



Pearson
Edexcel

Mark Scheme (Results)

Summer 2022

Pearson Edexcel GCSE
In Physical Education (1PE0)
Paper 01 Fitness and Body Systems

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General Marking Guidance

- All candidates must receive the same treatment. Examiners must mark the first candidate in exactly the same way as they mark the last.
- Mark schemes should be applied positively. Candidates must be rewarded for what they have shown they can do rather than penalised for omissions.
- Examiners should mark according to the mark scheme not according to their perception of where the grade boundaries may lie.
- There is no ceiling on achievement. All marks on the mark scheme should be used appropriately.
- All the marks on the mark scheme are designed to be awarded. Examiners should always award full marks if deserved, i.e. if the answer matches the mark scheme. Examiners should also be prepared to award zero marks if the candidate's response is not worthy of credit according to the mark scheme.
- Where some judgement is required, mark schemes will provide the principles by which marks will be awarded and exemplification may be limited.
- When examiners are in doubt regarding the application of the mark scheme to a candidate's response, the team leader must be consulted.
- Crossed out work should be marked UNLESS the candidate has replaced it with an alternative response.

Question Number	Answer	Mark
	A01 – 1 mark	
Q01 (a)	<p>The only correct answer is D – Cranium</p> <p>Incorrect options:</p> <p>A – <i>Carpal - found in the wrist</i></p> <p>B – <i>Cervical - a region of the vertebral column</i></p> <p>C – <i>Clavicle joins to the sternum and scapula</i></p>	(1)

Question Number	Answer	Mark
	A01 – 1 mark	
Q01 (b)	<p>The only correct answer is C – Tendons join muscle to bone</p> <p>Incorrect options:</p> <p>A – <i>Join bone to bone – this is the role of the ligaments</i></p> <p>B – <i>Join ligaments to bone – the ligaments join directly to the bones</i></p> <p>D – <i>Join muscle to muscle – muscles attach to bone rather than another muscle</i></p>	(1)

Question Number	Answer	Mark
	A02 – 1 mark	
Q01 (c)	<p>The only correct answer is B - Gluteus maximus</p> <p>Incorrect options:</p> <p>A – <i>Biceps causes movement at the elbow</i></p> <p>C – <i>Latissimus dorsi causes movement at the shoulder</i></p> <p>D – <i>Quadriceps causes movement at the knee</i></p>	(1)

Question Number	Answer	Mark
	A01 – 1 mark	
Q01 (d)	<p>The only correct answer is C –They produce a large amount of force</p> <p>Incorrect options: <i>All of the other options are characteristics of type I muscle fibres</i></p>	(1)

Question Number	Answer	Mark
	A03 – 1 mark	
Q01 (e)	<p>The only correct answer is B – Good</p> <p>Incorrect options: A – <i>would need to score more than 36 to achieve this rating</i> C – <i>would need to score between 25 and 30 to achieve this rating</i> D – <i>would need to score below 25 to achieve this rating</i></p>	(1)

Question Number	Answer	Mark
	A03 – 1 mark	
Q01 (f)	<p>The only correct answer is A – Blood is at high pressure as it leaves the heart via the aorta</p> <p>Incorrect options: B – <i>Average blood pressure in arterioles</i> C – <i>Average blood pressure in capillaries</i> D – <i>Average blood pressure in veins</i></p>	(1)

Question Number	Answer	Mark
A01 – 1 mark		
Q01 (g)	<p>The only correct answer is A – Cardiac output</p> <p>Incorrect options:</p> <p>B – Stroke volume – amount of blood leaving the heart per beat</p> <p>C – Tidal volume – amount of air breathed in and out during normal breathing</p> <p>D – Vital capacity – maximum volume of air expired following maximum inspiration</p>	(1)

Question Number	Answer	Mark
A03 – 1 mark		
Q01 (h)	<p>The only correct answer is C – O₂ leaving the alveolus and CO₂ entering</p> <p>Incorrect options:</p> <p>A – Gases are exchanged so will not both be travelling in the same direction</p> <p>B – Gases are exchanged so will not both be travelling in the same direction</p> <p>D – O₂ should be entering the blood stream and CO₂ should be leaving the blood stream to be breathed out</p>	(1)

Question number	Answer AO1 – 4 marks	Mark									
Q02 (a&b)	<p>1 mark for each correct identification.</p> <table border="1"> <thead> <tr> <th>Labelled muscle</th> <th>(a) Name of muscle</th> <th>(b) Function of muscle</th> </tr> </thead> <tbody> <tr> <td></td> <td>Deltoid (1)</td> <td>Abduct the shoulder (1) (Accept any specific joint movement at <u>shoulder</u>, e.g. flex/rotates/ extends circumduction/ adduction)</td> </tr> <tr> <td></td> <td>External obliques (1)</td> <td>Flex the <u>trunk/vertebrae</u> (1)</td> </tr> </tbody> </table>	Labelled muscle	(a) Name of muscle	(b) Function of muscle		Deltoid (1)	Abduct the shoulder (1) (Accept any specific joint movement at <u>shoulder</u> , e.g. flex/rotates/ extends circumduction/ adduction)		External obliques (1)	Flex the <u>trunk/vertebrae</u> (1)	(4)
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	External obliques (1)	Flex the <u>trunk/vertebrae</u> (1)									

Question number	Answer AO1 – 1 mark	Mark
Q02 (c)	<p>For example:</p> <ul style="list-style-type: none"> • Conscious control (1) <p>Accept other appropriate responses</p>	(1)

Question number	Answer	Mark
	AO1 – 1 mark; AO2 - 1 mark; AO3 - 1 mark	
Q02 (d)	<p>For example:</p> <ul style="list-style-type: none"> • Involuntary muscles do not require conscious control (1) which means all the players attention can be on the game (1) e.g., the involuntary muscles in blood/oxygen to circulate (1). • Involuntary muscles work automatically without specific instruction from the player (1) e.g., the involuntary muscles in the respiratory system (1) allow increased air flow/flow of oxygen into the lungs (1) <p>Accept other appropriate responses</p> <p>One mark for reason why involuntary muscles are important (AO1) One mark for example (AO2) One mark for linked expansion to justify why this is important to the performer (AO3)</p>	(3)

Question number	Answer	Mark
	AO2 – 1 mark	
Q03 (ai)	<p>1 mark for correct identification</p> <ul style="list-style-type: none"> • Agility (1) <p>Accept phonetic spelling</p>	(1)

Question number	Answer	Mark
	AO1 – 1 mark	
Q03 (a ii)	<p>1 mark for correct identification</p> <ul style="list-style-type: none"> • Illinois agility run test (1) • Illinois agility test (1) <p>Accept phonetic spelling</p>	(1)

Question number	Answer AO1 – 1 mark; AO2 – 1 mark	Mark
Q03 (b)	<p>For example:</p> <ul style="list-style-type: none"> • Ligaments stabilise the joint (1) to allow dislocation when dodging (1) • Ligaments join bone to bone/connect bones (1) reducing the risk of dislocation/injury during play (1) <p>Accept other appropriate responses</p> <p>One mark for role (AO1) One mark for link of need for this role in sport (AO2)</p>	(2)

Question number	Answer AO2 – 3 marks; AO3 – 1 mark	Mark
Q03 (c)	<p>For example:</p> <ul style="list-style-type: none"> • Work rate increases during exercise (1) therefore the performer will get hot (1) so the performer's CV system will redistribute blood flow to remove excess heat (1) to allow them to maintain quality of performance /to prevent them overheating (1) <p>Accept other appropriate responses</p> <p>Up to three marks for applying knowledge to show the need for temperature regulation during exercise (AO2) One mark for justifying why this is an issue to the performer (AO3)</p>	(4)

Question number	Answer AO2 – 1 mark	Mark
Q03 (di)	<p>For example:</p> <ul style="list-style-type: none"> • Jogging/walking back to position (1) • When they are recovering during a break in play (1) <p>Accept other appropriate responses</p>	(1)

Question number	Answer AO2 – 1 mark	Mark
Q03 (dii)	<p>For example:</p> <ul style="list-style-type: none"> • Sprinting to a loose ball (1) • Jumping to catch/head a ball (1) • Serving in tennis (1) • GK diving to make a save (1) <p>Accept other appropriate responses</p>	(1)

Question number	Answer AO1 – 1 mark	Mark
Q03 (e)	<p>1 mark for correct identification.</p> <ul style="list-style-type: none"> • Carbon dioxide/CO₂ (1) • Water/H₂O (1) 	(1)

Question number	Answer	Mark
	AO3 – 2 marks	
Q04 (a)	<p>1 mark for each correct identification. Mark to a maximum of 2 marks.</p> <p>Plane</p> <ul style="list-style-type: none"> • Frontal <p>Axis</p> <ul style="list-style-type: none"> • Sagittal <p>Accept other appropriate responses</p>	(2)

Question number	Answer	Mark				
	AO1 – 2 marks					
Q04 (b)	<p>1 mark for each correct identification. Mark to a maximum of 2 marks.</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tbody> <tr> <td style="background-color: #e0e0e0;">Agonist</td> <td>Triceps/Triceps brachii (1)</td> </tr> <tr> <td style="background-color: #e0e0e0;">Antagonist</td> <td>Biceps/Biceps brachii (1)</td> </tr> </tbody> </table>	Agonist	Triceps/Triceps brachii (1)	Antagonist	Biceps/Biceps brachii (1)	(2)
Agonist	Triceps/Triceps brachii (1)					
Antagonist	Biceps/Biceps brachii (1)					

Question number	Answer	Mark
	AO1 – 1 mark	
Q04 (c)	<p>1 mark for correct identification.</p> <ul style="list-style-type: none"> • Ball and socket (1) 	(1)

Question number	Answer	Mark
	AO3 – 1 mark	
Q04 (d)	<p>1 mark for correct identification.</p> <ul style="list-style-type: none"> • Abduction (1) 	(1)

Question number	Answer AO1 – 1 mark; AO2 - 1 mark	Mark
Q04 (e)	<p>For example:</p> <ul style="list-style-type: none"> • The short bones are very strong (1) therefore they allow the gymnast to place weight on the hands during the movement (1) • They are needed to take the gymnast’s body weight/they are weight bearing (1) so the gymnast can go upside down/take his weight on his hands/wrists during the movement (1) <p>Accept other appropriate responses</p> <p>One mark for reason (AO1) One mark for linking function to importance to gymnast (AO2)</p>	(2)

Question number	Answer AO1 – 3 marks	Mark
Q04 (f)	<p>1 mark for each descriptive point.</p> <p>For example:</p> <p>Three from the following:</p> <ul style="list-style-type: none"> • These joints allow circumduction (1) • Which is a circular/conical shape movement (1) • Combining flexion <u>and</u> extension (1) • and adduction <u>and</u> abduction (1) <p>Accept other appropriate responses</p>	(3)

Question number	Answer AO1 – 2 marks; AO2 – 2 marks; AO3 - 2 marks	Mark
Q05	<p>For example:</p> <p>Knee</p> <ul style="list-style-type: none"> • Extension has occurred at the right knee (1) due to the contraction of the quadriceps (1) allowable due to the relaxation of the hamstrings (1) <p>Ankle</p> <ul style="list-style-type: none"> • Plantar-flexion has occurred at the right ankle (1) due to the contraction of the gastrocnemius (1) allowable due to the relaxation of the tibialis anterior (1) <p>Accept other appropriate responses</p> <p>One mark for analysis of joint action in image (AO3) One mark for linking joint action to antagonistic muscle action required (AO2) One mark for reason for movement (AO1)</p>	(6)

Question number	Answer AO1 – 1 mark	Mark
Q06 (a)	<p>1 mark for correct identification.</p> <ul style="list-style-type: none"> • Emotional (1) <p>Accept phonetic spelling</p>	(1)

Question number	Answer AO2 – 1 mark	Mark
Q06 (bi)	<p>1 mark for correct identification.</p> <p>For example:</p> <ul style="list-style-type: none"> • Appropriate levels of exercise can lead to better performance (1) • Too much exercise can be bad for performance (1) <p>Accept other appropriate responses</p>	(1)

Question number	Answer	Mark
AO2 – 1 mark		
Q06 (bii)	<p>1 mark for correct identification.</p> <p>For example:</p> <p>Exercise:</p> <ul style="list-style-type: none"> • can improve health (1) • Too much exercise can be bad for health (1) <p>Fitness:</p> <ul style="list-style-type: none"> • can improve health (1) <p>Health:</p> <ul style="list-style-type: none"> • Need to be healthy to exercise (1) <p>Accept other appropriate responses</p>	(1)

Question number	Answer	Mark						
AO2 – 2 marks								
Q06 (c)	<p>Figure 7 gives an outline of an individual's training programme.</p> <div style="border: 1px solid black; border-radius: 10px; padding: 10px; margin: 10px 0;"> <ul style="list-style-type: none"> • I train 4 times a week. • Each of my training sessions are in a gym. • I work at 60% of my maximum heart rate in my aerobic target zone. • Each gym session lasts 60 minutes. </div> <p style="text-align: center;">Figure 7</p> <p>For example:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Principle of training</th> <th>(c) Example to show application of principle of training to the training programme outlined in Figure 7</th> </tr> </thead> <tbody> <tr> <td>Time</td> <td> <ul style="list-style-type: none"> • 60 minute session (1) • Increase session to 65 minutes (1) </td> </tr> <tr> <td>Progressive overload</td> <td> <ul style="list-style-type: none"> • Train 5 times a week (1) • Work at 65% HRmax (1) </td> </tr> </tbody> </table> <p>Accept other appropriate responses</p>	Principle of training	(c) Example to show application of principle of training to the training programme outlined in Figure 7	Time	<ul style="list-style-type: none"> • 60 minute session (1) • Increase session to 65 minutes (1) 	Progressive overload	<ul style="list-style-type: none"> • Train 5 times a week (1) • Work at 65% HRmax (1) 	(2)
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Question number	Answer	Mark
Q06 (d)	<p>AO1 – 1 mark; AO2 – 1 mark; AO3 - 1 mark</p> <p>For example:</p> <ul style="list-style-type: none"> Increased <u>resting</u> stroke volume (1) so more blood leaving the heart /so increased oxygen delivery (1) so they can work aerobically for longer/delay fatigue (1) Faster recovery (1) due to increased oxygen delivery/quicker removal of waste products (1) so ready to train/exercise again at a quicker rate (1) <p>Accept other appropriate responses</p> <p>One mark for identification of long-term training effect on CV system (AO1) One mark for effect that would benefit a long-distance runner (AO2) One mark for linked reasoning why this is a benefit to the long-distance runner (AO3)</p>	(3)

Question number	Answer	Mark																									
Q07 (a)	<p>AO3 – 1 mark</p> <p>Table 4 shows the fitness test results for four athletes.</p> <table border="1"> <thead> <tr> <th>Fitness test</th> <th>Athlete 1</th> <th>Athlete 2</th> <th>Athlete 3</th> <th>Athlete 4</th> </tr> </thead> <tbody> <tr> <td>Vertical jump</td> <td>Very good</td> <td>Average</td> <td>Poor</td> <td>Very good</td> </tr> <tr> <td>30m sprint</td> <td>Very good</td> <td>Average</td> <td>Excellent</td> <td>Good</td> </tr> <tr> <td>Sit and reach</td> <td>Very good</td> <td>Good</td> <td>Average</td> <td>Average</td> </tr> <tr> <td>Cooper 12-minute run</td> <td>Poor</td> <td>Excellent</td> <td>Average</td> <td>Poor</td> </tr> </tbody> </table> <p>One mark for correct identification.</p> <ul style="list-style-type: none"> Athlete 3 	Fitness test	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Vertical jump	Very good	Average	Poor	Very good	30m sprint	Very good	Average	Excellent	Good	Sit and reach	Very good	Good	Average	Average	Cooper 12-minute run	Poor	Excellent	Average	Poor	(1)
Fitness test	Athlete 1	Athlete 2	Athlete 3	Athlete 4																							
Vertical jump	Very good	Average	Poor	Very good																							
30m sprint	Very good	Average	Excellent	Good																							
Sit and reach	Very good	Good	Average	Average																							
Cooper 12-minute run	Poor	Excellent	Average	Poor																							

Question number	Answer AO2 – 1 mark; AO3 – 1 mark	Mark																									
Q07 (b)	<table border="1" data-bbox="432 353 1278 689"> <thead> <tr> <th data-bbox="432 353 692 398">Fitness test</th> <th data-bbox="699 353 842 398">Athlete 1</th> <th data-bbox="849 353 992 398">Athlete 2</th> <th data-bbox="999 353 1142 398">Athlete 3</th> <th data-bbox="1149 353 1278 398">Athlete 4</th> </tr> </thead> <tbody> <tr> <td data-bbox="432 407 692 452">Vertical jump</td> <td data-bbox="699 407 842 452">Very good</td> <td data-bbox="849 407 992 452">Average</td> <td data-bbox="999 407 1142 452">Poor</td> <td data-bbox="1149 407 1278 452">Very good</td> </tr> <tr> <td data-bbox="432 461 692 506">30m sprint</td> <td data-bbox="699 461 842 506">Very good</td> <td data-bbox="849 461 992 506">Average</td> <td data-bbox="999 461 1142 506">Excellent</td> <td data-bbox="1149 461 1278 506">Good</td> </tr> <tr> <td data-bbox="432 515 692 560">Sit and reach</td> <td data-bbox="699 515 842 560">Very good</td> <td data-bbox="849 515 992 560">Good</td> <td data-bbox="999 515 1142 560">Average</td> <td data-bbox="1149 515 1278 560">Average</td> </tr> <tr> <td data-bbox="432 568 692 667">Cooper 12-minute run</td> <td data-bbox="699 568 842 667">Poor</td> <td data-bbox="849 568 992 667">Excellent</td> <td data-bbox="999 568 1142 667">Average</td> <td data-bbox="1149 568 1278 667">Poor</td> </tr> </tbody> </table> <p data-bbox="411 734 593 766">For example:</p> <ul data-bbox="459 810 1295 1079" style="list-style-type: none"> <li data-bbox="459 810 1295 936">• They have very good ratings for power and speed (1) needed to clear/jump the hurdle and run fast in-between (1) <li data-bbox="459 945 1295 1079">• They have the highest/very good rating for flexibility (1) which they need to get low/correct shape/correct technique over the hurdle (1) <p data-bbox="411 1124 944 1160">Accept other appropriate responses</p> <p data-bbox="411 1205 1018 1240">One mark for analysis of data in table (AO3)</p> <p data-bbox="411 1249 1225 1317">One mark for applied reason/use of component by hurdler (AO2)</p>	Fitness test	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Vertical jump	Very good	Average	Poor	Very good	30m sprint	Very good	Average	Excellent	Good	Sit and reach	Very good	Good	Average	Average	Cooper 12-minute run	Poor	Excellent	Average	Poor	(2)
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Question number	Answer AO2 – 1 mark; AO3 – 2 marks	Mark																									
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Question number	Answer AO2 – 2 marks	Mark
Q08	<p>For example:</p> <ul style="list-style-type: none"> • Hit <u>head</u> on board (1) if poor technique/not far enough from the board (1) • Landing <u>head</u> first (1) would cause impact on the <u>brain</u> /high force on the <u>brain</u> (1) • Poor technique/land wrong/hit the water wrong/makes a mistake (1) causing them to hit <u>head</u> on water (1) <p>Accept other appropriate responses</p>	(2)

Question number	Answer AO1 – 1 mark	Mark
Q09 (ai)	<p>1 mark for correct identification.</p> <ul style="list-style-type: none"> • Anabolic steroids • Human growth hormone 	(1)

Question number	Answer AO1 – 1 mark	Mark
Q09 (aii)	<p>1 mark for correct identification.</p> <ul style="list-style-type: none"> • Diuretics 	(1)

Question number	Answer AO1 – 1 mark	Mark
Q09 (b)	<p>For example:</p> <ul style="list-style-type: none"> • Inject stored blood back into the body (1) • Adding/increasing red blood cells to the blood/body (1) <p>Accept other appropriate responses</p>	(1)

Question number	Answer AO2 – 1 mark	Mark
Q09 (c)	<p>For example:</p> <ul style="list-style-type: none"> • Tour de France (1) • Long distance running (3000m/3k +) (1) • Marathon (1) • Triathlon (1) • Iron man (1) • Cross-country running (1) • Long-distance swimming (1) <p>Accept other appropriate responses</p>	(1)

Question number	Answer AO1 – 1 mark	Mark
Q10 (a)	<p>1 mark for correct identification.</p> <ul style="list-style-type: none"> • Aerobic endurance • Cardiovascular endurance <p>Accept other appropriate responses</p>	(1)

Question Number	Answer AO1 – 3 marks	Mark
Q10 (b)	<p>1 mark for each descriptive linked point to a maximum of 3 marks:</p> <p>Any three from:</p> <ul style="list-style-type: none"> • Take shoes off (1) and place feet against the box (1) lean forward/reach forward/reach as far as possible (1) • Warm up/stretch (1) sit down, keeping legs straight/legs extended (1) reach forward and hold for 2/3 seconds (1) <p>Accept other appropriate responses</p>	(3)

Question number	Answer AO1 – 1 mark; AO2 - 1 mark	Mark
Q10 (c)	<p>For example:</p> <ul style="list-style-type: none"> • It is a test of power (1) which the shot putter needs to throw the shot a long way (1) <p>Accept other appropriate responses</p> <p>One mark for identification (AO1) One mark for applied reasoning to use by shot putter (AO2)</p>	(2)

Question number	Answer AO2 – 1 mark; AO3 – 1 mark	Mark
Q10 (d)	<p>For example:</p> <ul style="list-style-type: none"> • He doesn't need CV fitness (1) he should test for strength/power instead (1) • He doesn't need CV fitness (1) therefore he should change to the grip dynamometer_test/use the vertical jump test (1) • It tests CV fitness/the test is water based (1) meaning the test is not sport specific (1) <p>Accept other appropriate responses</p> <p>One mark for identification of reason (AO2) One mark for linked reasoning why this test is not suitable (AO3)</p>	(2)

Question Number	Indicative content (A01 – 3 marks; A02 - 3 marks for application; A03 - 3 marks for evaluation)	Mark
Q11	<p>Reward acceptable answers. Responses may include, but are not limited to, the following:</p> <p>Knowledge and understanding of the short-term effects (A01).</p> <ul style="list-style-type: none"> • Lactate accumulates when there is insufficient oxygen (AO1) • Lactate builds up in the muscle (AO1) • An increased depth of breathing increases the amount of air entering the body/CO₂ leaving the body (AO1) • An increased heart rate will speed up/increase blood flow (AO1) <p>Application of knowledge, linking the short-term effect to participation in handball (A02).</p> <ul style="list-style-type: none"> • Lactate accumulates when there is insufficient oxygen (AO1) this will happen when the player works anaerobically/sprints during the game (AO2) • An increased depth of breathing increases the amount of air entering the body (AO1) this means the player has more oxygen coming into the body so they can play for the 60-minute game (AO2) • An increased heart rate will speed up blood flow (AO1) which means oxygen/nutrients can be transported at a faster rate to the player’s working muscles (AO2) <p>Evaluation of topic – making reasoned judgments about the importance of the short-term effect to the handball player (A03).</p> <ul style="list-style-type: none"> • Lactate accumulates when there is insufficient oxygen (AO1) this will happen when the player works anaerobically/sprints during the game (AO2) but it needs removing to allow the player to continue to make fast runs/throw hard shots/otherwise their muscles will fatigue (AO3) • An increased depth of breathing increases the amount of air entering the body (AO1) this means the player has more oxygen to work at a moderate intensity throughout the game (AO2), without this additional oxygen there would not be enough oxygen for recovery/to continue to work aerobically (AO3) • An increased heart rate will speed up blood flow around the body (AO1) which means nutrients can be transported at a faster rate to the player’s working muscles for energy (AO2) without this increased access to energy the player will need to work at a lower intensity and therefore not perform as well during the game. • Although lactate accumulation can lead to muscle fatigue it does allow the player to work at a higher level during the game to make essential plays, the other two short-term effects help the player prevent lactate accumulation making sure the player can play well throughout the duration of the game (AO3) 	

	Students who only show achievement against A01 will not be able to gain marks beyond level 1.	(9)
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Level	Mark	Descriptor
	0	No rewardable material
1	1-3	<ul style="list-style-type: none"> • Demonstrates isolated elements of knowledge and understanding, with limited technical language used (AO1). • Limited attempt to apply knowledge to question context (AO2). • Generic assertions may be presented (AO3 - evaluation).
2	4-6	<ul style="list-style-type: none"> • Demonstrates mostly accurate knowledge and understanding, including appropriate use of technical language in places (AO1). • Applied knowledge to question context (AO2). • Attempts at drawing conclusion, with some support from relevant evidence (AO3 - evaluation).
3	7-9	<ul style="list-style-type: none"> • Demonstrates accurate knowledge and understanding throughout, including appropriate use of technical language (AO1). • Applied detailed knowledge to question context throughout (AO2). • Reaches a valid and well-reasoned conclusion supported by relevant evidence (AO3 - evaluation).

Question Number	Indicative content (A01 – 3 marks; A02 - 3 marks for application; A03 - 3 marks for evaluation)	Mark
Q12	<p>Reward acceptable answers. Responses may include, but are not limited to, the following:</p> <p>Knowledge and understanding of the training methods (A01).</p> <ul style="list-style-type: none"> • Interval training is repeated sets of work followed by rest/recovery (AO1) • Plyometric training involves leaping and bounding/box jumping (AO1) • Continuous training involves non-stop running at a sub-maximal pace (AO1) <p>Application of knowledge, linking the training method to the needs of the sprinter (A02).</p> <ul style="list-style-type: none"> • Interval training is repeated sets of work followed by rest/recovery (AO1) which Mason will use to increase his speed to run quickly/Mason would use short but intense work periods followed by recovery periods before sprinting again (AO2) • Plyometric training involves leaping and bounding/box jumping (AO1) which Mason would use to develop the power he requires to accelerate (AO2) • Continuous training involves non-stop running at a sub-maximal pace (AO1) this would improve aerobic endurance rather than the reaction time Mason needs to get away as soon as the gun has sounded (AO2) <p>Evaluation of topic – making reasoned judgments about the importance of the training method to the sprinter (A03).</p> <ul style="list-style-type: none"> • Interval training is repeated sets of work followed by rest/recovery (AO1) which Mason will use to increase his speed to run quickly/Mason would use short but intense work periods followed by recovery periods before sprinting again (AO2) This is essential to Mason as the race is so short/over so quickly (AO3) • Plyometric training involves leaping and bounding/box jumping (AO1) which Mason would use to develop the power he requires to accelerate (AO2) this is also essential if Mason is to push away from the blocks quickly as the greater force he exerts, the faster he will go (AO3) • Continuous training involves non-stop running at a sub-maximal pace (AO1) this would improve aerobic endurance rather than the reaction time Mason needs to get away as soon as the gun has sounded (AO2) therefore this training method is of limited/no value to Mason and he should change it to something more relevant to his sport (AO3) <p>Students who only show achievement against A01 will not be able to gain marks beyond level 1.</p>	(9)

Level	Mark	Descriptor
	0	No rewardable material
1	1-3	<ul style="list-style-type: none"> • Demonstrates isolated elements of knowledge and understanding, with limited technical language used (AO1). • Limited attempt to apply knowledge to question context (AO2). • Generic assertions may be presented (AO3 - evaluation).
2	4-6	<ul style="list-style-type: none"> • Demonstrates mostly accurate knowledge and understanding, including appropriate use of technical language in places (AO1). • Applied knowledge to question context (AO2). • Attempts at drawing conclusion, with some support from relevant evidence (AO3 – evaluation).
3	7-9	<ul style="list-style-type: none"> • Demonstrates accurate knowledge and understanding throughout, including appropriate use of technical language (AO1). • Applied detailed knowledge to question context throughout (AO2). • Reaches a valid and well-reasoned conclusion supported by relevant evidence (AO3 – evaluation).