

Physical Education

General Certificate of Secondary Education **GCSE J586**

General Certificate of Secondary Education (Short Course) **GCSE J086**

OCR Report to Centres

January 2012

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This report on the examination provides information on the performance of candidates which it is hoped will be useful to teachers in their preparation of candidates for future examinations. It is intended to be constructive and informative and to promote better understanding of the specification content, of the operation of the scheme of assessment and of the application of assessment criteria.

Reports should be read in conjunction with the published question papers and mark schemes for 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

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Overview

This was the penultimate January series for GCSE unitised specifications given the forthcoming move to a linear format. January examinations will be available in 2013 for candidates who are midway through their study of the course but for those who begin to follow the specifications in September 2012, their assessment will all occur at the end of their study.

5500 candidates sat the B451 examination this January, while 1200 were examined on unit B453. A good range of ability was in evidence during the marking process and candidates appeared well prepared for the examinations on the whole.

As the controlled assessment units are only available in the June series, very few candidates were aggregating this series.

B451 An Introduction to Physical Education

General

Centres are reminded that while for the majority of the paper (questions 1–24), examiners use ticks to indicate the number of marks awarded for the answer the candidate has provided, on question 25 a levels of response mark scheme is used. The mark scheme for this final question has a number of criteria separated into levels, taking into consideration coverage of related indicative content that is expected in candidate responses as well as the quality of written communication and the extent to which the command word has been addressed.

This examination paper includes multiple choice questions which were answered well by the majority of candidates. Candidates are advised to think carefully about each question rather than try to rush through these questions. Some otherwise well-scoring candidates made careless errors on these questions. Some candidates did not answer some of the multiple choice questions and may have planned to return to them after answering other questions but did not do so. Candidates are reminded that they must check near the end of the examination that they have answered all the questions set. The multiple choice questions which candidates answered less well were 1, 8, 12 and 15. There was little evidence to suggest that candidates struggled to complete the paper within the time allowed.

Generally candidates used their knowledge and skills appropriately but some had difficulty with some of the questions that included technical vocabulary found in the specification, for example 'pathways for involvement' and indicators of health and well-being.

As in previous series of this examined unit, candidates often showed good knowledge but some were unable to apply that knowledge, for example applying aspects of the specification to participation in an active, healthy lifestyle.

Comments on individual questions in Section B

Question 16

Candidates who scored well on this question identified clearly three relevant pathways but some candidates gave fewer than three and could not access the full range of marks. Many candidates identified volunteering and participation in physical activities and sport as a career.

Question 17

Some candidates merely named the characteristics rather than described them and scored few marks as a consequence. Some described clearly using practical examples and the best candidates gave four accurately described and separate characteristics to score full marks.

Question 18

Three different measures or indicators were required here along with a description. Some candidates over-emphasised fitness tests as indicators of health and well-being. The better candidates gave three different measures such as levels of personal satisfaction, health screening such as measuring blood pressure and social health.

Question 19

This was a well-answered question with a good level of knowledge shown related to the problems caused by over-eating. Some good answers included not just the lack of fitness but also that the negative views of others might de-motivate. Those that scored few marks were characterised by the lack of explanation and merely gave a list of words that scored few marks.

Question 20

Many candidates showed a good level of knowledge related to older people and participation. Those who scored well gave a detailed explanation and covered several separate points such as health reasons and lack of opportunities.

Question 21

Generally candidates showed a good understanding of a cool down and the vast majority gave a good description of a cool-down. Those who scored particularly well then went on to explain fully the importance of a cool-down. Some candidates simply stated that heart rate, blood pressure and body temperature would decrease but did not state that this would be a gradual process rather than what would happen anyway after completing the activity.

Question 22

Many candidates gave relevant tests for speed and flexibility and most gave the 30 metre sprint test and the sit and reach test. Those who scored full marks then went on to describe accurately each test. Some did not achieve a mark for a description because it was too vague for example for sit and reach 'stretching as far as possible'.

Question 23

This question was generally well answered but did reveal a high degree of discrimination about female participation. The better candidates recognised that statements such as sport is unfeminine was discrimination rather than fact and that this could be the reason why there are relatively few females participating in physical activities. The best candidates gave three clear and separate reasons for the lack of female participation.

Question 24

Most candidates recognised the importance of water intake but were less good at giving the importance of fibre with some candidates leaving this part of the question unanswered.

Question 25

A well answered question by many candidates who clearly explained the benefits of an active, healthy lifestyle. Some candidates scored less well because they had not addressed the benefits but merely described what an active, healthy lifestyle involves. The best candidates gave many developed points and included practical examples required by the question. The higher scoring candidates wrote fluently and succinctly with accurate spelling throughout.

B453 Developing Knowledge in Physical Education

General

Centres are reminded that while for the majority of the paper (questions 1–24), examiners use ticks to indicate the number of marks awarded for the answer the candidate has provided, on question 25 a levels of response mark scheme is used. The mark scheme for this final question has a number of criteria separated into levels, taking into consideration coverage of related indicative content that is expected in candidate responses as well as the quality of written communication and the extent to which the command word has been addressed

This examination paper includes multiple choice questions which were answered well by the majority of candidates. Candidates are advised to think carefully about each question rather than try to rush through these questions. Some otherwise high scoring candidates made careless errors on these questions. Some candidates did not answer some of the multiple choice questions and may have planned to return to them after answering other questions but did not do so. Candidates are reminded that they must check near the end of the examination that they have answered all the questions set. There was little evidence to suggest that candidates struggled to complete the paper within the time allowed.

The multiple choice questions which candidates answered less well were 3, 5, 9, 11 and 14.

Generally candidates used their knowledge and skills appropriately but some had difficulty with any questions that included technical vocabulary found in the specification, for example 'private enterprise', 'tendonitis' and 'plyometrics'.

Most candidates were very well prepared for this examination and most were at the appropriate level to be examined in this session. The specification content had been covered effectively by many centres with candidates showing appropriate knowledge and understanding in many topic areas.

Once again 'describe' was often used in questions but many candidates merely gave lists which did not give the depth of information required. Candidates who gave lists were awarded marks for their knowledge but the full range of marks was unlikely to be accessed because of the lack of detail. The command 'explain' demands more detail than describe with candidates expected to give reasons rather than merely characteristics in their responses.

Comments on individual questions in Section B

Question 16

Most candidates showed good knowledge about the long term effects of exercise on muscles. Three marks for this question would indicate that three separate points need to be made and those that gave three relevant points scored full marks. Some candidates gave adaptations to the heart and to the respiratory system which is not asked for in the question.

Question 17

Most candidates recognised that the private sector often provides good facilities and equipment and some explained how advertising campaigns run by such organisations can increase participation. The question asked for an explanation and so only those responses that gave reasons for their answers were given full credit.

Question 18

Candidates showed good knowledge and understanding of tendonitis and those that gave a full description with three separate points scored full marks.

Question 19

Candidates often showed a good understanding of the concept of SMART goal setting but often did not give a description for each element and some simply listed the elements rather than describing them.

Question 20

Candidates showed good understanding of weight training and described well this method of training but plyometric training was less well described with some candidates confusing this method with other methods of training.

Question 21

Generally candidates showed good awareness of a range of government initiatives but many gave little description and merely listed the initiatives. Those that described two or three initiatives well scored well on this question. Candidates should be more aware of government rather than personal initiatives when responding to such questions.

Question 22

Many candidates gave a good description along with an appropriate practical example for each Principle of Training. Some gave an inaccurate answer related to overload being to work hard rather than to work harder ie to give the sense of extra work-load.

Question 23

Most scored well for this question with the vast majority of candidates correctly identifying a hinge joint. Some candidates confused tendon with ligaments.

Question 24

Candidates often gave some good examples of personal hygiene, showing good awareness of this area of the specification. Those that gave four good examples gained full marks.

Question 25

Those candidates who gave several examples of different types of feedback and linked these with motivation for participation scored well. Candidates who linked their valid points fluently and with a high standard of written communication scored highly. Some candidates used practical examples to good effect when linking feedback to motivation. The best candidates looked not only at those who are motivated by feedback but also those who may be de-motivated by negative or critical feedback.

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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Facsimile: 01223 552553

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