

Mark Scheme

Sample Questions

GCSE Physical Education (5PE01/ 5PE03)
Paper 01

Extended writing Example 1 (Discussion)

Level	Mark	Descriptor
Level 0	0	No rewardable material
Level 1	1-2	<p>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).</p> <p>ii) Simple statements from a range of identified aspects of health. (I.e. named correct category of benefit)</p> <p>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.</p> <p>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.</p>
Level 2	3-4	<p>i) A number of developed statements,</p> <p>ii) Developed statements will provide a range of responses across all aspects of health.</p> <p>iii) Basic (but accurate) conclusion in line with previous points.</p> <p>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.</p>
Level 3	5-6	<p>i) Developed statements balanced and succinct.</p> <p>ii) Conclusion provided based on points raised</p> <p>Candidate's writing communicates ideas effectively using appropriate terminology, material clearly organised. Spelling, punctuation and grammar are accurate throughout the response.</p>

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.

Question Number	Indicative content
1	<p data-bbox="368 342 1410 412"><i>Physical activity as part of a healthy, active lifestyle can improve an individual's health.</i></p> <p data-bbox="368 454 1227 488"><i>Discuss how physical activity may improve an individual's health.</i></p> <p data-bbox="368 562 627 591">Indicative content</p> <p data-bbox="368 629 576 658">General points</p> <ol data-bbox="368 663 1425 797" style="list-style-type: none"> 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 <p data-bbox="368 835 552 864">Social health</p> <ol data-bbox="368 869 1445 965" style="list-style-type: none"> 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 <p data-bbox="368 1037 564 1066">Mental health</p> <ol data-bbox="368 1070 1445 1301" style="list-style-type: none"> 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 <u>physical challenge</u> can bring satisfaction/feel good 9. 'Credit' alternative relevant example provided links to mental health benefit <p data-bbox="368 1346 584 1375">Physical health</p> <ol data-bbox="368 1379 1445 1682" style="list-style-type: none"> 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 <u>overweight</u> 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)

Level	Mark	Descriptor
Level 0	0	No rewardable material
Level 1	1-2	<p>i) Identify a number of simple pros or cons 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</p> <p>ii) One developed simple statement E.g. good for the netball team as they can set up a variety of stations to practice their skills, for example shooting.</p> <p>iii) Basic (but accurate) conclusion IF discussion of other methods of training.</p> <p>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.</p>
Level 2	3-4	<p>i) Developed statements identifying pros and cons of circuit training but there may be more pros than cons</p> <p>ii) Direct comparison of <u>merits</u> of CT vs other stated methods of training</p> <p>iii) Accurate conclusion based on comparison of merit of CT vs other method(s).</p> <p>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.</p>
Level 3	5-6	<p>i) Developed statements balanced and succinct.</p> <p>ii) Justified conclusion based on points raised</p> <p>Candidate's writing communicates ideas effectively using appropriate terminology, material clearly organised. Spelling, punctuation and grammar are accurate throughout the response.</p>

NB Do not credit descriptions of other training methods unless specific comparisons being made to merits/disadvantages of CT

Question Number	Indicative content
2	<p data-bbox="365 333 1369 405"><i>Miss Saunders is coaching the school netball team and has designed a circuit training programme for the team to follow.</i></p> <p data-bbox="365 445 1437 517"><i>Evaluate whether circuit training would be the most appropriate choice of training method for the netball team.</i></p> <p data-bbox="371 591 627 622">Indicative content</p> <p data-bbox="371 658 831 689">Positives (why most appropriate)</p> <ol data-bbox="371 692 1433 931" style="list-style-type: none"> 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 <p data-bbox="371 999 869 1030">Discussion of other possible choices</p> <ol data-bbox="371 1032 1445 1238" style="list-style-type: none"> 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 <ol data-bbox="371 1267 983 1339" style="list-style-type: none"> 10. Conclusion given 11. Relevant justification for conclusion given

For more information on Edexcel qualifications, please visit www.edexcel.com/quals

Pearson Education Limited. Registered company number 872828
with its registered office at Edinburgh Gate, Harlow, Essex CM20 2JE

Ofqual




Llywodraeth Cynulliad Cymru
Welsh Assembly Government

