

2006 Physical Education

Standard Grade

Foundation/General/Credit

Finalised Marking Instructions

Knowledge & Understanding

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2006 Physical Education – Standard Grade

Foundation Level

Marking Instructions

1. In K&U, markers are directed in each question to note where it is essential that candidates **must** state an activity in their answer.
2. Activities used in K&U answers should be within the bounds of Physical Education or School Sport ie unacceptable activities – *Darts, Snooker, and Pool*

Foundation Level

Question 6

Part A

Activity	How the winner is decided
Javelin	Greatest distance received
Football, hockey etc	Most goals in a set time
Tennis, volleyball, badminton etc	First to reach a set amount of points
Cross-country, swimming, hurdles etc	First to the finish line
Golf	Fewest shots taken

Total 4 marks

Part B

(i) 1 mark for appropriate response

Examples

- Gymnastics.
- Diving.
- Trampolining.
- Ice skating.

(ii) Activity

- Gymnastics.

Description

- Quality of movements.
- Degree of difficulty of skills performed.
- Held body tension in handstand etc.

Limited description

- Steady balance.
- Body tension.
- How good it looks etc.

2 marks for a detailed description

1 mark for a limited description

(iii) 1 mark for appropriate response

Examples

- Fairness.
- Honesty.
- Firmness.
- Good decision-making etc.

Total 4 marks

Question 7

Part A

1 mark for each appropriate response

Playing Role	Physical Quality
Rugby forward	Strong
<i>Midfielder, basketball player etc</i>	Good cardio-respiratory endurance
Striker	<i>Fast</i>
Goalkeeper	<i>Tall, quick reactions etc</i>
<i>Gymnast, diver etc</i>	Flexible

Total 4 marks

Part B

1 mark for a physical quality appropriate to the playing role chosen

Example

Team Activity

- Football

Playing Role/position

- Midfielder

Physical Quality

- Good cardio-respiratory endurance

Explanation

- I had to keep going for a long time supporting my strikers/getting back to help my defence

Limited explanation

- I had to keep going for a long time

**2 marks for a detailed description
1 mark for a limited description**

Total 3 marks

Question 8

Part A

1 mark for each correct response

<i>Aspect of fitness</i>	<i>True</i>	<i>False</i>
Flexibility involves stretching the joints	✓	
Cardio-respiratory endurance involves the fitness of the heart and lungs	✓	
Flexibility cannot be increased by training		✓
Cardio-respiratory endurance is improved by training for a short time		✓

Total 4 marks

Part B

(i) 1 mark for an appropriate response

Example

Aspect of fitness

- Strength

Type of training

- Weight training

(ii) Description

- I did three sets of five repetitions on a bench press
- I did ten bench press lifts
- I lifted heavy weights a few times

Limited Descriptions

- I did bench press lifts
- I lifted heavy weights

2 marks for a detailed description
1 mark for each limited description

(iii) Description

- I did the same number of reps but increased the weight
- I added a repetition onto each set of lifts

Limited Descriptions

- I did more repetitions
- I lifted heavier weights

2 marks for a detailed description
1 mark for each limited description

Total 5 marks

Question 9

Part A

(i) 1 mark for each correct response

(ii) 1 mark for each correct response

Total 4 marks

Part B

(i) 1 mark for an appropriate response

Example

Individual activity

- Tennis

(ii) **Description**

- I was serving to my opponent's backhand side most times

Limited description

- I played shots to my opponent's weak side

2 marks for a detailed description

1 mark for a limited description

(iii) **Description**

- My opponent was playing strong backhand returns and I was having difficulty in returning them.

Limited description

- My opponent was getting them easily.

2 marks for a detailed description

1 mark for a limited description

(iv) **Description**

- I varied the speed/direction of my serves.

Limited description

- I played some shots to the other side.

2 marks for a detailed description

1 mark for a limited description

Total 7 marks

Question 10

Part A

(i) 1 mark for each appropriate response

<i>Individual activity</i>	<i>Skill</i>	<i>Technique 1</i>	<i>Technique 2</i>
Gymnastics	Balancing	Headstand	Handstand

3 marks

(ii) 1 mark for each appropriate response

<i>Individual activity</i>	<i>Skill</i>	<i>Technique 1</i>	<i>Technique 2</i>
Basketball	Passing	Chest pass	Bounce pass

3 marks

Total 6 marks

Part B

(i) Example

Activity

- Basketball

Attacking skill

- Shooting

Technique

- Lay up

Explanation

- I used this technique when I could get to the basket for a better chance of scoring

Limited explanation

- I used this technique when it was easier to score

**2 marks for a detailed description
1 mark for a limited description**

(ii) Example

Activity

- Hockey

Defending skill

- Tackling

Technique

- Reverse stick tackle

Explanation

- I used this technique when it was the quickest way to get my stick to block the ball

Limited explanation

- I used this technique when the ball was coming to that side

**2 marks for a detailed description
1 mark for a limited description**

Total 4 marks

2006 Physical Education – Standard Grade

General Level

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General Level

Question 6

Part A

(i) **1 mark for each acceptable response**

Example

- Gymnastics
- Dance
- Trampolining
- Diving
- Skateboarding
- Roller blading
- BMX biking

Total 3 marks

Part B

(i) **Example**

Individual Activity

- Dance

Description

- I linked my movements together smoothly/differently while varying the height/speed/shape of my movements

Limited description

- I linked my movements

No marks awarded unless individual activity in which marks are awarded is chosen

**2 marks for a detailed description
1 mark for a limited description**

(ii) **Example**

Team Activity

- Volleyball

Description

- I faked a hit and at the last minute tipped over the block

Limited description

- I faked a hit

No marks awarded unless a team activity in which goals/points are scored is chosen

**2 marks for a detailed description
1 mark for a limited description**

Total 4 marks

Question 7

Part A

(i) Description

- The ability of the heart and lungs to work for a long period of time.

Limited description

- Being able to last in an activity for a long time.
- The fitness of the heart and lungs

**2 marks for a detailed description
1 mark for a limited description**

(ii) 1 mark for appropriate response

Example

- Bleep test/20 m progressive shuttle run/Leger run
- Cooper/12 minute run
- Harvard step test

(iii) 1 mark for appropriate response

Example

- Body temperature increases/face becomes red
- Breathing becomes faster/deeper
- Pulse/heart rate becomes faster
- Body perspires

Total 6 marks

Part B

(i) Examples

Method of training

- Fartlek

Description

- I varied the pace of my running by jogging slowly, running steadily and running hard for a total of 20 minutes.

Limited description

- I did some walking, jogging and sprinting in my training session

Method of training

- Interval training

Description

- I ran 8 reps of 150m at 80% of my maximum speed
- I allowed myself a 90 second jog back recovery between each run

Limited description

- I did a few hard runs with a rest in between

Marks may be awarded if no method of training is given if the description obviously refers to interval training or fartlek

**2 marks for a detailed description
1 mark for a limited description**

(ii) Example

Activity

- Football

Explanation

- I have to keep running around the pitch/performing skills well for the full 90 minutes

Limited explanation

- I have to keep going in the activity for a long time

No marks awarded if no activity is given

**2 marks for a detailed description
1 mark for a limited description**

Total 4 marks

Question 8

Part A

(i) Example

- I would be able to keep trying until I could perform the skill/even when I found it difficult

Limited explanation

- It helped me to keep trying
- Because it was difficult

2 marks for a detailed description
1 mark for a limited description

(ii) 1 mark for appropriate reason

Examples

- Builds up confidence
- Allows practice to be successful
- Ensures safety
- Aids learning

Total 4 marks

Part B

(i) Example

Activity

- Football

Description

- I raced my classmates up and down/while dribbling/while teacher timed us.

Limited description

- I raced my classmates

Marks may be awarded if no activity is given

2 marks for a detailed description

1 mark for a limited description

(ii) Example

- Because I was competing and I was determined to get to the finish line first/score the fastest time

Limited explanation

- I wanted to win

2 marks for a detailed description

1 mark for a limited description

(iii) Example

Activity

- Basketball

Description

- I repeatedly practised my lay ups by receiving a pass, before dribbling the ball in to shoot.

Limited description

- I received the ball then shot

Marks may be awarded if no activity is given

2 marks for a detailed description

1 mark for a limited description

(iv) Example

- I had to concentrate to link my dribble with my take off.

Limited explanation

- I had to make sure that I only took two steps with the ball.

2 marks for a detailed description

1 mark for a limited description

Total 8 marks

Question 9

Part A

1 mark for each appropriate response

Acceptable responses

- Change pitch/court layout
- Change team size
- Change equipment
- Change pitch/court size
- Change scoring system
- Change playing time

Total 3 marks

Part B

Part 1

- (i) **Marks may be awarded if no activity is given.
1 mark for an acceptable formal/written rule**

Example

Activity

- Table tennis

Formal/written rule

- When serving, the ball must hit your own side of the table first

- (ii) **1 mark for appropriate response which relates to the skill chosen**

Example

Skill/technique

- Serving

Rule change

- I was allowed to play my serve straight over the net

- (iii) **2 marks for detailed explanation of how this change could have made the skill easier to learn
1 mark for a limited explanation**

Examples

Explanation

- I learned to strike the ball accurately on the other side of the table without worrying about hitting down on the ball

Limited explanation

- It was easier to get my shot in play

Part 2

- (i) **No marks awarded if no activity given. Must be a different activity, but if it is obvious both are different, marks may be awarded.
1 mark for an acceptable formal/written rule**

Example

Activity

- Volleyball

Formal/written rule

- You are not allowed to catch the ball

- (ii) **1 mark for appropriate response which could allow the activity to flow better**

Example

Rule change

- The first player to receive the ball on each side was allowed to catch the ball

- (iii) **2 marks for detailed explanation of how the rule change allowed the activity to flow better
1 mark for a limited explanation**

Examples

Explanation

- It allowed us to set up attacks more often in the game/without making mistakes

Limited explanation

- We got longer rallies

Total 8 marks

Question 10

Part A

1 mark for each correct answer entered.

To hold a balance **steady** you should hold your body weight directly **above** your base of support. It is easier to balance if you have a **large** base of support and a **low** centre of gravity.

Total 4 marks

Part B

(i) Marks may be awarded if no individual activity is named, if chosen skill/technique is obviously individual in nature.

Example

Individual Activity

- Gymnastics

Skill/Technique

- Headstand

Description

- I moved my hips so that they were above my shoulders

Limited description

- I moved my hips slowly

Example

- I was able to hold the balance for 5 seconds/for a longer time

Limited explanation

- I held the balance

2 marks for each detailed description

1 mark for each limited description

- (ii) **Marks may be awarded if no team activity is named, if chosen skill/technique is obviously team in nature.**

Example

Individual Activity

- Football

Skill/Technique

- Dribbling

Description

- I lowered my centre of gravity by bending my legs

Limited description

- I lowered it

**2 marks for a detailed description
1 mark for a limited description**

Total 6 marks

2006 Physical Education – Standard Grade

Credit Level

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Credit Level

Question 6

Part A

2 marks for each detailed explanation related to appropriate part of warm up

1 mark for a limited description

Marks may be awarded if no team activity is named, if chosen skill/technique is obviously team in nature.

Example

Warm up part

- Jogging

Explanation

- To raise the body temperature in preparation for stretching/participation in the activity.
- Muscles will react quicker/perform better when warm

Limited explanation

- To warm the body up

Warm up part

- Stretching

Explanation

- To reduce the chance of injury to muscles/tendons/ligaments during performance

Limited explanation

- Helps prevent injury

Warm up part

- Skills practice

Explanation

- To get used to the skills that I would be performing during the game

Limited explanation

- To get used to the skills/conditions

Total 6 marks

Part B

- (i) **No marks awarded if an individual activity is given**
Marks may be awarded if no activity is named if the description obviously refers to a team activity.
The answer must relate to the role/responsibility named

Example

Team activity

- Basketball

Role/Responsibility

- Defending

Description

- I focused on the strengths and weaknesses of the player I was marking

Limited description

- I thought about what I was going to be doing
- I focused defending my opponent
- I focused on keeping calm

2 marks for a detailed description
1 mark for a limited description

- (ii) **No marks awarded if a team activity is given**
Marks may be awarded if no activity is named if the description obviously refers to an individual activity.

Example

Individual activity

- Gymnastics

Description

- I was confident in my ability to include a difficult combination in my floor sequence

Limited description

- I had the confidence to go into a handstand

2 marks for a detailed description
1 mark for a limited description

- (iii) No marks awarded if an individual activity is given**
Marks may be awarded if no activity is named if the description obviously refers to a team activity.

Example

Team activity

- Football

Description

- I had no confidence in front of goals so I passed the ball to someone else

Limited description

- I was avoiding taking shots at goal

2 marks for a detailed description

1 mark for a limited description

Total 6 marks

Question 7

Part A

(i) **Example**

- If you stop training you will lose your level of fitness

Limited description

- Losing your level of fitness

2 marks for a detailed description

1 mark for a limited description

(ii) **1 mark for each appropriate consideration**

Example

- My fitness level
- The demands of the activity
- The demands of the position/role
- The aspect of fitness
- Type of training/exercise
- Workload
- Part of the body

Total 5 marks

Part B

**Marks may be awarded if no activity is given.
No marks awarded if no aspect of fitness is given.**

Example

- Aerobic Endurance

(i) One mark for appropriate type of training

Example

- Fartlek

(ii) Description

Frequency

- I increased the number of times I trained from 3 to 4 times a week

Limited Description

Frequency

- I increased the number of times I trained

Description

Intensity

- I lengthened the sprint sections of my Fartlek run by 5 metres

Limited description

Intensity

- I had a shorter recovery time

Description

Duration

- I increased the length of time I ran each session from 20 to 25 minutes

Limited description

Duration

- I made each session longer

**2 marks for each detailed description
1 mark for each limited description**

Total 5 marks

Question 8

Part A

(i) **Example**

- 2nd defender moving behind 1st defender to cover them if they are beaten
- Having a defender behind the defender who goes out to the ball

Limited explanation

- Covering behind each other

2 marks for a detailed description
1 mark for a limited description

(ii) **Example**

- An attempt to slow down an opponent to allow defenders to get back/organised
- Player puts pressure on the ball carrier to provide more time for team mates to reorganise

Limited explanation

- Holding you position
- Not diving in
- Jockeying
- Sagging off

2 marks for a detailed description
1 mark for a limited description

Total 4 marks

Part B

- (i) **Naming formation with explanation 2 marks can be awarded**
No marks awarded for naming a formation only

Example

Activity

- Football

Description

- They played a 3-5-2 formation with three defenders across the back

Limited description

- They played three defenders

2 marks for a detailed description
1 mark for a limited description

- (ii) **Description**

- We used two overlapping full backs to run wide onto passes hit wide

Limited description

- Players ran wide

2 marks for a detailed description
1 mark for a limited description

- (iii) **Example**

- To draw defender out of position wide creating space in the centre

Limited explanation

- We moved opponents out of position

2 marks for a detailed description
1 mark for a limited description

Total 6 marks

Question 9

Part A

(i) 1 mark for appropriate explanation

Example

- Information you receive about your performance

(ii) 1 mark for appropriate description

Example

- From how it felt/from within

(iii) 1 mark for appropriate responses

Examples

- I watched a video/visual
- An observer/teacher told me/verbal
- I looked at an observation sheet/written
- I got knowledge from my results/saw the result

Total 5 marks

Part B

Part 1

(i) Individual activity

Marks may be awarded if no individual activity is named, if chosen skill/technique is obviously individual in nature

Example

Individual Activity

- Tennis

Skill/Technique

- Smash

Description

- I was always hitting my smash out on the right hand side of the court

Limited description

- I was hitting my smashes wide

**2 marks for a detailed description
1 mark for a limited description**

(ii) Description

- I angled my body more to my left when smashing

Limited description

- I turned my body

**2 marks for a detailed description
1 mark for a limited description**

Part 2

(i) **Team activity**

Marks may be awarded if no individual activity is named, if chosen skill/technique is obviously team in nature

Example

Team Activity

- Basketball

Skill

- Free throw

Description

- When I took the first shot it was short of the basket

Limited description

- My shot missed

2 marks for a detailed description

1 mark for a limited description

(ii) **Description**

- I bent my legs more and pushed up harder

Limited description

- I pushed up harder

2 marks for a detailed description

1 mark for a limited description

Question 10

Part A

(i) 1 mark for appropriate method named

Description

- I sat down and reached forward as far as I could to measure how far I could reach
- I used a sit and reach test to measure my hamstring flexibility

Limited description

- I used a sit and reach test

**2 marks for a detailed description
1 mark for a limited description**

(ii) Example

- Range of movement across a joint where part of the body is moved then held/in a fixed position.
- Holding part of the body still at its full range of movement

Limited explanation

- Holding a stretch

**2 marks for a detailed description
1 mark for a limited description**

(iii) Example

- Range of movement across a joint where a fast action is used but not held
- An action which is not held but stretches part of the body through its full range of movement

Limited explanation

- Moving while stretching

**2 marks for a detailed description
1 mark for a limited description**

Total 6 marks

Part B

**Marks may be awarded if no activity is given
No marks awarded unless appropriate skill/technique is given**

Example

Activity

- Basketball

Skill/Technique

- Javelin pass

(i) Description

- I can pull my arm back far so that I can pull it through a large distance quickly/creating power/speed on the ball so that it goes far/fast/long

Limited description

- I can pull my arm back far

**2 marks for a detailed description
1 mark for a limited description**

(ii) Description

- I held/pulled my arm back fully/in the javelin pass position and gently pressed back/I pulled my arm fully back and held that position

Limited description

- I stretched my arm back

**2 marks for a detailed description
1 mark for a limited description**

Total 4 marks

[END OF MARKING INSTRUCTIONS]