

Activity 3 – What mark would you award?

Purpose:

- Demonstrate method of marking using points based mark schemes

Task 1

Mark the following responses using the relevant mark scheme

Example 1

5 Muscles work with the skeleton to bring about specific sporting movements.

Complete **Table 2** by:

- (a) stating the function of each muscle
- (b) giving an example of a specific sporting movement that uses each muscle.

Muscle	(a) Function	(b) Specific sporting movement
Triceps	<i>Extend arm in the elbow</i> (1)	<i>When throwing a javelin</i> (1)
Quadriceps	<i>Extends the leg at the knee</i> (1)	<i>kicking a ball</i> (1)

Table 2

Answer

(5 (a) AO1 – 2 marks; 5 (b) AO2 – 2 marks)

One mark for each correct response.

Muscle	Function	Specific sporting movement
Triceps	Extend the arm at the elbow (1)	Arm action in follow through of a set/jump shot in basketball or netball (1)
Quadriceps	Extend the leg at the knee (1)	Follow through after kicking the ball with power (1)

Accept any other appropriate examples of specific sporting movements for the stated muscles.

Example 2

Fitness test	Weeks					
	1	2	3	4	5	6
Cooper's run	1700m	1750m	1800m	1850m	1900m	1950m
Vertical jump test	41.0cm	41.5cm	42.0cm	42.5cm	43.0cm	43.5cm
35m sprint	5.50s	5.55s	5.55s	5.57s	5.57s	5.59s

$+0.05s$ **Table 4** $+0$ $+0.02$ $+0$ $+0.02$

(i) Analyse the data in **Table 4** to determine the trends for each fitness test

(3)

In the 12 minute Cooper run, she improves by 50m each week, which shows that her cardiovascular endurance is improving. In the vertical jump test she is improving by 0.5cm per week, which shows her muscular strength is developing. In the 35m sprint test her time gradually gets worse, which shows that her training isn't successfully improving her speed.

Question Number	Answer (AO3 analysis – 3 marks)	Mark
15 (b) (i)	<p>One mark for each analysis of set of fitness test data (up to three marks)</p> <ul style="list-style-type: none"> The cooper's run test is increasing in distance which means she can run a greater distance in the same time (1) The vertical jump test is increasing height jumped which means she is able to jump slightly higher (1) The 35m sprint is taking longer to complete which means she is taking longer to run the same distance/slowing down (1) <p>Accept other appropriate responses.</p>	(3)