

MARK SCHEME

1.1.1

Question Number	Answer	Mark
2(a)	Aesthetic Appreciation - seeing the beauty of a skilful performance/style/looks good/pleasing to the eye/equiv	(1)

Question Number	Answer	Mark
2(b)(i)	SOCIAL - 1. co-operation/work with others/teamwork 2. make new friends/play or meet with current friends/socialise	(6)
(ii)	PHYSICAL - 3. improve/maintain <b>performance</b> 4. increase/maintain <b>fitness</b> /improving any stated component of health-related exercise (e.g. strength etc) or skill-related fitness 5. increase/maintain <b>health</b> /improving any aspect of physical health (e.g. lower resting blood pressure; increased bone density reduced cholesterol) 6. losing weight - in future this will need qualification in relation to being overweight 7. improve body shape  Looks good unless linked to feels good - credit under mental benefit under point 10 (if both bits are mentioned)	
(iii)	MENTAL - 8. competition/challenge/working at a higher level 9. relieve stress 10. increase confidence/self esteem/feel better about themselves 11. fun / happy / enjoyment	
<b>(Total 7 marks)</b>		

Question Number	Answer	Mark
15(a)(i)	<p><b>Needs two parts</b> to answer to get mark - looking for reference to the <b>physical</b>, i.e. difficult for them to do; not easy and something '<b>mental</b>' - sense of satisfaction/achievement.</p> <p><b>Possible responses:</b></p> <ul style="list-style-type: none"> <li>• Sense of achievement from doing something physical / practical activity outside of comfort zone</li> <li>• Setting themselves a target to achieve physically and striving to achieve it;</li> <li>• Pushing themselves to do better</li> <li>• Activity with an element of perceived risk</li> </ul> <p>NOT working harder</p>	(1)

Question Number	Answer	Mark
15(a)(ii)	Any activity that involves gross movement or element of risk	(1)

Question Number	Answer	Mark
15(a)(iii)	<p><b>Answer must match activity and be an example of application of answer to part (i).</b> E.g. Trampolining - not very good and want to get better, but scared to bounce too high</p> <p>E.g. run a marathon - can only run about a mile currently, would need to work hard and stick to training</p>	(1)

Question Number	Answer	Mark
2(a) (i)	Physical	(1)
(ii)	Physical (accept mental) <b>Do not accept social</b>	(1)
(iii)	Social	(1)
(iv)	Mental	(1)
(b)	<p>IF TRUE:</p> <ol style="list-style-type: none"> <li>True - At first they wanted to play with friends/other benefit</li> <li>but now do it to keep healthy/other benefit.</li> </ol> <p>IF FALSE:</p> <ol style="list-style-type: none"> <li>False - it doesn't matter what age/will still have same reasons,</li> <li>e.g participate to meet friends/ increase/maintain health/ relax</li> </ol>	(2)
(c)	<p><b>Mark in relation to image / feeling:</b></p> <ol style="list-style-type: none"> <li>losing weight does not necessarily make people look better/ feel better/ might look worse.</li> </ol> <p><b>Mark in relation to physical consequence:</b></p> <ol style="list-style-type: none"> <li>could lead to being underweight/<u>too</u> thin/ lose <u>too</u> much weight/ anorexic/ill</li> <li>e.g. <i>Weight should be considered in terms of being healthy <u>not</u> how the individual looks.</i> (2 marks for this answer if given in full)</li> </ol>	(2)
<b>Total for Question 2</b>		<b>(8)</b>

Question Number	Answer	Mark
2(a)(i)	Credit any answer provided answer given. Accept responses one to seven. Accept answers where more than one response given.	(1)

Question Number	Answer	Mark
2(a)(ii)	<ul style="list-style-type: none"> <li>Physical - explanation/interpretation of training effects linked to physical activity</li> <li>Mental - explanation/interpretation of psychological factors linked to physical activity.</li> </ul> <p>Do not accept looking good / better as a physical benefit.</p> <p>Do not credit answer twice if for physical and mental they have used the same explanation</p>	(2)

Question Number	Answer	Mark
2(b)(i)	Social. Do not accept: socialising	(1)

Question Number	Answer	Mark
2(b)(ii)	Relevant social example, eg make friends/spend time with friends/socialising. If wrong in 2bi do not credit, with one exception - socialising.	(1)

Question Number	Answer	Mark
2(c)(i)	Relevant link between cricket and co-operation. Eg work together within a team/teamwork/work with partner (in practice)/team mate.  Do not accept: co-operate with others (ie use of question word)	(1)

Question Number	Answer	Mark
2(c)(ii)	Relevant link between cricket and competition. Eg play/participate matches against others  Do not accept: league match/equiv on own without qualification of playing Do not accept: competition against others (ie use of question word)	(1)

(Total 7 marks)

If underlined then essential

NB Don't forget to use the forward arrow to view (iii).

2.	(a)	(i)/(ii)	<table border="1"> <tr> <td>1</td> <td>co-operation/work with others/part of a team</td> <td>SOCIAL</td> </tr> <tr> <td>2</td> <td>Make friends/go with current friends</td> <td></td> </tr> <tr> <td>3</td> <td>competition/challenge/working at a higher level/plays to win</td> <td>MENTAL</td> </tr> <tr> <td>4</td> <td>relieve stress</td> <td></td> </tr> <tr> <td>5</td> <td>increase confidence/increased self esteem/feel better about themselves/ feel good</td> <td></td> </tr> <tr> <td>6</td> <td>enjoyment/fun/hobby</td> <td></td> </tr> <tr> <td>7</td> <td>improve performance</td> <td>PHYSICAL</td> </tr> <tr> <td>8</td> <td>increase fitness/getting fitter/ keep fit/improving any stated component of health-related exercise</td> <td></td> </tr> <tr> <td>9</td> <td>increase health/better health</td> <td></td> </tr> <tr> <td>10</td> <td>lose weight/body shape improved/look good</td> <td></td> </tr> </table> <p>NB1. DO NOT ACCEPT: raise money.</p> <p>NB2. Can only get mark for (ii) if reason given in (i) AND the reason matches the category. IF NO REASON GIVEN NO MARK FOR CATEGORY.</p> <p>NB3. If reasons are stated in column two (ii) rather than in column 1 (i) still credit answer.</p> <p>NB4. Can be any combination of physical/social/mental reasons provided, ie does not need to be one from each category.</p>	1	co-operation/work with others/part of a team	SOCIAL	2	Make friends/go with current friends		3	competition/challenge/working at a higher level/plays to win	MENTAL	4	relieve stress		5	increase confidence/increased self esteem/feel better about themselves/ feel good		6	enjoyment/fun/hobby		7	improve performance	PHYSICAL	8	increase fitness/getting fitter/ keep fit/improving any stated component of health-related exercise		9	increase health/better health		10	lose weight/body shape improved/look good		(3/3)
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		(iii)	<p>NB1. Please check not crediting reasons already awarded in (ai).</p> <p>NB2. Can be any combination of physical/social/mental reasons provided, ie does not need to be from different categories.</p>	(2)																														
<b>(Total 8 marks)</b>																																		

Mark out of 33.

A*	A	B	C	D	E	F	G	U
90%	80%	70%	60%	50%	40%	30%	20%	10%