust and impurities; To warm and moisten the air breathed in.	Accept in any order.	1 1	2
16		i ii iv v vi	3 4 6 2 5		1 1 1 1 1	5
17			To lessen friction in the lungs.		1	1
18		i ii	Oxygen Carbon Dioxide	Accept O ₂ Accept CO ₂	1 1	2
SECTION D – Sports in Society.						12
						Marks
1			Successful athletes promote the image that makes the product more successful; Successful athletes tend to be young and attractive.	Accept any appropriate answer.	1	1
2	a		Takes care of the financial matters of the club.		1	4

	b		Acts as a link between the club and the media, the general public and supporters.	Accept any appropriate answer.	1	
	c	i ii	Leads and represents the club. Leads the players.		1 1	
3	a		International Olympic Committee.	Accept only this as correct answer.	1	3
	b	i ii	Helps in the organisation of the Olympic Games; Selects the host cities.	Accept any appropriate answer.	1 1	
4		i ii	Develop and implement sport programmes for all; Assist sports organisations and local councils.	Accept any appropriate answer.	1 1	2
5			Up to-date; Give details of role models and stars of the sport; Contain a great deal of information about a particular sport or club.	Accept any appropriate answer.	1	1
6			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 any appropriate answer.	1	1

Physical Education

Track 3

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