

Annual Examinations for Secondary Schools 2022

YEAR 9 PHYSICAL EDUCATION (OPTION) MARKING SCHEME

SECTION A – Skill Acquisition, Movement and Physical Activities.						16 Marks
1	a		Plan training programmes; Decide the strategies to be used in competition.	Accept similar answers.	1	4
	b		A good referee is confident and decisive; Knows the content of the rules.	Accept similar answers.	1	
	c		Players: to play effectively. Coaches: to improve performance and prepare players to play according to the updated rules. Referees: to make sure that the rules of a game are followed.	Accept similar answers.	½ ½ ½	
	d		iii.		½	
2	a		Straddle; Scissors; Western roll.	Accept TWO .	1	4
	b		Phase: Approach; Take-off; Bar Clearance. Teaching Point: Approach: Curved approach; Take-off: With the foot further from the bar; Bar Clearance: Arched back.	Accept ONE . Accept similar answers.	½ 1	
	c		Running the race with an even pace throughout. The first and second 400 meters should be run in nearly identical times.	Accept similar answers.	1	
	d		400m.		½	
3	a		The dancer can move towards/away/into/out of/under/over/onto or off it.	Accept similar answers.	1	4
	b	i ii	Contrast. Shapes or movements that are very different from each other which create a powerful message.	Accept similar answers.	½ 1	

	c		<p>Meaning: Highlight of the dance.</p> <p>Importance: A climax is a structurally important and significant moment in dance; Audience awaits for the climax which usually happens near the end.</p>	<p>Accept similar answers.</p> <p>Accept ONE.</p> <p>Accept similar answers.</p>	<p>½</p> <p>1</p>	
4	a		Five players.		1	4
	b		A defender charges an opponent in the penalty box and the opponent falls to the ground; A defender jumps onto an opponent in the penalty box; A defender kicks or heavily pushes a player in the penalty box; A defender trips a player in the penalty box; A defender strikes or headbutts a player in the penalty box; A defender commits a handball in the penalty box; A defender tries tackling the ball but hits the player instead in the penalty box; A defender spits or bites a player in the penalty box.	<p>Accept ONE.</p> <p>Accept similar answers.</p> <p>Accept examples only.</p>	1	
	c	i	By the goalkeeper who passes quickly with his hands or feet using either a short or long pass; With a player who passes quickly to a team-mate using either short quick passing or a long pass.	<p>Accept ONE.</p> <p>Accept similar answers.</p>	1	
		ii	Performing it quickly and with speed; Performing quick short passes; Using long balls to avoid defenders; Using the least possible passes.	<p>Accept ONE.</p> <p>Accept similar answers.</p>	1	
5	a	i&ii	Straddle; Pike; Split; Handstand; Lunge; Arch; Hollow; Bridge.	Accept TWO .	½ ½	4
	b		Must have a clear start and clear finish; The duration of the floor exercise may not exceed 90 seconds; Music has no structure or badly edited.	<p>Accept ONE.</p> <p>Accept similar answers.</p>	1	

	c	i&ii	Use of entire floor area; Changes in direction and levels; Command of music; Height and distance of jumping and tumbling; Routine lasts no more than 90sec.	Accept TWO . Accept similar answers.	1 1	
6	a		When the ball has been passed to the left side of the body.	Accept similar answers.	1	4
	b	i&ii	Helmet; Full face guard; Throat protector; Neck guard, Chest protector; Padded pants, Gloves; Pads for legs.	Accept TWO .	1/2 1/2	
	c		To dodge and dribble past opposing defenders and their sticks.	Accept similar answers.	1	
	d		To give the team that wins the toss the opportunity to choose either possession of the ball at the start of the game or the side of the field it would like to defend.	Accept similar answers.	1	
7	a	i ii	Wing attack. Goal shooter.	Accept only these as correct answers.	1/2 1/2	4
	b		From the centre of the court using a "centre pass".	Accept similar answers.	1	
	c	i	Provides opportunity to create space on court by changing the direction of the game/play.	Accept similar answers.	1	
		ii	Land with one foot; Control balance before pivoting; Control balance after landing; Keep knees slightly bent; Good grip when holding the ball; Keep ball close to body during pivot; Pivot on the ball of landing foot; Point pivoting leg to the direction of the pass; No lifting of the pivoting foot before the ball is released.	Accept ONE . Accept similar answers.	1	
8	a		Breaststroke.		1/2	4
	b		Arm should be straight; Rotate the wrist halfway through; Arm entry at 11 o'clock or 13 o'clock respectively; Little finger enters the water first.	Accept TWO . Accept similar answers.	1	
	c	i&ii			1/2	

	d		Both use an alternate windmill arm stroke and flutter kick.	Accept similar answers.	½	
	e		It accurately records an athlete's time and eliminates human error.	Accept similar answers.	1	
			Pull buoy.		½	
9	a	i ii	9-meter line/Free throw line. Centreline/Throw off line.	Accept ONE . Accept ONE .	½ ½	4
	b		It resumes from the corner for the attacking team.		1	
	c	i&ii	Step sideways towards target; Raise and point elbow towards target; Grip ball with passing hand; Extend elbow; Flip wrist; Push ball with thumb; Extend passing arm; Shift weight on passing side foot.	Accept TWO . Accept similar answers. Award 1 mark each.	2	
SECTION B – Health Related Fitness.						16 Marks
1	a	i&ii	Social well-being; Mental well-being.	Accept only these as correct answers.	1	1½
	b		The vital organs and the rest of the body work well; No illnesses; No injuries.	Accept similar answers.	½	
2	a		Wash them regularly; Dry the feet well; Change the socks often.	Accept ONE . Accept similar answers.	½	1
	b		Athlete's foot.		½	
3	a	i ii iii iv	The range of movement possible around a joint. Power. The ability to control the body's position, whether stationary or moving. Speed.		1 ½ 1 ½	4
	b		Power; Balance; Speed.	Award 1 mark if all answers are correct.	1	
4	a		Passive smoking.		½	1½
	b		Increases the risk of heart disease and stroke; Lower levels of antioxidant vitamins in the blood.	Accept ONE . Accept similar answers.	1	

5	a		The ability of the circulatory system to deliver oxygen to the working muscles.	Accept similar answers.	1	4
	b	i&ii	Muscular strength; Muscular endurance.	Accept TWO .	1	
	c		Muscular endurance: the muscles can work over a long period of time without tiring. Muscular strength: improved core and leg strength will help to cycle for longer.	Accept ONE . Accept similar answers.	1	
	d		Low resting HR; Increased stroke volume; Increase in maximum cardiac output; Increase in red blood cells; Bigger and efficient heart.	Accept ONE . Accept similar answers.	1	
6		i&ii	Age; Genetics; Gender; Somatotype.	Accept TWO .	1	1
7	a		The time it takes to react to a stimulus and the time it takes to execute an action.	Accept similar answers.	1	3
	b		Shade area 'A'.		½	
	c	i ii	Firing of the gun in a sprint start. Leaving blocks in a 100m sprint.	Accept appropriate answers.	½ ½	
	d		Train on uneven ground to learn how to quickly process and react to signals from different stimuli; Try new or difficult techniques slowly at first, then gradually increase your speed as you improve; Practice how quickly you respond to a signal.	Accept similar answers.	½	
SECTION C – Body Systems and Performance.						36 Marks
1	a		Cranium.		½	2
	b		Fixed joints/ suture joints/ immovable.	Accept ONE .	½	
	c	i&ii	Slightly movable/cartilaginous; Freely movable/synovial.	Accept TWO .	½ ½	
2	a		Gastrocnemius.		1	6
	b		Biceps.		1	

	c		Quadriceps.	Accept only these as correct answers.	1	
	d		Deltoid.	Award ½ mark for each correct answer.	1	
	e		Abdominals.		1	
	f		Pectorals.		1	
3	a	i ii iii iv	Spongy bone. Bone marrow. Diaphysis. Epiphysis.	Award ½ mark for each correct answer.	2	4
	b		Reduces friction between bones during movement; Protects bones from wear and tear during movement; Act as shock absorbers during movement.	Accept ONE . Accept similar answers.	1	
	c		In the bone marrow.		1	
4	a	i	Standing broad jump; Sergeant jump/Vertical jump.	Accept ONE .	½	4
		ii	Standing broad jump: Stand with feet together; Bend the knees; Swing arms and jump forward; Land on both feet. Sergeant jump/Vertical jump: Stand against wall, reach up, mark wall at highest point reached with fingers; Chalk the fingertips; Bend and jump upwards slapping chalked fingers against wall; Measure between the 1 st and 2 nd chalk mark.	Accept ONE of the two possible tests. Accept similar answers. Award ½ mark for each part of the answer.	2	
	b	i, ii & iii	Quadriceps; Hamstrings; Gluteus; Gastrocnemius; Latissimus dorsi; Abdominals.	Accept THREE . Award ½ mark for each correct answer.	1½	
5	a	i&ii	Ball & socket; Hinge; Gliding; Pivot.	Accept TWO .	1	4
	b	i	Attach a bone to a bone; Help keep the joints stable; Control the amount of movement at joints.	Accept similar answers. Award 1 mark for each correct answer.	1	

		ii	Synovial membrane.		1/2	
		iii	It receives lots of impact; It carries much of our body weight.	Accept ONE .	1	
		iv	Joint capsule.		1/2	
6		i	Abduction.		1/2	1½
		ii	Extension.		1/2	
		iii	Flexion.		1/2	
7	a		Long jumper - fast twitch. Cyclist - slow twitch. Shot putter - fast twitch. Gymnast - fast twitch. Canoeist - slow twitch. Weightlifter - fast twitch. Marathon runner - slow twitch. Zumba instructor - slow twitch.		1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2	5½
	b		Slow twitch fibres.		1/2	
	c	i&ii	Lack oxygen supply; Tire very quickly; Strong fibres; Contract very quickly; White in colour.	Accept TWO . Accept similar answers. Award 1/2 mark for each correct answer.	1	
8	a	i	Triceps.		1/2	5
		ii	Agonist.		1/2	
		iii	Lengthening.		1/2	
		iv	Shortening.		1/2	
	b	i	Pelvis.	Award 1/2 mark for each correct answer.	1/2	
		ii	Femur.		1/2	
		iii	Patella.		1/2	
		iv	Tibia.		1/2	
	c		Pelvis; Tibia.	Award 1/2 mark for each correct answer.	1	
9	a	i	Lower back; Hamstring.	Award 1/2 mark for each correct answer.	1	4
		ii	3 seconds.		1/2	
	b		Legs need to be extended and locked at the knees. Soles of the feet flat against the box.		1 1	

	c		Isometric contraction.		½																											
SECTION D – Sports in Society.						12 Marks																										
1			15 games.		1	1																										
2	a	i&ii	Round Robin; League.	Accept TWO .	½	6																										
	b		Advantage: Easy to set up and keep track of the results. Disadvantage: Not suitable for team games.	Accept similar answers.	½ 1 1																											
	c	i	<table><tr><td>#</td><td>AFTER</td></tr><tr><td>1</td><td>Sam</td></tr><tr><td>2</td><td>Kim</td></tr><tr><td>3</td><td>Peter</td></tr><tr><td>4</td><td>Dorothy</td></tr><tr><td>5</td><td>Claudine</td></tr><tr><td>6</td><td>Merja</td></tr><tr><td>7</td><td>Jessica</td></tr><tr><td>8</td><td>Raphael</td></tr><tr><td>9</td><td>Michelle</td></tr><tr><td>10</td><td>Josianne</td></tr><tr><td>11</td><td>Sandro</td></tr><tr><td>12</td><td>Alex</td></tr></table>	#	AFTER		1	Sam	2	Kim	3	Peter	4	Dorothy	5	Claudine	6	Merja	7	Jessica	8	Raphael	9	Michelle	10	Josianne	11	Sandro	12	Alex	Award ½ mark for every correct answer.	2
#	AFTER																															
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		ii	The three players above him.		1																											
3	a		Parents: Sporting atmosphere at home; Role models; Encouragement; Financial support. Friends: Similar interests; Peer pressure; To be part of a group.	Accept similar answers.	1	5																										
	b		Aerobic classes: for better health. Sailing: for excitement and enjoying outdoor activity.	Accept similar answers.	1 1																											
	c		Wearing a helmet; Use reflective clothing; Follow the rules on the road; Drink fluids; Wear knee pads when required.	Accept ONE . Accept appropriate answers.	1																											