Mark Scheme

Sample Questions

GCSE Physical Education (5PE01/ 5PE03)
Paper 01
## Extended writing Example 1 (Discussion)

<table>
<thead>
<tr>
<th>Level</th>
<th>Mark</th>
<th>Descriptor</th>
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</thead>
<tbody>
<tr>
<td>Level 0</td>
<td>0</td>
<td>No rewardable material</td>
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</tbody>
</table>
| Level 1 | 1-2  | i) A number of simple statements that identify the impact on health. E.g. an active lifestyle can improve (mental) health by relieving stress. (No need to reference ‘how’ achieved).  
ii) Simple statements from a range of identified aspects of health. (I.e. named correct category of benefit)  
iii) One developed statement i.e. simple statement with explanation of ‘how’ benefit achieved. E.g. an active lifestyle can give (mental) benefits such as stress relief by taking your mind off of other problems. |
| Level 2 | 3-4  | i) A number of developed statements,  
ii) Developed statements will provide a range of responses across all aspects of health.  
iii) Basic (but accurate) conclusion in line with previous points. |
| Level 3 | 5-6  | i) Developed statements balanced and succinct.  
ii) Conclusion provided based on points raised |

Candidate’s writing is legible and communicates ideas using everyday language, but lacks clarity and organisation. There will be errors in candidates’ spelling, grammar and punctuation.

Candidate’s writing communicates with accurate use of appropriate terminology, and the organisation of the response shows direction. There will be few errors in candidates’ spelling, grammar and punctuation.

Candidate’s writing communicates ideas effectively using appropriate terminology, material clearly organised. Spelling, punctuation and grammar are accurate throughout the response.

NB Question is about health NOT fitness. A simple statement relating to increased fitness or training adaptation is not relevant to this question unless placed in context of impact on health.


<table>
<thead>
<tr>
<th>Question Number</th>
<th>Indicative content</th>
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| 1               | **Physical activity as part of a healthy, active lifestyle can improve an individual’s health.**  
**Discuss how physical activity may improve an individual’s health.** |

**Indicative content**

**General points**

1. Health comprises social; physical and mental aspects
2. However, need to allow appropriate rest/recovery to ensure health is improved
3. E.g. potential for injury to muscles/joints which impact in later life/equiv

**Social health**

4. Participation in teams or within clubs gives opportunity for social mixing allowing development of social skills
5. ‘Credit’ alternative relevant example provided links to social health benefit

**Mental health**

6. Improved due to providing opportunity to ‘feel good’ e.g. due to increase in serotonin
7. E.g. if good at physical activity can increase self esteem
8. E.g. if overcoming difficult **physical challenge** can bring satisfaction/feel good
9. ‘Credit’ alternative relevant example provided links to mental health benefit

**Physical health**

10. Training adaptations (as a result of regular exercise) can result in increased physical health, E.g. increased bone density as a result of exercise can reduce the chance of osteoporosis
11. E.g. reduction in resting blood pressure reducing chance of strokes/heart attacks
12. E.g. if **overweight** can lead to weight loss which can reduce risk of heart attack
13. ‘Credit’ alternative relevant example provided links training effect to physical health benefit
## Extended writing Example 2 (Evaluation)

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Level 0</strong></td>
<td>0</td>
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<tr>
<td><strong>Level 1</strong></td>
<td>1-2</td>
<td></td>
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<tr>
<td>i) Identify a <strong>number</strong> of simple <strong>pros or cons</strong> relating to circuit training (CT). E.g. good for the netball team as they can practice their skills. E.g. can be used to improve fitness as well as skill.</td>
<td></td>
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<td>ii) One <strong>developed</strong> simple statement. E.g. good for the netball team as they can set up a variety of stations to practice their skills, <strong>for example</strong> shooting.</td>
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<td>iii) Basic (but accurate) conclusion <strong>if</strong> discussion of other methods of training.</td>
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Candidate’s writing is legible and communicates ideas using everyday language, but lacks clarity and organisation. There will be errors in candidates’ spelling, grammar and punctuation.

| **Level 2** | 3-4  | |
| i) **Developed statements** identifying pros **and** cons of circuit training but there may be more pros than cons. |
| ii) **Direct comparison** of **merits** of CT vs other **stated** methods of training. |
| iii) Accurate conclusion based on comparison of merit of CT vs other method(s). |

Candidate’s writing communicates with accurate use of appropriate terminology, and the organisation of the response shows direction. There will be few errors in candidates’ spelling, grammar and punctuation.

| **Level 3** | 5-6  | |
| i) **Developed statements** balanced **and** succinct. |
| ii) **Justified** conclusion based on points raised. |

Candidate’s writing communicates ideas effectively using appropriate terminology, material clearly organised. Spelling, punctuation and grammar are accurate throughout the response.

**NB** Do not credit descriptions of other training methods unless specific comparisons being made to merits/disadvantages of CT.
Miss Saunders is coaching the school netball team and has designed a circuit training programme for the team to follow.

Evaluate whether circuit training would be the most appropriate choice of training method for the netball team.

**Indicative content**

**Positives (why most appropriate)**
1. Use of different stations provides a flexible training method
2. E.g. players can work on fitness and/or skill
3. E.g. players can work at different intensities within same circuit by altering number of repetitions/equiv
4. E.g. netball players may need to work on agility to improve ability to dodge so ‘tailor’ station to reflect this
5. Accept other relevant examples

**Discussion of other possible choices**
6. Games players would benefit from Fartlek training as this can be adapted to match the changing pace of the game/equiv
7. Cross training could be used to combine circuit training with Fartlek training
8. Although skills can be included in the circuit not all players require the same skills e.g. shooting/equiv
9. Accept other relevant examples relating to other training methods

10. Conclusion given
11. Relevant justification for conclusion given