



2011 Physical Education

Standard Grade

Foundation/General/Credit

Finalised Marking Instructions

Knowledge and Understanding

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2011 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*.

Question 6

Part A

1 mark for each correct response

Statement	Written/ formal rule	Unwritten rule
Throwing the javelin before the line	✓	
Shaking hands with your opponent after the game		✓
Giving the ball to your opponent after a point		✓
Defenders staying 10 metres from the ball at free kicks	✓	

Total 4 marks

Part B

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

Activity

- Hockey

Rule

- 11 v 11
- Wait for whistle before playing
- Toss coin for centre

Limited description

- Even teams
- Wait for whistle

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

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

Activity

- Rugby

Rule

- Tackle below shoulders

Limited description

- No high tackles

**2 marks for a detailed description
1 mark for a limited description
Total 4 marks**

Question 7

Part A

1 mark for each acceptable response

Statement	True	False
It can reduce the risk of injury	✓	
You should work the muscles you will use	✓	
It should increase your heart rate	✓	
It helps your body to return to normal slowly		✓
It lowers your body temperature		✓

Total 5 marks

Part B

Marks may be awarded if no activity is given

Example

Activity

- Hockey

(i) Description

- I took shots at the goalkeeper
- I passed the ball to my partner/ten times

Limited description

- I dribbled
- I passed
- I took shots

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

(ii) Explanation

- My touch/control/skill was good at the start
- I got used to the conditions before starting

Limited explanation

- My skills were good
- I got used to the conditions

2 marks for a detailed description
1 mark for a limited explanation
Total 4 marks

Question 8

Part A

1 mark for each correct response

Quality	Personal quality	Physical quality
Strong		✓ (Given)
Tall		✓
Determined	✓	
Powerful		✓
Fast		✓

Total 4 marks

Part B

- (i) **Marks may be awarded if no skill/technique is given.**
If no personal quality is given marks may be awarded if the candidate clearly identifies a personal quality in the explanation.

Example

Activity

- Hockey

1 mark for a personal quality

- (i) **Personal quality**

- Courage

- (ii) **Explanation**

- I tackled a bigger player

Limited Explanation

- I tackled

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

Activity

- Badminton

1 mark for a personal quality

- (iii) **Personal quality**

- Determination

- (iv) **Explanation**

- I kept trying until I could serve

Limited explanation

- I kept trying

2 marks for a detailed explanation
1 mark for a limited explanation
Total 6 marks

Question 9**Part A****1 mark for each appropriate response**

The 20 metre shuttle run (beep test) is a test for	Cardio Respiratory Endurance
The 30 metre timed sprint is a test for	Speed
The sit and reach is a test for	Flexibility
The maximum number of sit ups you can do in 45 seconds is a test for	Muscular Endurance

Total 4 marks

Part B

Example 1

Aspect of fitness – Muscular Endurance

**If no aspect of fitness is given then no marks can be awarded in part (i)
1 mark for an acceptable response**

(i) Activity

- Badminton

If an individual activity is not given marks may be awarded if the candidate clearly identifies an individual activity in the description.

(ii) Description must relate to the benefit of having good muscular endurance

- I was able to play a long rally without tiring/making a mistake

Limited description

- My arms did not get tired/sore

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

Example 2

Aspect of fitness – Flexibility

**If no aspect of fitness is given then no marks can be awarded in part (i)
1 mark for an acceptable response**

(iii) Activity

- Volleyball

If a team activity is not given marks may be awarded if the candidate clearly identifies a team activity in the description.

(iv) Description must relate to the benefit of having good flexibility

- I could reach down to get low shots

Limited description

- I could get low

**2 marks for a detailed description
1 mark for a limited description
Total 6 marks**

Question 10

Part A

1 mark for each correct response

(i) To learn using whole part whole you would **first...**

perform the full skill.	✓
practise a difficult part.	

(ii) You would then...

make the practice harder.	
practise an area of weakness.	✓

(iii) To finish with you would then...

perform a different skill.	
perform the full skill and check for improvement.	✓

Total 3 marks

Part B

- (i) **If no skill/technique is given marks may be awarded if a skill/technique is clearly identified in the description.**

Example

Skill/technique – Lay up

Description

- I performed a lay up from the right hand side/ten times
- I dribbled to the basket and shot

Limited Description

- I took a shot
- I did a lay up
- I did it ten times

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

- (ii) **1 mark for each acceptable response
Part selected must be clearly identifiable as involved in the whole skill/technique**

Example

- The take off
- The last two steps

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

Description

- I used markers to show where my feet should go/take off
- I just did the last two steps without the ball

Limited Description

- I just did the last two steps

**2 marks for a detailed explanation
1 mark for a limited explanation
Total 5 marks**

2011 Physical Education – Standard Grade

General Level

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Question 6

Part A

(i) 1 mark for each correct answer

Each word maybe used once only

When you exercise your muscles use more

oxygen/blood

More air is then breathed into the

lungs

This is then passed into the

blood

This is then pumped to the working muscles by the

heart

(ii) 1 mark for an appropriate response

Examples

- Breathing becomes faster/deeper
- Pulse/heart rate becomes faster
- Body perspires
- Face becomes red
- Lactic acid builds up

Total 5 marks

Part B

- (i) If no activity is given marks may be awarded if the candidate clearly identifies an activity in the description.

Examples

Activity – Hockey

Description

- I was slow to recover after sprinting
- I was less involved at the end of the game
- I could not keep up with the same pace for the full game
- I started to lose concentration as the game went on
- My skill level was poor at the end

Limited description

- I was slow to recover
- I was tired at the end
- I did not have the energy to last

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

- (ii) Example

Description

- I ran at a steady pace for 20 minutes
- I ran in my training zone for 20 minutes
- I ran fast and slow for 20 minutes
- I walked a straight then sprinted the lap ten times

Limited description

- I ran at a steady pace/10 laps
- I ran for a long time
- I ran fast and slow

2 marks for a detailed description
1 mark for a limited description
Total 6 marks

Question 7

Part A

(i) 1 mark for a correct response

Description

- Gradual build up

(ii) 1 mark for each correct response

Dangerous	<input checked="" type="checkbox"/>	Complex	<input checked="" type="checkbox"/>	Known	<input type="checkbox"/>
Unknown	<input checked="" type="checkbox"/>	Simple	<input type="checkbox"/>	Safe	<input type="checkbox"/>

Total 4 marks

Part B

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

Example

Skill/Technique

- Swivel Hips

Stage 1

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

Stage 2

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

Stage 3

- I finished my second seat drop on a crash mat.
- I performed a half turn, landing in a seat drop.
- I put all the stages together and performed the complete skill.

2 marks for a detailed description

1 mark for a limited description

Total 6 marks

Question 8

Part A

(i) 1 mark for an appropriate reason

Examples

- So that I can correct errors/reinforce strengths.
- So I know what is wrong/what the problem is.
- I can change my next performance/get it right the next time.
- It increased my confidence/determination/motivation.
- It made me keep practising.
- It made me want to learn more.
- It made me feel good.
- It made me practise harder.

1 mark

(ii) 1 mark for each correct response

For visual, verbal or written feedback, external is acceptable for an answer but a mark may be awarded **only once**.

Statement	Type of feedback
I watched a video of my performance.	Visual
How I felt as I performed a skill.	Kinaesthetic/internal
My teacher told me after my performance.	Verbal
I was given a checklist.	Written/visual

4 marks

Total 5 marks

Part B

- (i) **If a skill is not given marks may be awarded if the candidate clearly identifies a skill in the description.**

Skill/technique – Overhead clear

Description

- I was not side on when hitting the shuttle.

Limited description

- I was square on.

2 marks for a detailed description

1 mark for a limited description

- (ii) **Description**

- I couldn't get enough power to get it to the back of the court.

Limited description

- I couldn't hit it hard.
- I didn't get it to the back of the court.

2 marks for a detailed description

1 mark for a limited description

Total 4 marks

Question 9

Part A

1 mark for each appropriate reason.

Examples

- Our team/opponents team had a man sent off/injured.
- We were winning.
- We were losing.
- We were running out of time.
- Our opponents changed their tactics.
- Our opponents used a tactic we didn't expect.
- The weather.

Total 4 marks

Part B

- (i) **If an activity is not given marks may be awarded if the candidate clearly identifies an activity in the description.**

Activity – Basketball

Description

- We played high passes in to our tall centre/into the key.

Limited description

- We played high passes.

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

- (ii) **Explanation**

- The defender was out jumping our centre to win the ball.

Limited description

- The defender was winning the ball/out jumping our centre.

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

- (iii) **Description**

- We played low passes into our centre/into the key.

Limited description

- We played low passes.

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

Total 6 marks

Question 10

Part A

1 mark for each appropriate method of adaptation.

Examples

- Pitch/court layout.
- Team size/number of opponents/team mates.
- Equipment.
- Pitch/court size.
- Playing/practising time.
- Make opponent passive.
- Slow down practice.

Total 4 marks

Part B

- (i) If an activity is not given marks may be awarded if the candidate clearly identifies an activity in the description.

1 mark for an appropriate description.

Activity – Volleyball

Description

- We could catch the ball.

- (ii) **Explanation**

- It gave us more time to play the volley/dig.
- It was easier to pass to our team mates.

Limited description

- It gave us more time.
- It was easier to pass/learn.

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

- (iii) If an activity is not given marks may be awarded if the candidate clearly identifies an activity in the description.

If a different condition is not given no marks may be awarded in part (iii) but marks may be awarded in part (iv) if a different explanation of how condition helped is given.

1 mark for an appropriate explanation.

Example

Activity – Badminton

Description

- We got two points for a smash.

- (iv) **Explanation**

- It made us try to play smashes more often.

Limited description

- It made us play smashes.

2 marks for detailed explanation
1 mark for limited explanation
Total 6 marks

2011 Physical Education – Standard Grade

Credit Level

Marking Instructions

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Question 6

Part A

(i) Example

Explanation

- The maximum force that a muscle or group of muscles can exert, in a single movement/contraction/against a resistance
- Maximum force, applied against a resistance

Limited description

- Using the muscles to apply force/overcome a resistance
- The ability to lift heavy weights

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

(ii) 1 mark for naming an appropriate test.

Examples

- Grip dynamometer
- I measured my one rep maximum

(iii) Example

Explanation

- The ability of a muscle/or group of muscle, to work continuously/for a long time without tiring

Limited explanation

- Muscles working for a long time/without tiring

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

(iv) 1 mark for naming an appropriate test

Examples

- How many sit-ups/press-ups in 30 secs
- I did a bent arm hang test

Total 6 marks

Part B

Example 1

Aspects of fitness – Strength

- (i) **1 mark may be awarded if no aspect of fitness has been named if the candidate identifies an appropriate weight training exercise**

1 mark for an appropriate weight training exercise

Example

- Bench press

- (ii) **No marks may be awarded in part (ii) if no aspect of fitness is given**

Description

- I left 75% of my maximum 5 times
- I did 5 reps of my 6 rep maximum
- I lifted low reps of heavy weights

Limited description

- I lifted 75% of my maximum
- I worked just below my maximum lift

- (iii) **Description**

- I lifted 80% of my maximum 5 times
- I lifted 75% of my maximum 6 times
- I increased the amount of weight in line with my new maximum
- I increased the number of reps from 5 to 6
- I increased the number of sets from 3 to 4
- I decreased the rest time between sets from 2 minutes to 90 seconds
- I used heavier weight and more reps

Limited description

- I increased the weight/reps/sets
- I decreased the rest period

- (iv) **Description**

- My body was no longer being stressed and I stopped getting fitter

Limited description

- So that I kept getting fitter
- So that I kept stressing my body
- Because I reached a training plateau

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

Part B

Example 2

Aspects of fitness – Muscular Endurance

- (i) **1 mark may be awarded if no aspect of fitness has been named if the candidate identifies an appropriate weight training exercise**

1 mark for an appropriate weight training exercise

Example

- Bench press

- (ii) **No marks may be awarded in part (ii) if no aspect of fitness is given**

Description

- I performed 20 reps at 40% of my maximum
- I lifted 50% of my 1 rep maximum
- I lifted high reps of light weights

Limited description

- I left light weights
- I did lots of reps

2 marks for a detailed description

1 mark for a limited description

- (iii) **Description**

- I performed 25 reps at 40% of my maximum
- I performed 20 reps at 50% of my maximum
- I increased the reps from 20 to 25
- I increased the number of sets from 3 to 4

Limited description

- I increased the weight/reps/sets
- I decreased the rest period

2 marks for a detailed description

1 mark for a limited description

- (iv) **Description**

- My body was no longer being stressed and I stopped getting fitter

Limited description

- So that I kept getting fitter
- So that I kept stressing my body
- Because I reached a training plateau

2 marks for a detailed explanation

1 mark for a limited explanation

Total 7 marks

Question 7

Part A

(i) Explanation

- Moving your body weight from one part of the body to another
- Moving from my back foot to my front foot

Limited Explanation

- Moving from one foot to the other
- Moving from back to front
- Moving your body weight

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

(ii) 1 mark for each appropriate reason

- I can hit/kick far
- I can hit/kick hard
- I can stay balanced/follow through
- I can apply force
- It can help accuracy

(iii) Description

- The leg muscles/quads contract quickly to extend the knee joint/straighten the leg
- The knees bend then straighten quickly
- I quickly extend my legs pushing hard against the floor
- I bent my legs, then straightened them quickly/as fast as I could
- I bent my legs and straightened them with all my strength
- I swung/drove/lifted my arm/arms upwards, as I took off

Limited description

- The knees straightened quickly
- The knees bend then straighten

2 marks for a detailed description
1 mark for a limited description
Total 6 marks

Part B

- (i) If a skill/technique is not given marks may be awarded if the candidate clearly identifies a skill/technique in the explanation.

Skill/Technique – Smash

Explanation

- I could hit the shuttle hard so it went fast/was hard to return
- I could direct the shuttle away from my opponent/into space

Limited explanation

- I could hit the shuttle hard/fast
- I could direct the shuttle

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

- (ii) If a skill/technique is not given marks may be awarded if the candidate clearly identifies a skill/technique in the explanation.

Example 1

Skill/Technique – Forward roll

Explanation

- I was able to get up onto my feet in one movement
- I could roll fast onto my feet

Limited explanation

- I could roll fast
- I could get up onto my feet

Example 2

Skill/Technique – Backhand topspin

Explanation

- I could hit over the ball to put topspin on it

Limited explanation

- I could put spin on the ball

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

(iii) If an activity is not given marks may be awarded if the candidate clearly identifies an activity in the description.

Activity – Swimming

Description

- I made my body streamlined near the surface of the water
- I raised my legs higher/closer to the surface

Limited Description

- I made my body streamlined
- I flattened my body
- I raised my legs higher
- I wore a cap

**2 marks for a detailed description
1 mark for a limited description
Total 6 marks**

Question 8

Part A

(i) Example

- The ability to create or react to a situation in a unique/unusual/unexpected way
- Using your own ideas to solve a problem
- Linking my actions in an unusual way
- Doing something unexpected like a fake

Limited explanation

- Doing something unexpected/unique/unusual/unpredictable
- I faked to the right and passed left

2 marks for a detailed explanation

1 mark for a limited explanation

(ii) Example

1 mark for each appropriate aspect of performance named

- Quality of movements/body shape
- Control of movements
- Smoothness of movements
- Difficulty of movements
- Flow of movements
- How movements are linked
- Steady balances
- Balances being held
- No splash on entry
- Being in time with your partner/group

Total 5 marks

Part B

- (i) If an individual activity is not given, marks may be awarded if the candidate clearly identifies an individual activity in the description.

Example 1

Individual activity – Dance

Description

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

Limited description

- I linked my movements smoothly/differently
- I did a different/unusual/unique movement
- I varied the height/speed/shape of my movements

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

Example 2

Individual activity – Badminton

Description

- I pretended to play a clear but did a drop shot instead
- I pretended to hit it hard but at the last minute I hit it soft
- I pretended to hit it straight but hit it cross court

Limited description

- I disguised my shot
- I faked to hit it hard

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

- (ii) If a team activity is not given, marks may be awarded if the candidate clearly identifies a team activity in the description.

Example

Team activity – Football

Description

- The defender closed me down quickly/as soon as I received the ball

Limited description

- The defender closed me down

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

(iii) Description

- I faked to go left and quickly changed direction to go right
- I quickly changed direction to move away from my opponent

Limited description

- I faked my opponent
- I changed direction to move away from my opponent
- I did a Cruyff turn

**2 marks for a detailed description
1 mark for a limited description
Total 6 marks**

Question 9

1 mark for each appropriate aspect of skill related fitness named.

Definition	Aspect of skill related fitness
The time you take between receiving a stimulus and moving	Reaction time
Changing direction quickly while under control	Agility
Keeping your body weight above your base of support	Balance
Linking action together smoothly	Coordination

Total 3 marks

Part B

- (i) **Marks may be awarded if no activity is given if the candidate clearly identifies a situation from an individual activity in the description.**

Individual activity – Badminton

Description

- When the shuttle is smashed at me I got my racquet behind it/returned it

Limited description

- When the shuttle is smashed at me

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

- (ii) **Marks may be awarded if no activity is given if the candidates clearly identifies a situation from a team activity in the description.**

Team activity – Football

Description

- When I was saving a penalty I could dive/get down quickly to get my body behind the ball/save it

Limited description

- When I was saving a penalty

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

- (iii) **Marks may be awarded if no activity is given if the candidate clearly identifies a situation from an activity in the description.**

Skill/Technique – Rugby

Description

- Before I was tackled I side-stepped to beat my opponent

Limited description

- I side-stepped to beat my opponent

**2 marks for a detailed explanation
1 mark for a limited explanation
Total 6 marks**

Question 10

Part A

(i) Description

- You can perform skills effectively/successfully without having to think about it
- You can perform skills accurately without hesitation
- You can think about other things as you perform the skill
- Skill level remains high/consistent under pressure
- Can respond quickly/appropriately to position of goals/opponents/team mates/ball
- I can identify and correct my own errors

Limited description

- You can perform skills without thinking
- You can perform skills quickly/immediately/without hesitation
- You can perform skill accurately
- You can think about other things/aspects of the game
- You know where opponents/team mates/goals are
- You can be aware of what is going on around you
- You can cope with pressure
- You can do it without making mistakes
- Your skill level stays high
- I know what I did wrong
- Your skill level remains consistent

2 marks for a detailed explanation
1 mark for a limited explanation
Total 4 marks

Part B

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

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

Example

Team activity – Basketball

Skill/technique – Lay-up

Description

- I practised dribbling past an active defender

Limited description

- I had to dribble past a defender

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

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

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

Example

Individual activity – Badminton

Skill/technique – Overhead clear

Description

- I continuously played 20 overhead clears one after the other
- I played 20 overhead clears towards a target

Limited description

- I played 20 overhead clears one after the other
- I had to hit a target

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

(iii) Description

- The feeds were played quicker/earlier before I got back to the ready position
- I increased the number of feeds from 20 to 25

Limited description

- The feeds were played earlier/quicker
- I played 25 overhead clears

2 marks for a detailed explanation

1 mark for a limited explanation

Total 6 marks

[END OF MARKING INSTRUCTIONS]