



2008 Physical Education

Standard Grade

Foundation/General/Credit

Finalised Marking Instructions

Knowledge & Understanding

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2008 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	Set time limit	No time limit
Rugby	✓ (given)	
Badminton		✓
Football	✓	
Basketball	✓	
Golf		✓

Total 4 marks

Part B

If no activity is given marks may be awarded if the candidate clearly identifies a time limited activity in the description.

(i) Activity – Football

- High ball towards their goal
- Substituted a defender for an attacker
- We played with an extra attacker

Limited description

- High ball
- We took a shot
- Put on an attacker

(ii) Activity – Hockey

- We kept the ball to kill time

Limited description

- We kept the ball
- We wasted time

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

Total 4 marks

Question 7

Part A

1 mark for each acceptable response

Examples

Warm Up

- Reduces risk of injury
- Raise heart rate
- Increase breathing
- Raise temperature
- Loosen off
- Increase touch/feel
- Blood flows faster

1 mark for each acceptable response

Examples

Warm Down

- Reduces soreness
- Return body to normal
- To recover

Total 4 marks

Part B

Marks may be awarded if no activity is given. Stages may be given in any order.

Activity – Hockey

- I jogged around the pitch
- I stretched the muscles/legs
- I practised the skills of the activity
- I thought about my position

Limited description

- I ran
- I stretched
- We took shots
- I did skills
- I thought about it

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

Total 6 marks

Question 8

Part A

Quality	Personal Quality	Physical Quality
Leadership	✓ (given)	
Speed		✓
Creative	✓	
Height		✓
Flexible		✓
Honest	✓	

Total 5 marks

Part B

(i) 1 mark for any acceptable response

Marks may be awarded if no activity is given.

If no physical quality is given marks may be awarded if the candidate clearly identifies a physical quality in the description.

Activity – Hockey

Physical Quality – Speed

(ii) 2 marks for a detailed explanation

1 mark for a limited explanation

- I could get to the ball before the defender
- I got to the ball and had more time to control it
- I could get away to receive a pass

Limited description

- I got to the ball
- I could get away

(iii) 1 mark for any acceptable response

Marks may be awarded if no activity is given.

If no physical quality is given marks may be awarded if the candidate clearly identifies a physical quality in the description.

Activity – Basketball

Different physical quality – Long arms

(iv) 2 marks for a detailed explanation

1 mark for a limited explanation

- I could reach out to intercept passes

Limited description

- I could reach for the ball

Total 6 marks

Question 9

Part A

		Tick (✓) box
Air is breathed into the	Heart	
	Lungs	✓

		Tick (✓) box
Oxygen then passes into the	Bones	
	Blood	✓

		Tick (✓) box
Then it is pumped round the body by the	Heart	✓
	Lungs	

Total 3 marks

Question 9

Part B

2 marks for a detailed description of training

1 mark for a limited description of training

If no type of training is given marks may be awarded if the candidate clearly identifies a type of training in their description.

(i) Type of Training

Example

Fartlek

- I ran at different speeds for a long time.

Limited description

- I ran fast then slow

Continuous Training

- I ran non-stop for a long time

Limited description

- I ran at a steady speed/pace

Interval Training

- Run then rest lots of times

Limited description

- Run then rest
- I ran fast then slow

(ii) Marks may be awarded if no activity is given

2 marks for a detailed description

1 mark for a limited description

Example

Activity – Cross Country

- I could run faster for longer

Limited description

- I could last longer

Total 4 marks

Question 10

Part A

1 mark for each acceptable response

- (i) It is best to receive feedback

	True	False
straight after your performance	✓	

- (ii) You should be given

	True	False
lots of information at once		✓

- (iii) It is best to receive

	True	False
positive feedback	✓	

Total 3 marks

Question 10

Part B

2 marks for a detailed description

1 mark for a limited description

Example

Visual

- I watched a video of myself
- I watched a video/demonstration of what I needed to do
- My teacher showed me what I was doing

Limited description

- I watched a video

Written

- I was given a checklist/tick sheet of my faults
- I was given a list of points to work on

Limited description

- I read a checklist

Verbal

- My partner told me what I was doing
- My coach called out when I did it correctly

Limited description

- My coach told me

Total 6 marks

2008 Physical Education – Standard Grade

General Level

Marking Instructions

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General Level

Question 6

Part A

- (i) **Marks may be awarded if no activity is given**

If the rule identified could involve whole body movement marks should be awarded

1 mark for an acceptable answer

Examples

Activity – Gymnastics

Rule

- I had to stay on the mat

- (ii) **If the rule identified in part a(i) does not relate to whole body movement marks may be awarded in part a(ii) in relation to any rule identified**

If no rule is identified marks may be awarded if the candidate clearly identifies a rule in the description

2 marks for a detailed description

1 mark for a limited description

- I had points taken off my final score
- The judges would deduct points

Limited description

- I lost points

- (iii) **Marks may be awarded if no activity is given**

If the rule identified could involve whole body movement marks should be awarded

1 mark for an acceptable answer in relation to a different rule

Examples

Activity – Netball

Rule

- The centre is not allowed in the circle

- (iv) **If the rule identified in part a(iii) does not relate to whole body movement marks may be awarded in part a(iv) in relation to any rule identified**

If no rule is identified marks may be awarded if the candidate clearly identifies a rule in the description

2 marks for a detailed description

1 mark for a limited description

- The other team got a free pass from where I crossed the line

Limited description

- The other team got the ball

Total 6 marks

Part B

(i) 1 mark for each acceptable response

Examples

Staying Quiet

- I stayed quiet when my partner took his shot
- When the referee makes a wrong decision
- When your team mate makes a bad mistake
- I didn't argue with the referee

(ii) 1 mark for each acceptable response

Examples

Give/pass equipment back

- I returned the shuttle/football to my opponent
- I kicked the ball out of play when someone was injured
- Give ball back to opposition if they put it out of play when you were injured

Total 4 marks

Question 7

Part A

1 mark for each correct answer entered

- (i) I would use gradual build up to learn a skill that was **DANGEROUS**
- (ii) When using gradual build up the skill is broken up into **SIMPLE** stages
- (iii) Gradual build up allows you to learn **COMPLEX** skills with confidence

Total 3 marks

Part B

Marks may be awarded if no activity given

2 marks for a detailed description

1 mark for a limited description

If a skill/technique is not given marks may be awarded if the candidate clearly identifies a skill/technique in the description.

Example

Activity – Trampolining

Skill/Technique – Swivel hips

Firstly

- I performed a seat drop finishing on my feet/facing forward

Then

- I put in a half turn as I came up from the bed/to face the other way

Then

- I performed the swivel hips but finished my second seat drop on a crash mat
- I performed a half turn, landing in a seat drop

Finally

- I put all the stages together and performed the complete skill

Total 6 marks

Question 8

Part A

- (i) **One mark may be awarded if no activity is named, if the skill/technique is appropriate to type of speed.**

No marks awarded for naming an activity, if no appropriate skill/technique is given.

Type of Speed	Activity	Skill/Technique	
Whole body speed	Athletics	Sprinting	
Arm speed	Cricket	Bowling	2
Leg speed	Football	Shooting	2

4 marks

- (ii) **One mark for each appropriate response.**

Example

- Leg speed/arm speed
- The frequency/number of strides taken
- Stride length
- The range of movement/flexibility of ankles/hips/shoulders
- The force you apply from the legs
- Upright/slightly forward body
- How fast/hard you push from the blocks
- How quickly you get into your stride/upright
- Lean forward/to dip to the line
- Timing coordination of legs and arms

2 marks

Total 6 marks

Question 8

Part B

(i) **Mark may be awarded if no activity is given**

If a skill/technique is not given marks may be awarded if the candidate identifies a skill/technique that clearly requires arm speed.

2 marks for a detailed description

1 mark for a limited description

Example

Activity – Tennis

Skill/technique

- Serve

Description

- I could not swing the racquet fast and my serves lacked power

Limited description

- My serves lacked power

(ii) **Marks may be awarded if no team activity is given**

If a role/position is not given marks may be awarded if the candidate clearly identifies a role/position in the description.

2 marks for detailed description

1 mark for a limited description

Example

Activity – Football

Role/Position

- Winger

Description

- I kicked the ball past the full back and got to the ball first

Limited description

- I got to the ball first
- I got past the defender

(iii) **One mark for naming an appropriate type of training**

Example

- Sprints/sprinting
- Weight training
- Plyometrics
- Stretching
- Shuttle runs
- Interval

Question 9

Part A

2 marks for a detailed description

1 mark for a limited description

Answers related to fitness must be qualified in relation to pitch size

Examples

- Fewer people to pass to so you have less to think about
- You can focus on one part of your play in a game situation
- More chances to practice skills at game speed
- More touches of the ball helps me to develop skills
- On a full size pitch it was more physically demanding
- On a reduced playing area it was less/more physically demanding

Limited descriptions

- You have less to think about
- You can concentrate on tackling/shooting/passing etc
- I get more touches of the ball
- It helps build confidence
- Under less pressure
- It was less/more tiring

Total 4 marks

Part B

If no team activity is given marks may be awarded if the candidate clearly identifies a team activity in the description

2 marks for a detailed description

1 mark for a limited description

Example

Activity – Basketball

- (i)
- Three attackers running a fast break drill against two defenders
 - 3v2 fast break

Limited description

- Three attackers versus two defenders
- 3v2

- (ii)
- We couldn't cover all their players and cut out passes
 - They always had a free player to pass to

Limited description

- They could not stop the attackers from passing
- They always had a free player

- (iii)
- I went to the ball and my partner provided cover
 - One defender went deeper to cover the basket

Limited description

- They defended in depth
- One defender went deeper
- We used a zone

Total 6 marks

Question 10

Part A

- (i) **2 marks for a detailed explanation**
1 mark for a limited explanation

Example

Explanation

- Keeping the body weight/centre of gravity over/through the base of support
- Holding a position still/steady

Limited explanation

- Staying above your base
- Holding a position/a headstand

- (ii) **2 marks for a detailed explanation**
1 mark for a limited explanation

Example

Explanation

- Timing/order of the body movements while in control
- Linking actions smoothly

Limited explanation

- Timing/order of movements
- Controlled movement
- Any description of a situation where co-ordination is needed

Total 4 marks

Part B

- (i) **Marks may be awarded if no activity is named**

If a skill/technique is not given marks may be awarded if the candidate clearly identifies a skill/technique in the description

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

Example

Activity – Basketball

Skill/technique

- Lay-up

Description

- I was taking too many steps
- I was mis-timing my jump

Limited Description

- The steps
- The jump

- (ii) **Practice described must relate to part(s) identified in part (i).**

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

Example

Description

- I practised taking two steps without the ball
- I bounced the ball and took two steps before jumping up/to shoot

Limited description

- I practised taking two steps
- I practised my jump

- (iii) **If no team activity is given, marks may be awarded if the candidate clearly identifies a team activity in their description**

2 marks for a detailed description

1 mark for a limited description

Example 1

Team activity – Hockey

Description

- When I was dribbling past/dodging the defender

Limited description

- When I was dribbling/dodging

Example 2

Team activity – Basketball

Description

- After dribbling I stopped to shoot

Limited description

- Stopping to shoot
- When I was taking a shot

Total 6 marks

2008 Physical Education – Standard Grade

Credit Level

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Credit Level

Question 6

Part A

- (i) **2 marks for detailed explanation**
1 mark for limited explanation

Example

Explanation

- A game plan/strategy/formation/system of play made up before/during a game to break down your opponents' defence/to score against your opponent
- A plan to beat/exploit your opponents' defence/weaknesses

Limited explanation

- How to beat your opponents' defence
- A plan you make before/during the game

- (ii) One mark for each appropriate factor considered

- Opponents strengths/physical/personal qualities
- Opponents weaknesses/physical/personal qualities
- Own strengths/physical/personal qualities
- Own weaknesses/physical/personal qualities
- How much time remaining
- An opponent/team mate has been sent off
- We were winning/losing
- The weather conditions
- The size of the pitch

Total 5 marks

Part B

- (i) **If no individual activity and skill/technique is given, marks may be awarded if the candidate clearly identifies an individual activity and skill/technique in the description.**

2 marks for detailed explanation
1 mark for limited explanation

Example

Individual activity – Badminton

Description

- To move my opponent away from the centre of the court

Limited description

- To make my opponent move

- (ii) **2 marks for detailed explanation**
1 mark for limited explanation

Skill/technique

- Overhead clear

Explanation

- It allowed me to play the shuttle over my opponent, forcing them to the back of the court

Limited explanation

- I could hit the shuttle over my opponent
- It forced my opponent back

- (iii) **If no team activity and skill/technique is given, marks may be awarded if the candidate clearly identifies a team activity and skill technique in the description**

2 marks for detailed description

1 mark for limited description

Example

Team activity – Basketball

Description

- High passes into our tall centre under the basket

Limited description

- High passes to the centre/basket

- (iv) **2 marks for detailed explanation**
1 mark for limited explanation

Skill/technique

- Overhead pass

Explanation

- I could pass the ball high over the defenders head so that it wasn't intercepted

Limited explanation

- I could pass the ball over the defenders head

Total 8 marks

Question 7

Part A

1 mark for each appropriate type of training
Each type of training may only be named once

<i>Aspect of fitness</i>	<i>Type of training</i>
Muscular endurance	Circuit training
Strength	Weight training
Speed	Short sprints, weight training, interval training, stretching
Flexibility	Stretching

Total 3 marks

Part B

(i) **1 mark for naming an appropriate upper body circuit training exercise**

Example

- Sit-ups

(ii) **If a circuit training exercise has not been given marks may be awarded if the candidate clearly identifies an appropriate method of testing for muscular endurance**

2 marks for detailed description

1 mark for limited description

Description

- I counted the maximum number I could do in 30 seconds

Limited description

- I did as many as I could

(iii) **1 mark for naming an appropriate lower body weight training exercise**

Example

- Squats

- (iv) **If a weight training exercise has not been given marks may be awarded if the candidate clearly identifies an appropriate training intensity for muscular endurance**

2 marks for detailed description

1 mark for limited description

Description

- I performed 25 reps at 25% of maximum
- I lifted 25% of my 1 rep maximum

Limited description

- I lifted light weights
- I did lots of repetitions

Total 6 marks

Question 8

Part A

- (i) **2 marks for detailed description**
1 mark for limited description

Description

- The knees bend then straighten quickly

Limited description

- The knees bend then straighten

- (ii) **1 mark for appropriate response**

- Downwards
- Towards the ground

- (iii) **1 mark for appropriate response**

- The floor/ground/court/springboard
- Gravity

Total 4 marks

Part B

- (i) **If a skill/technique has not been given, marks may be awarded if the candidate clearly identifies a skill/technique in the description**

2 marks for detailed explanation
1 mark for limited explanation

Example

Skill/technique

- Smash

Explanation

- I was able to bring my arm through quicker which helped me hit the ball harder

Limited Explanation

- I hit the ball harder

- (ii) **If a skill/technique has not been given, marks may be awarded if the candidate clearly identifies a skill/technique in the description**

2 marks for detailed description

1 mark for limited description

Description

- I moved my weight from my back foot to my front foot as I hit the ball

Limited description

- I stepped into it

- (iii) **If a skill/technique has not been given, marks may be awarded if the candidate clearly identifies a skill/technique in the description**

2 marks for detailed description

1 mark for limited description

Example 1

Skill/technique

- Spike

Description

- I slowed the speed of my arm to play the ball just over the net

Limited Explanation

- I hit the ball just over the net

Example 2

Skill/technique

- Drop shot

Description

- When my opponent moved to the back of the court, I changed from a smash to a drop shot

Limited Explanation

- I changed from a smash to a drop shot
- I hit the ball/shuttle just over the net

Total 6 marks

Question 9

Part A

- (i) **2 marks for detailed description**
1 mark for limited description

Example

- Performing skill(s) without having to think about it

Limited Explanation

- Performing skill successfully/naturally/with few errors

- (ii) **2 marks for detailed description**
1 mark for limited description

Description

- Skill level remains high/constant under pressure
- Can perform skills quickly with accuracy/without hesitation/consistency/confidence
- Can respond appropriately to position of goals/opponents/team mates/ball
- Allows me to concentrate on other aspects of the game
- I can correct my own errors

Limited description

- Can be aware of what is going on around you
- I can do it without making mistakes

Total 6 marks

Part B

- (i) **Marks may be awarded if no individual activity is given**

If a skill/technique has not been given, marks may be awarded if the candidate clearly identifies a skill/technique from an individual activity in the description

2 marks for detailed explanation
1 mark for limited explanation

Example

Individual activity – Badminton

Skill/technique

- Overhead clear

Description

- I had to play 20 overhead clears one after the other

Limited Description

- I played 20 overhead clears

(ii) Marks may be awarded if no team activity is given

If a skill/technique has not been given, marks may be awarded if the candidate clearly identifies a skill/technique from a team activity in the description

2 marks for detailed explanation

1 mark for limited explanation

Example

Team activity – Basketball

Skill/technique

- Lay-up

Description

- I practised dribbling past an active defender to shoot

Limited Description

- I practised against a defender

(iii) 2 marks for detailed description

1 mark for limited description

Description

- I made the defender passive so that he did not try to block the ball

Limited description

- The defender did not try to win the ball

Total 6 marks

Question 10

Part A

(i) **Example**

- Carbon dioxide

(ii) **Example**

- Lactic acid

(iii) **Example**

- Repaying/giving the body back oxygen after exercise
- Not enough oxygen is reaching the working muscles
- The muscles need more oxygen than the body is providing

Limited explanation

- Giving the body back oxygen
- All the oxygen is used up
- Not enough oxygen is getting to the muscles

Total 4 marks

Part B

(i) **2 marks for detailed description**
1 mark for limited description

Description

- I had to sprint back into defence to catch up with my opponent
- Making repeated sprints during the game

Limited description

- I had to sprint back

(ii) **One mark for naming an appropriate type of training**

Example

- Continuous running

- (iii) **If no type of training is given marks may be awarded if the candidate clearly identifies a type of training in the description**

2 marks for detailed description

1 mark for limited description

Example

Description

- I ran continuously for 20 minutes at a steady pace/in my training zone

Limited description

- I ran for 20 minutes

- (iv) **2 marks for detailed explanation**

1 mark for limited explanation

Example

Explanation

- I ran for 30 minutes at the higher end of my training zone

Limited explanation

- I ran for 25 minutes
- I ran faster for longer

Total 7 marks

[END OF MARKING INSTRUCTIONS]