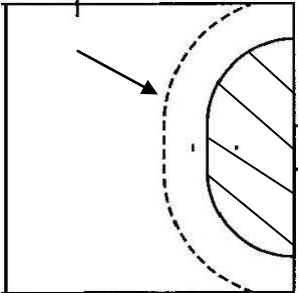




Annual Examinations for Secondary Schools 2014

FORM 5 PHYSICAL EDUCATION (OPTION) MARKING SCHEME

SECTION A – Skill Acquisition, Movement and Physical Activities.						16
						Marks
1	a	i	Improvement; Encouragement; Identify strengths; Prioritise weaknesses.	Accept ONE . Accept any appropriate answer.	1	4
		ii	Coach; Scoreboard; Video; Crowd; Team mates.	Accept ONE . Accept any appropriate answer.	1	
	b	i	Closed.		½	
		ii	Open.		½	
	iii	Closed.		½		
	iv	Open.		½		
2	a		Avoid an upright position early; Avoid long strides.	Accept ONE . Accept similar answers.	1	4
	b		Throws are performed within a ‘cage’.	Accept ‘cage’.	1	
	c	i & ii	Hang; Sail; Hitch kick.	Accept TWO .	1 1	
3	a		Stay between the ball and the opponent.	Accept any appropriate answer.	1	4
	b		Team loses possession of ball without making a basket.		1	
	c	i ii	Double dribble. Travelling.		1 1	
4	a		Voice; Natural sounds; Other sounds e.g. clapping, finger snapping.	Accept ONE . Accept any appropriate answer.	1	4
	b		Focus; Projection; Space; Balance; Dynamics; Alignment; Flow.	Accept ONE . Accept any appropriate answer.	1	

	c		Spotting; Maintain alignment; Keep the rhythm.	Accept ONE . Accept any appropriate answer.	1	
	d		Mirroring; Meeting and Parting; Leading and Following; Question and Answer; Canon; Unison; Contrasting.	Accept ONE .	1	
5	a		4-2-3-1; 4-3-3; 4-4-2; 3-5-2.	Accept ONE . Accept any appropriate answer.	1	4
	b		Cushioning the ball.	Accept 'Give in'.	1	
	c		Team with ball puts ball out of play.		1	
	d	i & ii	Passing; Dribbling; Control.	Accept TWO .	½ ½	
6	a		Size 12 m x 12 m; Use all area; No overstepping; Cross diagonals.	Accept ONE .	1	4
	b		Smartness; Flow; No faults; No hesitation; Synchronised with music (girls only).	Accept ONE .	1	
	c	i & ii	Bend knees; Land flat feet; Look ahead; Stretch out arms.	Accept TWO .	½ ½	
	d		On vault take off with feet together; On floor feet are staggered (apart).	Accept similar answers.	1	
7	a	i			1	4
		ii	Free throw line; 9 m line.	Accept ONE .	1	
	b		Two.		1	
	c		In their respective halves of the court.	Accept similar answers.	1	
8	a		Score goals; Pass to shooter; Take back line passes in circle; Defend the GD; Take centre passes.	Accept ONE .	1	4

	b		Free pass to the opposing team taken from where the infringement occurs.	Accept similar answers.	1		
	c		To get away from an opponent; To find a free space/better position.	Accept ONE . Accept similar answers.	1		
	d		Pass the ball; A step in any direction with one foot and pivot on the spot with the other foot.	Accept similar answers.	1		
9	a		Legs/Feet.		1	4	
	b		Pull buoy; Paddles; Aqua gloves.	Accept ONE .	1		
	c		False start and swimmer is disqualified.		1		
	d		Circles in an outward direction.	Accept frog kick.	1		
SECTION B – Health Related Fitness.						16	Marks
1		i	Habits to avoid: Smoking; Irresponsible sex; Drugs; Junk food.	Accept TWO .	½	2	
		ii	Good habits: Healthy diet; Exercise; Regular checkups; Good hygiene.	Accept TWO .	½		
2		i	Physical wellbeing: adequate food; clean air environment.		½	2	
		ii	Social wellbeing: decent housing; access to medical care.		½		
3		i & ii	Beef – Protein; Bread – Carbohydrates; Vegetables – Vitamins; Oils – fats.	Accept TWO .	½, ½ ½, ½	2	
4		i & ii	Water; Carbohydrate (sugar); Salts.	Accept TWO .	½ ½	1	
5		i	Speed.	Accept flexibility, coordination.	1	3	
		ii	Reaction time.		1		
		iii	Power/Explosive strength.		1		
6		i	Negative: Decreased fitness; Delayed recovery; Decreased motivation.	Accept ONE .	1	2	
		ii	Positive: More experience; More mature attitude; Better leadership.	Accept ONE .	1		
7			Coordination.		1	1	
8		i & ii	Knees bent. Hands not level with each other.	Accept in any order. Accept arrows.	1 1	2	
9			Weight lifting; Shot put; Hammer throw; Sumo wrestling.	Accept ONE .	1	1	

SECTION C – Body Systems and Performance.						36 Marks
1	a		Irregular.		1	5
	b	i	cervical.		½	
		ii	thoracic.		½	
		iii	intervertebral discs.		½	
iv	lumbar.		½			
	c		Lumbar vertebrae.		1	
	d		ii.		1	
2	a		More oxygen transported to the muscles.		1	2
	b		In the bone marrow.		1	
3		i	rotation.		½	2
		ii	flexion.		½	
		iii	abduction.		½	
		iv	extension.		½	
4	a		i		1	3
	b		artery; oxygenated; away; body.		½ each	
5	a		Ball and socket.	Accept TWO .	1	8
	b		Scapula; Clavicle; Humerus.		1	
					1	
	c		Triceps.		1	
	d		i.		1	
e	i	ligaments.	1			
	ii	cartilage.	1			
	iii	tendons.	1			
6	a		To increase lean muscle; To increase muscle size.		1	2
	b		Stunted growth; Severe acne; Excessive body and facial hair; Deepened voice; Infertility/Impotency.	Accept ONE .	1	
7	a	i	Gastrocnemius.	Accept also calf muscle.	1	8
		ii	Relaxes.		1	

	b		Hinge joint.		1		
	c		Tibia.		1		
	d	i	Muscle contracts and fails to relax.	Accept ONE.	1		
		ii	Stretch the muscle; Massage gently.		1		
	e	i	specificity.		1		
		ii	progression.		1		
8	a		Beep test; Cooper run.	Accept ONE. Accept also Progressive shuttle run; Multistage fitness test.	1	3	
	b		Breathing rate increases; Carbon dioxide increases.	Accept ONE. Accept any appropriate answer.	1		
	c		Lower.	Accept ONE. Accept any appropriate answer.	1		
9		i	The bone comes out of its normal position.		1	2	
		ii	Swelling; Bruising; Pain; Deformity.	Accept ONE.	1		
10			Sport – Football. Injury – Torn ligament.	Accept any appropriate answer.	1	1	
SECTION D – Sports in Society.						12	Marks
1			i.		1	1	
2			Greece.		1	1	
3			ii.		1	1	
4	a		Round Robin.		1	3	
	b		Ladder.		1		
	c		Knockout.		1		
5		i & ii	Gymnasium/Sports hall; Athletics track; Outdoor pitches; Showers and changing rooms.	Accept TWO.	½ ½	1	
6		i & ii	TV; Radio; Newspapers; Magazines; Internet; Movies.	Accept TWO.	½ ½	1	
7		i	Berlin – 1936.		1	2	
		ii	Munich – 1972.		1		
8		i	Club Secretary.		1	2	
		ii	Public Relations Officer. (P.R.O.)		1		

Physical Education

Marking Scheme

Page 4: Answer 6a

Insert: Accept ONE in respective column