



---

# **AQA qualification training**

**GCSE Physical Education**

**An introduction to the new specification**

**Mark schemes**

**Handout 2b**

Published date: Autumn 2015 version 1

Permission to reproduce all copyright materials have been applied for. In some cases, efforts to contact copyright holders have been unsuccessful and AQA will be happy to rectify any omissions of acknowledgements in future documents if required.

## Contents

## Page

Paper 1 mark schemes	4
Paper 2 mark schemes	*

# GCSE PHYSICAL EDUCATION

## Paper 1 – The human body and movement in physical activity and sport

For questions with four responses only **one** answer per question is allowed.


For each answer completely fill in the circle alongside the appropriate answer.


CORRECT METHOD



WRONG METHODS



If you want to change your answer you must cross out your original answer as shown. 

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown. 

**0 1**

Which **one** of these is an immediate effect of exercise?

- A Improvement in muscular endurance
- B Improvement in stamina
- C Increase in aerobic fitness
- D Increase in heart rate

[1 mark]

**01** Which **one** of these is an immediate effect of exercise?

[1 mark]

Marks for this question: AO1 = 1

D

---

Answer **all** questions.

---

**0 2**

Which **one** of these performers relies most heavily on their cardiovascular endurance?

**A** 200m runner

**B** 10,000m runner

**C** Discus thrower

**D** Long jumper

[1 mark]

**02** Which **one** of these performers relies most heavily on their cardiovascular endurance?

[1 mark]

**Marks for this question: AO2 = 1**

B

**1 0**

Identify the **two** types of movement that can occur at a hinge joint.

[2 marks]

1.

---

2.

---

**10** Identify the **two** types of movement that can occur at a hinge joint.

[2 marks]

**Marks for this question: AO1 = 2**

Award **one** mark for each of the following points up to a maximum of two marks.

- Flexion (1)
- Extension (1)

**Maximum 2 marks**

# GCSE PHYSICAL EDUCATION

Paper 2 – Socio-cultural influences and well-being in physical activity and sport

---

0 2

Which **one** of these activities is most suited to an introvert?

A Football

B Hockey

C Netball

D Rock climbing

[1 mark]

02 Which **one** of these activities is most suited to an introvert?

[1 mark]

Marks for this question: AO2 = 1

D

---

**0 9** . **4** Explain how a performer may use stress management techniques to control arousal in order to maximise performance.

**[4 marks]**

---

---

---

---

---

---

---

---

---

---

**09.4** Explain how a performer may use stress management techniques to control arousal in order to optimise performance.

**[4 marks]**

**Marks for this question: AO2 = 4**

Award **one** mark for each of the following points up to a maximum of four marks.

- Deep breathing – where performer focuses on breathing (1)
- To reduce heart rate / to reduce nervous feeling (1)
- Mental rehearsal / visualisation / imagery – to have a feeling / mental image (1)
- How to cope / perform in a given situation, eg feeling of how to play a shot (1)
- Positive self-talk – giving yourself instructions (1)
- To remain focused on the task / to motivate / to reassure (1)

Accept any other suitable explanation of how a performer may use stress management techniques to control arousal in order to optimise performance. Answers must directly relate stress management techniques used to control arousal to optimising performance.

**Maximum 4 marks**

**1 9**

Hooliganism sometimes occurs at football matches.

Discuss the effectiveness of the strategies that can be used to combat hooliganism at football matches.

**[6 marks]**

---



---



---



---



---



---



---



---



---



---



---

**19** Hooliganism sometimes occurs at football matches.

Discuss the effectiveness of the strategies that can be used to combat hooliganism at football matches.

**[6 marks]**

**Marks for this question: AO1 = 1, AO2 = 2 and AO3 = 3**

Level	Marks	Description
3	5-6	Knowledge of the strategies used to combat hooliganism is accurate and generally well detailed. Application to football matches is mostly clear and effective. Discussion is apparent and effective. The answer is generally coherent with appropriate use of terminology.
2	3-4	Knowledge of the strategies used to combat hooliganism is evident. There is some effective application to football matches. Any discussion is only partly effective. The answer lacks clarity in places. Terminology is used appropriately on occasions.
1	1-2	Knowledge of the strategies used to combat hooliganism is limited. Application to football matches is either absent or inappropriate. Discussion is limited, poorly focused or absent. The answer as a whole lacks clarity and has inaccuracies. Terminology is either absent or inappropriately used.
	0	No relevant content.



**Possible content may include:**

**AO1 – Knowledge of strategies used to combat hooliganism, eg**

- Early kick-offs
- Segregation of fans
- Alcohol restrictions

**AO2 – Application to football matches, eg**

- Early kick-offs – eg local derby or rival matches
- Segregation of fans – eg home and away fans kept separate / at different ends of the ground
- Alcohol restrictions – eg no alcohol allowed in the stands

**AO3 – Analysis/evaluation of the effectiveness of the strategies, eg**

- Early kick offs – pubs not open as long so less alcohol consumed by fans so reduces the opportunity for hooliganism/violence to occur – but fewer away fans travel to games / reduces the atmosphere
- Segregation of fans – enter and leave matches at different times which reduces the opportunity of violence occurring – but fans can organise to meet elsewhere for violence, takes too much time to get in and out of football grounds, which is off-putting
- Alcohol restrictions – alcohol being banned in the ground means that fans will be less likely to be fuelled by alcohol – but can purchase alcohol before the game, eg in the pub

Credit other suitable responses relevant to the question.