

GCSE (9-1)

Examiners' report

PHYSICAL EDUCATION

J587

For first teaching in 2016

J587/02 Summer 2023 series

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Introduction

Our examiners' reports are produced to offer constructive feedback on candidates' performance in the examinations. They provide useful guidance for future candidates.

The reports will include a general commentary on candidates' performance, identify technical aspects examined in the questions and highlight good performance and where performance could be improved. A selection of candidate answers is also provided. The reports will also explain aspects which caused difficulty and why the difficulties arose, whether through a lack of knowledge, poor examination technique, or any other identifiable and explainable reason.

Where overall performance on a question/question part was considered good, with no particular areas to highlight, these questions have not been included in the report.

A full copy of the question paper and the mark scheme can be downloaded from OCR.

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Paper 2 series overview

J587/02 is one of two examined components for GCSE (9-1) in Physical Education. This component links together the topic areas socio-cultural issues, sports psychology, health, fitness, and well-being.

To do well on this paper, candidates need to apply knowledge and understanding using practical examples from sports and practical activities and to show an understanding of data analysis. J587/02 includes one extended response question that forms part of synoptic assessment, in which the candidates are required to apply knowledge and understanding from J587/01 to this extended question.

Candidates who did well on this paper generally:	Candidates who did less well on this paper generally:
<ul style="list-style-type: none">• showed good knowledge of socio-cultural issues, sports psychology and health, fitness and well-being• applied their responses to practical performance in a range of sports• understood the requirements of the different command words in each question.	<ul style="list-style-type: none">• had a limited understanding of socio-cultural issues• did not read the question carefully, specifically referring to practical examples when commanded• gave responses that were not relevant to the question.

Section A overview

This section comprises short answer questions, true and false, multi-choice and matching type questions. Many questions are worth 1 mark with others up to a maximum of 3 marks for this paper. Questions include assessment objectives AO1, AO2 and AO3 with the majority being AO1 questions. Candidates tended to score higher on this section with the emphasis on recall with some application.

Question 1

- 1 Taking banned performance-enhancing drugs is a practical example of deviance in sport.

Give **one** other practical example of deviance in sport.

.....
..... [1]

Most candidates were able to identify an example of deviance in sport and apply it to a practical example. The most common response was the use of violence in football, e.g. hitting an opponent.

Question 2

- 2 Suggest **two** ways a role model can have a **positive** effect on participation in physical activity and sport.

1
.....
.....
2
.....
..... [2]

Candidates needed to focus on the effect on participation. Most candidates were able to explain that a role model can inspire/encourage participation, however fewer candidates were able to score full marks. Candidates needed to identify that role models could introduce others to new activities or promote good sportsmanship.

Question 3

- 3 Explain how schools can have **negative** effects on participation in physical activity and sport.

.....

.....

.....

..... [2]

Most candidates were able to score 1 mark on this question. To gain both marks, candidates needed to give two different reasons.

Question 4

- 4 Describe **two** ways **religion/culture** can influence participation in sport and physical activity.

1

.....

2

.....

[2]

This question was answered well. Candidates often referred to strict dress codes and religious festivals to gain credit.

Question 7

- 7 Identify **one** physical activity or sport where the use of beta blockers may **improve** performance.

..... [1]

This question was answered well, candidates were able to identify an activity where a reduced heart rate is beneficial. Archery and shooting were the most common responses.

Question 9

9 Give **one** practical example of a coordinated movement in a sport.

..... [1]

Responses to this question were successful and nearly all candidates scored the mark.

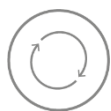
Question 10

10 Define the term motor skill.

..... [1]

This definition along with another definition (Question 16) in the paper was not answered well. Candidates were unclear on the terminology needed to gain marks.

Assessment for learning



Definitions/key terminology

Centres may find it helpful to support candidates in learning the glossary definition to underpin the basic knowledge required by the examination.

Question 13

13 The SMART principle of goal setting is used to help improve performance.

A runner has a personal best of 2 minutes and 30 seconds.

By the end of July they want to reduce this time by 2 seconds.

Use your knowledge of SMART goal setting to complete the table below.

SMART principle	Practical Application
Specific	The goal is to reduce the personal best to 2 min 28 sec.
Measurable	
Achievable	
Recorded	
Time Phased	The goal is to be achieved by the end of July.

[3]

This question asked candidates to explain the SMART principle and apply to the practical example given in the question. Less successful responses repeated the information they were presented with. More successful responses were able to identify a method to measure the goal (timing via a stopwatch), and that the goal was achievable, and it was within reach of previous personal best, and that each week times should be noted down.

Misconception



Repeating the terminology in the question does not gain marks.

Candidates must look to explain the SMART principle using different language to that presented in the question and then apply the practical examples (the runner) to their response.

Question 14

14 What is mental rehearsal?

.....
..... [1]

This was well answered with many responses being given the mark.

Question 15

15 Give one practical example of how a sports performer can use **positive** thinking to improve their performance.

.....
..... [1]

Candidates offered a range of responses; those that were given the mark referred to positive self-talk. Less successful responses referred to thinking about success.

Question 16

16 Define the term well-being.

.....
..... [1]

Responses to this question were generally not successful.

Question 17

17 Using practical examples, describe **two emotional** benefits of participating in physical activity.

- 1
-
- 2
-
- [2]**

Candidates offered a range of correct responses. A common error was to make the same point twice. Some candidates did not gain credit as they were unable to offer practical examples. References to 'sport', 'physical activity' or 'exercise' were not accepted as relevant practical examples.

Question 18

18 Loneliness is one negative consequence of a sedentary lifestyle on social health.

Describe **two** other negative consequences of a **sedentary** lifestyle on **social** health.

- 1
-
- 2
-
- [2]**

Candidates found this question challenging. Many referred to emotional health or gave physical consequences of a sedentary lifestyle. Some responses were given full marks, citing lack of friends, no sense of belonging or few social skills.

Section B overview

This section involved questions that mostly asked for more extended answers than Section A. The mark range for this paper was from 2 marks to 6 marks (for the extended question). A mixture of assessment objectives was tested in this section, with some questions involving more than one type of assessment objective, for example in Question 21(c) the 4 marks are divided up into 2 AO1 and 2 AO2 marks. Candidates scored well on the AO1 questions but less well on AO2 and AO3.

Question 21 (a) and (b) (i)

21 A sports coach will use different types of guidance and feedback to help development.

(a) Identify **two** advantages of using **mechanical** guidance when improving motor skills.

- 1
-
- 2
-
- [2]**

(b) (i) Give **two** practical examples of **manual** guidance.

- 1
-
- 2
-
- [2]**

Candidates scored well on the first two parts of the question on guidance. Candidates presented clear advantages, and most were able to give detailed practical examples which highlighted physical contact between the coach and performer.

Question 21 (b) (ii)

(ii) Identify **two disadvantages** of using **manual** guidance.

- 1
-
- 2
-

[2]

Many candidates stated two disadvantages, but some stated general information like 'it's too difficult'.

Question 21 (c)

(c) Define what is meant by **extrinsic** and **intrinsic** feedback.

Give a practical example of each.

Definition of extrinsic feedback

.....

.....

Practical example of extrinsic feedback

.....

.....

Definition of intrinsic feedback

.....

.....

Practical example of intrinsic feedback

.....

.....

[4]

Explanations and responses to this question were generally good. A high number of responses were given 4 marks.

Question 22 (a)

22 (a) Give **two** different examples of **good** sportsmanship in physical activity and sport.

- 1
- 2

[2]

This question was well answered, the most popular responses included shaking hands at the end of a game and kicking the ball out of play if an opponent is injured.

Question 22 (b)

(b) Explain **two** ways gamesmanship might be used to gain a competitive advantage.

- 1
- 2

[2]

This question (AO3) asked candidates to give clear explanations of gamesmanship within a practical context. More successful responses identified different examples. Less successful responses repeated the same point on the mark scheme (e.g. time wasting) or did not explain gamesmanship in a sporting context.

Exemplar 1

- 1 ... Moving the ball forward ^{before} a free pass in netball ^{would provide} ~~then~~ a competitive advantage as they will then be able to pass from closer to ^{the shooting} D, so are more likely to get a shot away.
- 2 ... A wicketkeeper talking ~~to~~ and attempting to distract a batsman during cricket will give them a competitive advantage as the batsman is more likely to ~~not~~ ^{hit} a good shot and therefore score fewer runs for their team. [2]

This candidate has successfully explained how each instance of gamesmanship allows a competitive advantage.

The first point describes an intentional mistake in football and how that would be of benefit. The second point outlines verbal abuse/sledging in cricket and the possible impact on the batsman. This is an excellent example of a detailed AO3 response.

Question 22 (c)

- (c) Describe **one** negative impact performance-enhancing drugs can have on a sport and a sports performer.

Negative impact on a **sport**

.....

.....

Negative impact on a **sports performer**

.....

.....

[2]

This question was answered very well.

Question 22 (d)

- (d) **Evaluate** the influence of newspapers on participation and performance in physical activities and sport.

.....

.....

.....

.....

.....

.....

[4]

This question challenged candidates as there were 3 AO3 marks available. More successful responses discussed the positive and negative effect of newspapers on participation and performance, less successful responses were unaware of the role of newspapers as a media source.

Exemplar 2

newspapers are a form of media so because of this it allows for coverage on sport which increases participation. In addition, it may bring sponsors, who in turn bring money to the sport that allows for payment of any equipment and so on needed. This relieves the stress of money of the performer so would improve performance. However media can also decrease performance. It may put pressure on the performers causing them to not enjoy the sport [4] anyone and would decrease their performance. Also promoting bad role models in newspapers may influence people to not want to participate in physical activity and so there would be a decline in participation. In conclusion newspaper have both advantages and disadvantages.

The response in Exemplar 2 has evaluated the influence on both participation and performance, looking at positive and negative elements. It has identified that newspaper can increase participation levels and bring in sponsorship, but also highlights how the newspapers' showing of negative role models may deter participation. This response has also addressed how newspapers may put pressure on individuals which may influence performance levels.

Question 23 (a)

23 (a) Explain the importance of **minerals** and **proteins** in a balanced diet.

Minerals

.....

.....

.....

Proteins

.....

.....

.....

[4]

Many candidates were able to identify the importance of proteins in a balanced diet. Most candidates were able to highlight one reason why minerals were important. Less successful responses were too general and lacked specific details.

Question 23 (b)*

(b)* Interruptions in physical activity often result in inactivity causing reversibility.

Describe how regular training **benefits** physical health.

Using practical examples, evaluate **continuous** training and **weight** training.

[6]

Candidates were able to identify the different sections of the question. The benefits of health training required candidates to use their knowledge from Paper 2 to outline the key areas that regular training has on physical health. A small number of candidates addressed social and emotional health, which was not given marks.

The second part of the question was less well answered than the first part. Most candidates could identify an advantage of each type of training. Fewer candidates were able to give practical examples of each activity. More successful responses considered the disadvantages of the training types.

Exemplar 3

Regular training benefits physical health as it can improve your strength, speed and power. Regular training also keeps you from living a sedentary lifestyle and gaining weight. Exercise can help improve posture and flexibility.

Continuous training is training tailored to improving cardiovascular health, can aid long distance runners and swimmers. Examples of continuous training is running and cycling as continuous training is steady state cardio for over 20mins. Disadvantages consist of there it may be boring and there isn't much options.

Weight training is great for muscular health and is used mostly by power athletes and bodybuilders, it helps in gaining muscle mass and strength, Disadvantages consist of it is easier to cause injury.

The response in Exemplar 3 has addressed both parts of the question and demonstrated a clear evaluation of the types of training.

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