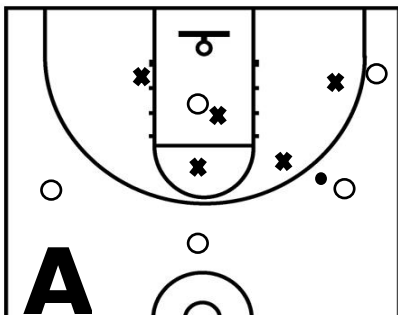
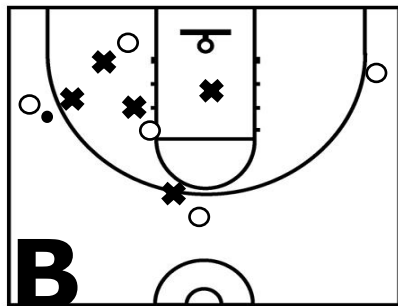


YEAR 11 PHYSICAL EDUCATION (OPTION) MARKING SCHEME

SECTION A – Skill Acquisition, Movement and Physical Activities.						16 Marks
1	a		Integrity; Communication skills, Consistency; Good judgement.	Accept ONE . Accept similar answers.	1	4
	b		Entertain spectators; Improve performance; Keep up with progress/information technology.	Accept ONE . Accept similar answers.	1	
	c		Open skill: 3v3 football. Closed skill: Cartwheel.	Give 1 mark if both answers are correct.	1	
	d	i ii	Running; Jumping. Layup; Serve in tennis.	Accept similar answers. Award ½ a mark if both answers are correct.	½ ½	
2	a	i&ii	The shot is held at the base of the fingers; Fingers are slightly spread apart with the thumb for support; The hand will be bent back in the cocked position when holding the shot.	Accept TWO . Accept similar answers.	1 1	4
	b	i&ii	Approach; Take-off; Flight; Landing.	Accept TWO .	1	
	c		A: Take-off board; B: Sandpit.		1	
3	a		V shape grip moves to the left (anti-clockwise); Thumb against back bevel of handle for more leverage and power.	Accept ONE . Accept similar answers.	1	4
	b	i	Shot 1: Lob. Shot 2: Net kill; Smash.	Accept also Clear. Award ½ mark for each correct shot name identified.	½ ½	

		ii	Shot 1 drives the opponent into the rear court using it as a defensive shot. Shot 2 is played when the opponent plays a loose shot over the net, providing a chance to attack and strike the shuttle down from the net area.	Award ONE mark if the difference between the shots is clearly outlined.	1	
	c		The server's lowest part, of the lowest rib; Below the server's waist.		½	
	d		Left side.	Accept ONE . Accept similar answers.	½	
4	a		After a shot a rebound is taken by the offensive team.		½	4
	b		Offensive foul.		½	
	c	i & ii	Crossover; Between the legs; Behind the back; Hesitation; Retreat; Speed; Fake Crossover dribble.	Accept any TWO .	1	
	d	i	 		1	
5	a	i&ii	Space; Time; Audience; Energy; Movement.	Accept TWO . Accept similar answers.	½ ½	4
	b	i&ii	Kinaesthetic; Tactile; Visual; Ideational.	Accept TWO Accept similar answers.	½ ½	
	c	iv			½	
	d	iii			½	

	e		Fast and slow tempo; light movements and strong movements; Continuous movement and movements with lots of stops.	Accept ONE . Accept similar answers.	1							
6	a	i ii	Penalty decision. Red card decision.	Accept similar answers.	½ ½	4						
	b	i ii	Dive technique. Lateral movements.	Accept similar answers.	½ ½							
	c	i ii	4-3-3; 3-4-3; 2-3-5; 4-2-4. 5-4-1; 5-3-2.	Accept ONE . Accept similar answers.	½ ½							
	d	i&ii	Chip/Lob shot. Placement shot. Dribble the goalkeeper.	Accept similar answers.	½ ½							
7	a	i&ii	Place your hands on your shoulders with palms facing up; Rock backwards onto your back; Push with your arms to get your head off the floor.	Accept similar answers.	1 1	4						
	b	i&ii	Co-ordination; Strength; Stamina; Core strength.	Award ONE mark when both qualities are correct.	1							
	c	ii iii	Hurdle step; Take-off; First flight phase; Strike; After-flight.	Accept TWO . Award 1 mark if presented in sequential order only.	1							
8	a		You alternate the possession of the centre pass.		½	4						
	b		Block; Screen.	Accept ONE .	½							
	c		<table><tr><td>i</td><td>Wing Defence WD</td><td>3,4</td><td>Defends the WA in the centre and goal third within their playing area; Moves to receive a centre pass when required; Assists with attacking moves through the centre third; Moves to intercept passes thrown by opposition.</td></tr><tr><td>ii</td><td>Goal Keeper GK</td><td>4, 5</td><td>Defends the GS in the goal third and the goal circle; Moves to intercept the ball whenever possible; Rebounds unsuccessful shots; Takes the throw in outside the goal line and along the side lines within the goal third.</td></tr></table>	i	Wing Defence WD		3,4	Defends the WA in the centre and goal third within their playing area; Moves to receive a centre pass when required; Assists with attacking moves through the centre third; Moves to intercept passes thrown by opposition.	ii	Goal Keeper GK	4, 5	Defends the GS in the goal third and the goal circle; Moves to intercept the ball whenever possible; Rebounds unsuccessful shots; Takes the throw in outside the goal line and along the side lines within the goal third.
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9	a		When executing a turn.		1	4
	b	i	Butterfly.		½	
		ii	Recovery. Pull. Push.		½ ½ ½	
	c		At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.	Accept similar answers.	1	
SECTION B – Health Related Fitness.						16 Marks
1	a		At the start when the gun is fired.		½	4
	b	i	Reaction of a goalkeeper to a penalty kick; Anticipation of the opponent's next move in racket games.	Accept similar answers.	1	
		ii				
	c		Sprints on signal; Technique training; Plyometrics; Reaction to different stimuli.	Accept ONE . Accept similar answers.	½	
	d		Power is the ability to contract the muscle with speed and force in one explosive act. Effective power depends also on co-ordination and balance.	Accept similar answers. Award 1 mark for each correct definition.	2	
2	a		Many actions in gymnastics require flexibility whilst Hockey players need good hamstring and lower back flexibility to play the ball.	Accept similar answers.	1	3
	b		In passive stretching, there is an external force such as a partner, pulling or pushing a body part or the use of equipment. In active stretching, there is no external force when performing the stretch.	Award 1 mark for every correct definition.	2	
3			Meet new people; Make new friends; Practice teamwork; Cooperate with others.	Accept ONE . Accept similar answers.	1	1
4	a		Protein helps the body feel fuller for longer, likely reducing the	Accept ONE .	1	3

	b	i&ii	total number of calories eaten per day and hence lose weight; It also helps to rebuild and repair muscles after a workout and bulk up. Meat; Chicken; Turkey; Fish; Beans; Tofu; Cottage cheese.	Accept similar answers. Accept TWO . Accept other appropriate answers.	1	
	c		Carbohydrates is the main energy source in a marathon. Fats help the body function properly and may be used as energy if supplies of carbohydrates run out.	Accept similar answers.	1	
5	a		When the body loses more fluids than taken in and it may be overcome by replenishing the fluid level in the body.	Award half mark for each correct answer.	$\frac{1}{2}$ $\frac{1}{2}$	2
	b	i&ii	Intensity of exercise; Duration of exercise; Climate; Humidity of the surroundings.	Accept TWO .	$\frac{1}{2}$ $\frac{1}{2}$	
6	a		220bpm-20years=200bpm. 60%-80% x 200bpm = 120-160bpm.	Award 1 mark for MHR. Award 1 mark for the computation.	2	3
	b	i & ii	Carbon dioxide; Water.		1	
SECTION C – Body Systems and Performance.						36 Marks
1		i	Exercise that is performed at the same intensity for a long period of time.	Accept ONE . Accept similar answers.	1	3
		ii	Circuit training.		$\frac{1}{2}$	
		iii	Fartlek training.		$\frac{1}{2}$	
		iv	High intensity workouts followed by rest.	Accept also 'speed play'. Accept similar answers.	1	
2		i	Hand grip strength test.		$\frac{1}{2}$	2

		ii	Hold the dynamometer in hand. Hold arm at right angles and the elbow at the side of the body. Squeeze the dynamometer with maximum effort and hold for 5 seconds.	Accept similar answers. Award ½ a mark for every protocol mentioned.	1½									
3	a	i	Body Mass Index.		1	2								
		ii	Weight and Height.		1									
4	a		Inject oxygenated blood into an athlete before an event.	Accept similar answers.	1	2								
	b		Enhance athletic performance by artificially boosting the blood ability to bring more oxygen to the muscles.	Accept similar answers.	1									
5			Banned Drugs – Diuretics; Stimulants.		1	2								
			Restricted Drugs – Beta Blockers; Corticosteroids.		1									
6		i	<table><tr><th>Types of joints</th><th>Location</th><th>Movement allowed</th></tr><tr><td>Saddle</td><td>Base of thumb</td><td>Forward/backward and side to side.</td></tr></table>	Types of joints	Location	Movement allowed	Saddle	Base of thumb	Forward/backward and side to side.		1	4		
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		ii	<table><tr><td>Ball & socket</td><td>Shoulder/hip</td><td>Rotation</td></tr></table>	Ball & socket	Shoulder/hip	Rotation		1						
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		iii	<table><tr><td>Condylloid</td><td>Wrist</td><td>Flexion/extension, abduction/adduction</td></tr></table>	Condylloid	Wrist	Flexion/extension, abduction/adduction		1						
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		iv	<table><tr><td>Hinge</td><td>Knee</td><td>Flexion / extension</td></tr></table>	Hinge	Knee	Flexion / extension		1						
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7		i	<table><tr><th>Long bones</th><th>Short Bones</th><th>Irregular Bones</th><th>Flat Bones</th></tr><tr><td>Tibia</td><td>Carpals</td><td>Vertebrae</td><td>Patella</td></tr></table>	Long bones	Short Bones	Irregular Bones	Flat Bones	Tibia	Carpals	Vertebrae	Patella		2	4
Long bones	Short Bones	Irregular Bones	Flat Bones											
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		ii	<table><tr><td>Femur</td><td>Tarsals</td><td>Clavicle</td><td>Ribs</td></tr></table>	Femur	Tarsals	Clavicle	Ribs		2					
Femur	Tarsals	Clavicle	Ribs											
8	a	i&ii	Heart; Intestines.	Accept also cardiac.	1	2								
	b		Heart – blood circulation. Intestines – digestion.		1									
9	a	i&ii	More oxygen is needed; Rate of breathing increases; Blood flow through lungs increases; Oxygen taken up and used by the body increases.	Accept TWO . Accept similar answers.	1 1	7								

	b		Face masks reduce the breathing capacity.	Accept similar answers.	1	
	c	i&ii	Inspiration; Expiration.	Accept also inhale and exhale. Do not accept breathing in and breathing out.	1	
	d	i	Gaseous exchange.		1	
		ii	Alveoli.		1	
	e		Inspiration.	Also accept inhalation.	1	
10	a		To check your pulse at your wrist, place two fingers on the radial artery. Count the number of beats in 15 seconds. Multiply this number by four to calculate your beats per minute.	Award ½ mark if the correct location is identified. Award 1½ marks for correct description. Accept similar answers.	2	5
	b	i&ii	Carotid pulse; Temporal pulse; Femoral pulse.	Accept TWO .	½ ½	
	c	i	Right Atrium.		½	
		ii	Aorta.		½	
		iii	Vena Cava.		½	
		iv	Pulmonary Artery.		½	
11	a		Externally caused injury: Caused by a direct external force on the body and environmental influence such as equipment, playing area and environmental hazards. Internally caused injury: Caused by a sudden forceful movement impacting the body, such as biomechanics, fatigue, overtraining.	Give 1 mark for each correct description.	1 1	3
	b	i&ii	Immobilize the injured part; Apply ice to control swelling.		1	

SECTION D – Sports in Society.						12 Marks
1			Reduced membership costs; Open it to all ages and levels of ability; Cater for as many activities as possible.	Accept ONE . Accept similar answers.	1	1
2	a		Learn the rules of the sport when watching; Coaching series; Schools programmes and quiz shows about sports.	Accept ONE . Accept similar answers.	1	2
	b		Sports not televised may decline in popularity; Use of replays can undermine the officials; The starting time of the event sometimes is decided by the media; Ticket sales often drop due to lack of attendance; Giving inexact information.	Accept ONE . Accept similar answers.	1	
3		i ii iii iv	Knockout. Seeding. Ladder. Plate Competition.		$\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$	2
4		i	Facilities are mostly built through government funding; Governments set up organizations to promote sports; Sport teams sometimes are sent from one country to another to help restore diplomatic relations.	Accept ONE . Accept similar answers.	1	2
		ii	Hitler used the Olympics as propaganda for his ideals (Berlin 1936); Munich terrorism incident (Munich 1972); South Africa were banned from the Olympics due to Apartheid laws. (Tokyo 1964); Invasion of Afghanistan by Soviet Union; USA and another 51 countries boycott Moscow Olympics (Moscow 1980).	Accept ONE . Accept other examples. Do not accept a date as a correct answer.	1	
5			<u>Disadvantage for the athlete</u> Sponsors may want to dictate changes that suit them rather than the athlete; A sponsorship deal lasts only a certain time; Companies are not interested in sponsoring minority sports or less popular athletes.	Accept ONE . Accept similar answers.	1	2

			<u>Advantage for the sponsors</u> Free Advertising; Tax relief; Improved sales; Success of athlete is associated with the sponsor.	Accept ONE . Accept similar answers.	1	
6			More and better sports facilities; Improved transport, infrastructure and hotels; Increased tourism, business and employment.	Accept ONE . Accept similar answers.	1	1
7	a	i ii	Participating countries should have a population of less than one million inhabitants; Each state member has to be a member of the I.O.C.	Accept TWO .	$\frac{1}{2}$ $\frac{1}{2}$	2
	b		Andorra; Cyprus; Iceland; Liechtenstein; Luxembourg; Malta; Monaco; Montenegro.	Award ONE mark ONLY if all four countries are correct.	1	