

Physical Education

General Certificate of Secondary Education

Unit **B451**: An Introduction to Physical Education

Mark Scheme for January 2012

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All examiners are instructed that alternative correct answers and unexpected approaches in candidates' scripts must be given marks that fairly reflect the relevant knowledge and skills demonstrated.

Mark schemes should be read in conjunction with the published question papers and the report on the examination.

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Any enquiries about publications should be addressed to:

OCR Publications
PO Box 5050
Annesley
NOTTINGHAM
NG15 0DL

Telephone: 0870 770 6622
Facsimile: 01223 552610
E-mail: publications@ocr.org.uk

Annotations used in the detailed Mark Scheme (to include abbreviations and subject-specific conventions)

	281	?	Unclear
	31	BOD	Benefit of doubt
	21	Cross	Cross
	311	L1	Level 1
	321	L2	Level 2
	331	L3	Level 3
	271	REP	Repeat
	11	Tick	Tick
	731	VG	Vague
	811	SEEN	Noted but no credit given
	361	S	S (to be used to indicate 'sub max reached' in these units)
	661	EG	Example/Reference
	611	K	Knowledge
	741	DEV	Development

Question		Answer	Marks	Guidance
1		a. Water	1	<ul style="list-style-type: none"> For all multi choice questions from 1-15 accept any written indication of the answer eg circle/tick/cross out and then tick etc. If two or more indicated then no marks.
2		c. Developing pupils' motor skills*	1	
3		a. Cardiovascular endurance	1	
4		c. Applying rules fairly	1	
5		d. Exploring the use of different tactics in tennis	1	
6		d. Watching an Olympic athlete and joining an athletics' club	1	
7		c. To try to improve your throwing technique in the javelin	1	
8		c. To be able to finish a circuit training session	1	
9		a. Shaking hands with your opponent when you have finished a rugby game	1	
10		c. Running for the ball in football	1	
11		d. James does not go weight training because he feels that he is not as good as the other people in the class	1	
12		d. 30	1	

Question	Answer	Marks	Guidance
13	b. Completing a co-ordinated and smooth floor routine in gymnastics	1	
14	b. The weight training equipment is checked before being used	1	
15	d. Walking	1	
		Total	15

Question	Answer	Marks	Guidance
16	<p>(Pathways for involvement) 3 marks from:</p> <ol style="list-style-type: none"> 1. Participating (regularly) in activity 2. In PE lessons/NC/classes by participating/coaching/officiating in PE 3. Extra-curricular activities/clubs/school teams 4. Member of external (outside school) sports teams/exercise or gym clubs 5. Coaching or leading or teaching / organising an event 6. Officiating/judging in a physical activity 7. Starting off at basic level of activities/starting or learning a new activity or starting/learning to coach/officiate 8. Refinement of skills/getting help and advice/being coached/practising / getting better at skills 9. Getting to the next tier/level/representing county/moving up the performance pyramid 10. Developing physical health/fitness/following a healthy lifestyle 11. Volunteering to help or get involved 12. As a career/professional or example of a professional 13. Getting qualifications/scholarship. 	<p>1</p> <p>[3]</p>	<ul style="list-style-type: none"> • Accept more than one correct answer if written one line. • Pt 7 is about learning rather than merely participating (pt1) • Pt 8 is about getting better rather than just learning (pt7) • Pt9 is about the next level rather than skills (pt8) • Pt10 is about fitness and health rather than merely participating (pt 1)

Question			Answer	Marks	Guidance
					<ul style="list-style-type: none"> Pt 12 accept lifeguard and accept 5x60 Officer (Welsh)
17			<p>(Characteristics of skilful movement) 4 marks from:</p> <ol style="list-style-type: none"> Efficient/economic/effortless Pre-determined/knows what is needed/what they are doing/goal directed/knowing how you are going to win/predictable Consistent – being successful repeatedly Co-ordinated/control Confident by knowing what they are doing Fluent/flowing/smooth Aesthetic/looks good/pleasing to the eye Successful / accurate / follows technical model/more likely to beat an opponent / effective Learned by showing improvement 	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>[4]</p>	<ul style="list-style-type: none"> 1 mark max for just naming 4 rather than describing (label as sub max) If names two and describes 2 then 2 marks max applies If mark given for a description then one mark for list becomes irrelevant Accept practical examples that exemplify the characteristics eg beating a player in football = pt 8 or keeps serving aces in tennis = pt 3.

Question	Answer	Marks	Guidance
19	<p>(Over-eating limiting participation) 4 marks from:</p> <ol style="list-style-type: none"> 1. Not fit enough to participate - carrying too much weight to be involved in physical activities 2. Tiredness - lethargy/lack of motivation / laziness to participate 3. Lack of mobility/speed - cannot move efficiently 4. Related health issues - such as diabetes etc may limit participation 5. Feeling of embarrassment - low self-esteem/not wanting to participate because of feeling hopeless/don't feel you're any good / lack of confidence 6. The negative views of others /discrimination - others may mock/bully/don't think that you are any good. 7. Increased risk of injury therefore limits participation / increase pressure on joints can lead to conditions such as arthritis. 8. Short term effects of overeating such as sickness and feeling bloated 	<p>1 1 1 1 1 1 1 1 1 [4]</p>	<ul style="list-style-type: none"> • Must be an attempt at explanation for a mark to be scored. • One mark max for a list or lack of explanations • 'overweight' on its own = 0 marks (vague)
20	<p>(Older people not participating) 6 marks from:</p> <ol style="list-style-type: none"> 1. Health reasons may stop them / illness / bones become weaker / mental illness 2. Injury/disability/lack of mobility may prevent effective movement 3. Lack of fitness so unable to be active / lack of energy 4. Lack of ability/skill so cannot do the activity 5. Lack of confidence/low self-esteem so give up easily 6. Other pressures from other interests/hobbies/ work so unlikely to participate / family responsibilities 7. Lack of older role models to stimulate participation 8. Lack of appropriate facilities/equipment so cannot get involved 9. Lack of transport so unable to get to the facilities 	<p>1 1 1 1 1 1 1 1 1</p>	<ul style="list-style-type: none"> • Must be an attempt at explanation for a mark to be scored. • One mark max for a list or lack of explanations

Question	Answer	Marks	Guidance
	10. Lack of money/low income/pension so cannot pay for facilities or classes 11. Lack of opportunities/teams to join or participate / age restrictions.	1 1 [6]	
21	1 mark for an example of a cool down, eg. (Slow) jogging; stretching etc.. (Explain importance of a cool-down) 4 marks from: 1. (To speed up) remove or get rid of lactic acid or waste products 2. Decreases / prevents risk of injury or pulling a muscle 3. Decreases risk of muscle soreness or cramp or stiffness/ delays onset of muscle soreness / DOMS 4. Prevent blood pooling 5. Prevent feeling tired or fatigued 6. Gradually decrease/maintain heart rate/ blood pressure 7. Gradually decrease / maintain body temperature 8. Gradually decrease / maintain / regulates breathing rate 9. To stop you feeling dizzy or faint or sick 10. Psychological benefits or makes you calm down/relax or lower anxiety.	1 1 1 1 1 1 1 1 1 1 [5]	Do not accept: Stops the build up of lactic acid
22	(speed and flexibility tests) 4 marks from: 1. (speed) eg 30 metre sprint test or sprint test (any distance) 2. (speed) Description to include marking the distance and timing the run 3. (flexibility) eg the sit and reach test 4. (flexibility) Description to include (keeping the legs straight) and reaching forward as far as possible or using a 'sit and reach box' to measure.	1 1 1 1 [4]	<ul style="list-style-type: none"> Accept other relevant tests but must have a description for the second mark for each identified Look for accurate description of test eg no marks for 'how far you can stretch'

Question	Answer	Marks	Guidance
24	<p>(Importance of water and fibre) 4 marks from:</p> <ol style="list-style-type: none"> 1. (Water) Can carry nutrients 2. (Water) helps to remove waste products 3. (Water) helps to regulate body temperature/prevent heat exhaustion 4. (Water) to replace lost fluid due to sweat/urine/to re-hydrate 5. (Water) to help blood flow/reduce viscosity 6. (Water) to maintain efficient brain function / concentration / prevents dizziness 7. (Fibre) essential for healthy bowel function/helps with removing waste products 8. (Fibre) helps the digestive process 9. (Fibre) reduces bowel problems/constipation etc. 	<p>1 1 1 1 1 1 1 1 1 [4]</p>	<ul style="list-style-type: none"> • (Sub-max 3 marks for water; sub-max 3 marks for fibre)

Question	Answer	Marks	Guidance
25*	<p>(Benefits of an active, healthy lifestyle) <u>Levels of response</u> Level 1 (1-2 marks) Candidates make only one or two valid points about the benefits of an active and healthy lifestyle and describe rather than explain. Unlikely to cover both physical activity and health aspects with no or few relevant practical examples. There is little or no use of technical vocabulary and sentences have limited coherence and structure. There is much irrelevant material. Errors in grammar, punctuation and spelling may be noticeable and intrusive.</p> <p>Level 2 (3-4 marks) Candidates explain some valid points about benefits with good knowledge and understanding. Some attempt is made at explaining both activity and health benefits with some relevant practical examples. There is some use of technical vocabulary and sentences for the most part are relevant and are coherent. There are occasional errors in grammar, punctuation and spelling.</p> <p>Level 3 (5-6 marks) Candidates make many developed points about the benefits. Both activity and health are covered when explaining benefits with good relevant practical examples. Candidate demonstrates excellent knowledge and understanding of the factors involved. Candidate gives relevant material that is clearly structured and using appropriate terminology and technical vocabulary. There are few if any errors in grammar, punctuation and spelling.</p>		<p>Refer to Level Descriptors at all times. K = each point found in the indicative content. DEV = development of this point (which could be a practical example)</p> <p>(Allow generic answers that seek to cover both activity and health)</p> <p>Level one to also include a description of a healthy lifestyle with a lack of clear benefits.</p>

Question	Answer	Marks	Guidance
	<p><u>Indicative content</u></p> <p>(Benefits of being active)</p> <ol style="list-style-type: none"> 1. Less prone to injury eg when you exercise less likely to strain a muscle 2. Components of physical fitness improving/keep fit eg increase your stamina 3. Not getting tired easily/offsets fatigue (could be health)eg can 'keep going' all day without getting too tired 4. Mental health/feel good/happy/positive feelings (could be health) eg when you exercise you often feel happier 5. Image/self esteem/confident/feel good about yourself (could be health) eg if I eat well I will feel better 6. Enjoyment/as a hobby eg I go walking and this gives me something to do away from work 7. Social/friendship eg I make friends at the gym 8. Sense of achievement eg I have learned basic skills in badminton. <p>(Benefits of being healthy)</p> <ol style="list-style-type: none"> 9. Physical health/not getting ill/less prone to heart disease/other diseases eg I suffer less from high blood pressure 10. Live longer 11. Can be active/get involved/keep doing physical activities/be good at an activity/can cope with demands of everyday life (could be active) eg am able to join a keep fit class in the evening 12. Avoids obesity/being overweight (could be active) 13. Avoids being underweight/anorexic (could be active). 		

OCR (Oxford Cambridge and RSA Examinations)
1 Hills Road
Cambridge
CB1 2EU

OCR Customer Contact Centre

Education and Learning

Telephone: 01223 553998

Facsimile: 01223 552627

Email: general.qualifications@ocr.org.uk

www.ocr.org.uk

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Head office
Telephone: 01223 552552
Facsimile: 01223 552553

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