

Physical Education

General Certificate of Secondary Education **1071**

Games

Mark Scheme for June 2010

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Mark schemes should be read in conjunction with the published question papers and the Report on the Examination.

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SECTION A

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
1	<p>Speed and agility are basic abilities in the performance of games. Name <u>one</u> other basic ability.</p> <p>One mark max for a correct response.</p> <p>1 Co-ordination/flexibility/balance/reaction time/stamina/strength/power/endurance/muscular endurance</p>	<p>1 1 max</p>	<p>Do not accept:</p> <ul style="list-style-type: none"> - Skills - Sports, eg football
2	<p>Good personal hygiene is important when participating in games. Give <u>two</u> ways in which you would avoid the minor infection of a verruca.</p> <p>Two marks max. One mark for each correct response.</p> <p>1 Wear flip flops/sandals in communal showers/verruca sock(s) 2 Wash feet (thoroughly) 3 Dry feet thoroughly 4 Change socks regularly/daily 5 Clean footwear 6 Avoid sharing shoes/socks 7 Use your own towel/wash towels regularly 8 Avoid contact with others who have verrucas</p>	<p>1 1 1 1 1 1 1 1 2 max</p>	<p>Do not accept:</p> <ul style="list-style-type: none"> - Plasters - Appropriate footwear
3	<p>Give <u>one</u> long-term training effect on the heart.</p> <p>One mark max for correct response.</p> <p>1 Heart gets bigger/stronger/cardiac hypertrophy/stroke volume increases/pump more blood/pump more O₂/more efficient/low resting heart rate/cardiac output increases</p>	<p>1 1 max</p>	<p>Do not accept:</p> <ul style="list-style-type: none"> - Health benefits, eg prevents heart disease (too vague) - Fitness components, eg cardiovascular endurance

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
4	<p>Give two advantages of flexibility training.</p> <p>Two marks max. One mark for each correct response.</p> <ul style="list-style-type: none"> 1 Avoids/prevents/reduces injury 2 Increases range of movement/more supple/can bend and stretch more/more mobile/move more freely/gives you a better reach 3 Increases speed/agility 4 Prepares body for activity 5 Increases strength/power over a range of movement 6 To enable more skills/better skills to be carried out/better technique/suitable skill example, eg splits 	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>2 max</p>	<p>Do not accept:</p> <ul style="list-style-type: none"> - Makes you more flexible - Sport example without a skill
5	<p>Give two extrinsic motivating factors that can be used effectively in games.</p> <p>Two marks max. One mark for each correct response.</p> <ul style="list-style-type: none"> 1 Rewards/badges/trophies 2 Financial benefits/sponsorship 3 Praise/positive reinforcement/feedback 4 Pleasing others/role models/friends/family/coach/family tradition 5 The crowd/audience/others watching/applause 6 Fame/publicity/recognition from others/status in group 7 Winning/ranking/being number one/selection/talent scout 	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>2 max</p>	

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
6	<p>Explain why a performer who is focused during a game may be more effective.</p> <p>Three marks max. One mark for each correct response.</p> <ul style="list-style-type: none"> 1 Better concentration/more alert 2 More consistent performances/fewer mistakes 3 Not easily distracted/put off by others 4 Controls arousal/feelings/less anxious/right state of mind/more confident 5 Can make decisions quickly/better reaction/response time 6 Know what you are doing/set personal goals/may see what is needed better/more effective perception/decision making/think about tactics 7 Can go over what is required/mental rehearsal/be ready for action/mentally prepared 8 Try harder/determined/motivated/more competitive/psyched up 9 Reduces risk of injury 	<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>3 max</p>	<p>Do not accept:</p> <p>- Can focus more</p>

Total of 11 marks

SECTION B

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
B1 (a)	<p>Give two ways in which you may be intrinsically motivated to participate in games.</p> <p>Two marks max. One mark for each correct response.</p> <ul style="list-style-type: none"> 1 Enjoyment/find it fun/makes you happy 2 Achieving/striving for personal goals/bests 3 To feel/look good/personal well being/self esteem 4 To keep healthy/fit/weight control 5 For pride/satisfaction/think you are good 6 Feel part of a group/team/sense of belonging/making friends 	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>2 max</p>	
B1 (b)	<p>What does agility mean in games? Identify a situation when agility is important in a game of your choice.</p> <p>Two marks max. One mark for each correct response.</p> <p>Agility means:</p> <ul style="list-style-type: none"> 1 Ability to move and change direction quickly/at speed/be able to quickly change direction effectively/under control/balanced control <p>Situation:</p> <ul style="list-style-type: none"> 2 Any example of changing direction at speed and under control, eg swerve (in hockey)/side-step (in rugby) 	<p>1</p> <p>1</p> <p>2 max</p>	<p>Accept:</p> <ul style="list-style-type: none"> - Situation even if definition is incorrect - Give BOD on situation if has idea <p>Do not accept:</p> <ul style="list-style-type: none"> - Change direction on its own

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
B1 (c)	<p>Explain how the setting of personal goals can motivate participants in games.</p> <p>Three marks max. One mark for each correct response.</p> <p><i>Candidates may use SMART/ER approach - if so then look for the following links to motivation:</i></p> <ol style="list-style-type: none"> 1 Gives them something to go for/a reason to improve/persist/need for reward/practical example, eg to score a hatrick 2 Gets them focussed 3 Gives competitive element/drive to beat others/yourself/encourages to work hard/determined/push yourself/dedicated 4 Improves confidence 5 Achievement is recognised/rewarded/feel satisfied when you reach the goal 6 Can be within your capabilities/designed for you to succeed/ avoids failure 7 Can give you a sense that there is enough time to reach the goal 8 Can split up more difficult aims into more realisable objectives/can succeed with short-term goals before the long-term goals 9 Can be negotiated/agreed with others/sense of ownership/control 10 Makes it exciting/enjoy the activity/enjoyable 	<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>1</p> <p>3 max</p>	<p>Look for explanation rather than <u>motivated</u> being repeated.</p>

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
B1 (d)	<p>What is meant by the term knowledge of results? Explain how knowledge of results can improve performance in games.</p> <p>Four marks max. One mark for each correct response.</p> <p>Definition: (one mark max)</p> <p>1 Information received (externally) about outcome of action, eg feedback from coach/knowning the score/result/how good/poor the individual or team performance is</p> <p>Explanation: (three marks max)</p> <p>2 Will motivate you/stay motivated</p> <p>3 Will identify strengths</p> <p>4 Will identify weaknesses</p> <p>5 Shows you what to improve/set goals</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>4 max</p>	

Total of 11 marks

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
B2 (a)	Why does a high level of cardiovascular endurance benefit health and performance in games? Two marks max. One mark for each correct response. Health: 1 Heart gets stronger/fitter/efficient/less likely to suffer from heart disease/better blood flow/more oxygen /more efficient circulatory system/less likely for arteries to be clogged/less likely to contract other diseases/infections/live longer/lower resting pulse rate Performance: 2 Go on for longer/stamina/better recovery/quicker recovery/able to do more work/don't get tired easily	1	Accept under health: - Higher cardiac output/stroke volume - Lower blood pressure etc Do not accept: - Answers related to lungs and muscles
		1 2 max	
B2 (b)	Give <u>two</u> long-term effects of training on the circulatory system. Two marks max. One mark for each correct response. 1 Increased capillaries/capillarisation 2 Stronger/more elastic blood vessels 3 Capillaries more efficient/more effective gaseous exchange 4 More oxygen available/increased capacity for carrying oxygen 5 Better redistribution of blood to working muscles/more effective vascular shunt 6 Decrease (resting) blood pressure 7 Decrease in blood viscosity/thinner 8 Increase in red blood cells/haemoglobin/more blood 9 Heart adaptations, eg stronger/higher cardiac output 10 Increase removal of waste products/CO ₂	1 1 1 1 1 1 1 1 1 1 2 max	Do not accept: - Efficient on its own Heart adaptations - 1 mark only

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
B2 (c)	<p>Explain why water as part of a balanced diet is important to those who participate in games.</p> <p>Three marks max. One mark for each correct response.</p> <ul style="list-style-type: none"> 1 Hydrates/stops/controls dehydration/replace water lost 2 Make us feel better/less faint/drowsy/less likely to contract heatstroke/less dizzy/sick/feel more alert/headache 3 Keeps us healthy 4 To stop/control exhaustion/to keep us active/keeps us going/prevent fatigue 5 To enable more efficient/effective chemical reactions to take place in the body 6 Acts as carrier of nutrients/minerals in the blood 7 Helps to get rid of waste products 8 Helps to cool the body (when evaporates on skin) 	<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>3 max</p>	

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
B2 (d)	<p>What does the 12 minute run test measure? How would the results of the 12 minute run test indicate an individual's strengths and weaknesses?</p> <p>Three marks max. One mark for each correct response</p> <p>Measurement (one mark max): 1 Measures endurance/stamina</p> <p>Results as indicators (two marks max): 2 High/better (score) - relates to endurance/stamina type activities/how good their stamina is 3 High (score) can show more determination/effort/motivation 4 Low/worse (score) - low endurance/stamina/needs to work on endurance 5 Low (score) can show low determination/lack of effort/lack of motivation 6 Intermediate - to match activity, eg many game activities</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>3 max</p>	<p>Do not accept: - Finds out how fit you are (Vg)</p>

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
B2 (e)	<p>Explain how the principle of overload can be applied in a games training programme. Give <u>two positive</u> effects of overload when training for a game.</p> <p>Five marks max. One mark for each correct response.</p> <p>How you use the principle of overload - (three marks max):</p> <ul style="list-style-type: none"> 1 Makes <i>you</i> (muscles/body) work harder 2 Increasing the frequency of training - how often 3 Increasing the intensity of training 4 Increasing the time spent training - how long 5 Type of training (-could be linked with intensity/time/frequency) <p>Positive effects of overload - (two marks max): (Makes you)</p> <ul style="list-style-type: none"> 6 Fitter/efficient/effective 7 Stronger/bulks/bigger 8 Faster/more powerful 9 More flexible 10 Able to last longer in an activity/more endurance/stamina (with associated benefits) 11 Can be motivating 12 Enables skill learning/better performance 	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>(Sub max 3)</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>(Sub max 2)</p> <p>5 max</p>	<p>If Frequency, Intensity, Time, Type are listed = 1 mark max</p> <p>Give 1 mark only for Increase FITT principle</p>

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
B2 (f)	<p>Describe <u>three</u> immediate short-term effects of exercise on muscles.</p> <p>Three marks max. One mark for each correct response.</p> <ul style="list-style-type: none"> 1 Increase in temperature/warm up/hotter 2 Increased/quicker blood flow to muscles 3 Increase in oxygen uptake/usage 4 Muscles contract more often/more quickly 5 More of the muscle fibres contract/more force 6 Increase breakdown of muscle glycogen/uses energy quicker 7 Become more flexible/pliable/elastic/looser 8 Stiffness/soreness/tiredness/aching/cramp/pain 9 Injury 10 Increase levels of lactic acid/build up of CO₂/O₂ debt 	<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>1</p> <p>3 max</p>	

Total of 18 marks

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
B3 (a)	<p>Describe <u>three</u> hazards associated with a swimming pool for someone who wishes to participate in a water-based game.</p> <p>Three marks max. One mark for each correct response.</p> <ul style="list-style-type: none"> 1 (Deep) water 2 Shallow water (for diving/jumping) 3 Temperature of water 4 Other people/too crowded/poor behaviour 5 Incorrect chemical balance/too much/too little chlorine 6 Dirty water/litter 7 Objects/equipment in the water 8 Slippery/wet surfaces 9 Hard surfaces on poolside 10 Uneven surfaces (on poolside) 11 Objects/equipment on poolside/diving boards/litter 12 Poor acoustics 	<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>1</p> <p>1</p> <p>1</p> <p>3 max</p>	<p>Do not accept: Injuries/drowning</p>

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
B3 (b)	<p>Explain how you would minimise risks in a swimming pool and the surrounding area.</p> <p>Three marks max. One mark for each correct response</p> <ul style="list-style-type: none"> 1 Warning signs/markers for depth 2 Safety checks on equipment 3 Check chemical levels/chlorine balance in water (regularly) 4 Keep water clean 5 Sections for certain ages/abilities/restricted access/ not too many in pool 6 Know your own limitations 7 Safety rules/no running etc/educate users of pools 8 Buoyancy aids/swimming aids/lifebelts 9 Supervision/lifeguard presence 10 Dry surrounding areas/matting 11 Check for uneven surfaces/mend surfaces 12 Support machinery for disabled 13 Storage of equipment 14 Clear/loud instructions 	<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>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>3 max</p>	

Total of 6 marks

Question Number	Expected Answer	Marks	Rationale/Additional Guidance
QWC	<p>4 marks are available for the quality of written communication for B1 and B2 questions.</p> <p>There will be few, if any, errors of grammar, punctuation and spelling.</p> <p>There may be some errors of grammar, punctuation and spelling, but not such as to suggest a weakness in these areas.</p> <p>There will be several errors in grammar, punctuation and spelling, however these will rarely affect understanding of the answer.</p> <p>There will be many errors in grammar, punctuation and spelling, sometimes affecting understanding of the answer.</p> <p>There will be many errors in grammar, punctuation and spelling and writing may be unclear. Understanding of the answer will be affected.</p>	<p>4</p> <p>3</p> <p>2</p> <p>1</p> <p>0 4 max</p>	<p>Assume 4 marks to start with and then make a judgement based on the descriptors.</p> <p>- 4 marks can still be awarded with a <u>few</u> errors. The written communication does not have to be perfect for 4 marks to be scored.</p> <p>- 0 marks rarely given and for those when it is <u>very</u> difficult to understand.</p>

Total for paper = 46 marks + 4 marks QWC = 50 total marks for paper

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