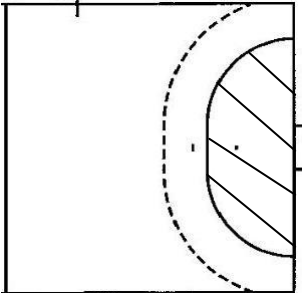




Annual Examinations for Secondary Schools 2014

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.	Accept TWO .	1	
	d	i & ii	Passing; Dribbling; Control.		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 metre 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 & ii	No drugs; No smoking; No irresponsible sex; No stress; No junk food; Healthy diet; Regular exercise; Good social life; Positive in life.	Accept TWO .	1 1	2	
2			Saturated.	Accept animal fat.	1	1	
3			Fibre.		1	1	
4			Iron.		1	1	
5			Energy from food = Energy spent through exercise.	Accept similar answers.	1	1	
6	a		Heredity; Lack of exercise; Bad diet.	Accept ONE .	1	2	
	b		Physical/Mental/Social/Emotional factors.	Accept ONE . Accept valid examples.	1		
7		i ii	Mineral salts. Carbohydrates.	Accept in any order.	½ ½	1	
8			Power is the explosive use of strength.	Accept similar answers.	1	1	
9			General decline in fitness; Take longer to improve; More time to recover.	Accept ONE . Accept similar answers.	1	1	
10			Coordination.		1	1	
11			Reaction time.		1	1	
12		i ii	Ectomorph. Endomorph.		1 1	2	
13			Legs parallel to floor (no bent knees); Feet flat against the box; No jerking movements; Hands reach horizontal together; No prior warm up.	Accept ONE . Accept appropriate answers.	1	1	
SECTION C – Body Systems and Performance.						36	Marks
1	a		Lumbar vertebrae bear the most body weight.		1	4	
	b		They act as shock absorbers between the vertebrae.		1		

	c d	i ii	Cervical vertebrae. Thoracic vertebrae. Atlas; Axis.	Accept in any order.	½ ½ 1	
2		i ii iii iv	Rotation. Flexion. Abduction. Extension.		½ ½ ½ ½	2
3	a b		Weakness; Shortness of breath; Tiredness. In the bone marrow.	Accept ONE . Accept any appropriate answer.	1 1	2
4	a b c	i ii	Pumps blood around the body. Aorta. Oxygenated blood. Veins are thinner than arteries; Have valves.	Accept ONE . Accept any appropriate answer.	1 1 1	4
5	a b c d	i ii iii	Ball and socket joint. Clavicle; Humerus; Scapula. Triceps. Skeletal muscle. Cartilage. A tough band of fibrous connective tissue. Link a bone to a bone.	Accept TWO . Accept also voluntary.	1 2 1 1 1	8
6	a b		Anabolic steroids. Stunted growth; Severe acne; Excessive body and facial hair; Deepened voice; Infertility; Weak joints.	Accept also steroids. Accept ONE .	1 1	2
7	a b c d	i ii i ii	Gastrocnemius. Isometric contraction. Hinge joint. Tibia. Poor circulation; Fatigue; Excess heat; Depletion of salt. Stretch the muscle; Massage gently.	Accept calf muscle Accept ONE . Accept ONE .	1 1 1 1 1	8

	e	i ii	Specificity. Progression.		1 1	
8	a		Cardiovascular endurance.	Accept also aerobic endurance.	1	3
	b		Stronger contractions; Enlargement of the heart.	Accept similiar answers.	1	
	c		Air sacs increase; Lung capacity increases; Increase in strength and muscle size of diaphragm and intercostal rib muscles.	Accept ONE. Accept any appropriate answer.	1	
9		i	The bone comes out of its normal position.	Accept similiar answers.	1	2
		ii	Support; Immobilise joint.	Accept ONE.	1	
10			Sport – Football. Injury – Torn ligament.	Accept any appropriate answer.	1	1
SECTION D – Sports in Society.						12 Marks
1			Girls on the Move; Skola Sport; Sport for All; Sports Buzz; Summer on the Move.	Accept ONE. Accept any appropriate answer.	1	1
2			Because the Greeks started the Games in ancient times.	Accept similar answers.	1	1
3			Mediterranean Games; Games of Small States of Europe (Small Nations Games); Commonwealth Games.	Accept ONE.	1	1
4	a b c		Knock out. Ladder. League; Round Robin.	Accept ONE.	1 1 1	3
5		i & ii	Indoor sports facilities; Storage rooms; Changing rooms; Showers/Toilets; Outdoor sports facilities; Administration offices.	Accept TWO.	½ ½	1
6			Glorification of violence; Biased reporting; Controversial articles/Images; Selective coverage; Withholding information.	Accept ONE. Accept any appropriate answer.	1	1
7		i & ii	Berlin (1936) – Racial Superiority; Moscow (1980) – Boycott; Los Angeles (1984) – Boycott; Munich (1972) – Terrorism; Mexico (1968) – Black Power.	Accept TWO. Accept any appropriate examples.	1 1	2
8		i & ii	President (chairs meetings/represents club); Secretary (keeps minutes and correspondence/draws agenda); Treasurer (administers funds and keeps financial records).	Accept TWO.	½, ½ ½, ½	2