



## Mark Scheme

# AQA GCSE PE – Paper 2

### **This mark scheme contains:**

- Copy of each question for reference
- Marking guidance where appropriate
- Marking points containing alternative acceptable responses plus relevant assessment objective

### **How should schools use this mark scheme?**

The mark scheme has been constructed specifically for the exam paper used in preparation for and during the live revision shows provided by James Simms in May 2022.

All questions/mark schemes are taken from ExamSimulator. Please note, there are hundreds of additional questions on ExamSimulator covering the AEI topics. Within the platform, the teacher is assisted with the marking and full diagnostic feedback is also provided. ExamSimulator is a premium resource available via [TheEverLearner.com](https://TheEverLearner.com).

I hope this helps both students and teachers in their exam preparations.

*James Simms*

1. Using a sporting example, define a closed skill.

### Marking guidance

For the example, accept alternative closed skills.  
The example must be a skill and not a named sport. For example, accept "kicking a penalty in rugby" but do not accept "rugby union".

### Marking points

(1) [AO 1] A skill performed in a consistent environment/A skill performed in a stable environment/A skill requiring few decisions

(2) [AO 2] Shot putt/Hammer throw/Long jump

2. Using a sporting example, define a complex skill.

### Marking guidance

For the example, accept alternative complex skills.

The example must be a skill and not a named sport. For example, accept "gokeeper in football" but do not accept "football".





### Marking points

(1) [AO 1] Requires decision-making/Requires precise timing/Action that requires cognitive thought

(2) [AO 2] Goalkeeping/Cricket batting/Ground strokes in tennis

3.

Classify a goalkeeper's save on **the two** skill continua required in the image and justify your choices.

Skill	Basic / Complex	Open / Closed	Fine / Gross	Self-paced / Externally-paced
	Basic	Closed	Gross	Self-paced
	?	?	Gross	Externally paced
	Basic	Closed	Gross	Self-paced
	Basic	Closed	Fine	Self-paced

### Marking guidance

If justifications are not provided, maximum of two marks can be awarded. Do not mark basic or closed as correct even if a justification is attempted.

### Marking points

(1) [AO 1] A save is complex/Complex

(2) [AO 1] A save is open/Open

(3) [AO 3] A save is complex because it requires decision-making/Requires precise timing/Action that requires cognitive thought

(4) [AO 3] A save is open because it is performed within a changing environment/A skill performed in an unstable environment/A skill requiring many decisions

4.

A volleyball player uses the basic information processing model to be able to execute a skill. Analyse the stages of the model for a volleyball player to be able to perform the skill to a high level.



### Marking guidance

#### [9 Mark Level Descriptors](#)

A01 guidance. Do not accept diagrams of the Illinois agility test.

A02 guidance. The application needs to use examples from either basketball skills or game-related components.

A03 guidance. Analysis must form a judgement on the suitability of the fitness tests to **assess fitness** for a basketball team. This is the opportunity for the learners to use a breadth of knowledge and evaluate other topic areas. These are referred to as synoptic links and need to be coherent and relevant for assessing the fitness of a basketball player. The marking points are indicative content. Please accept any suitable application and evaluation points and apply a **level** and a **mark** as per the level descriptions.

### Marking points

- (1) [AO 1] Information processing is using available information in order to choose a suitable skill or movement
- (2) [AO 1] The model involves four stages/Four stages/Four processes
- (3) [AO 1] Input, decision making, output, feedback/Input decision making output feedback
- (4) [AO 1] Input is from the senses/Input is cues from the environment/Input is the display

4.

A volleyball player uses the basic information processing model to be able to execute a skill. Analyse the stages of the model for a volleyball player to be able to perform the skill to a high level.

- (5) [AO 1] Input involves selective attention/Selective attention of most important information/Selective attention
- (6) [AO 1] Decision-making uses working memory/Decision-making involves the short-term memory
- (7) [AO 1] Output is when the decision is sent to the appropriate muscles
- (8) [AO 1] Feedback is received after skill completion/Feedback can occur during a skill
- (9) [AO 2] The volleyball player will see the ball in the input stage/See the position of the players in the input stage/Input is seeing the ball and the players and the net
- (10) [AO 2] Hearing the calls of their own team is input/Comments from teammates is input
- (11) [AO 2] Player will selectively attend to the flight path of the ball/Focus solely on the ball/Concentrate on the ball and ignore other factors
- (12) [AO 2] Player will ignore all peripheral information/Ignore irrelevant information/Ignore pointless information
- (13) [AO 2] Decision to dig, set or spike will come from the short-term memory if they have made the shot in the last 30 seconds
- (14) [AO 2] Long-term memory established from volleyball training/Skills are stored in the long-term memory and these can be retrieved
- (15) [AO 2] A neural message is sent to the arm muscles to perform a set shot/Message is sent via the nervous system
- (16) [AO 2] After a dig shot a player will receive intrinsic feedback on how it felt/Player is capable of receiving intrinsic feedback about the feeling of the shot
- (17) [AO 2] The coach can provide extrinsic feedback after a spike/Extrinsic feedback from the coach/Coaching points between sets
- (18) [AO 3] If they selectively attend to the player they are passing to they are more likely to complete on the skill
- (19) [AO 3] Good selective attention leads to optimal skill execution
- (20) [AO 3] If the player gets selective attention wrong, they may miss a shot
- (21) [AO 3] Leads to losing a point and the serve
- (22) [AO 3] A player can only recall a suitable choice of shot if they have previously experienced the shot/Previous experiences can be called upon from the long-term memory
- (23) [AO 3] Therefore, regular practice is important to develop the skill in the long term memory
- (24) [AO 3] Recall of the shot needs to come quickly from the long-term memory/Efficient retrieval from the long-term memory
- (25) [AO 3] Any delay with retrieval from the long-term memory may lead to the ball hitting the floor/Ball may be missed if the retrieval from the long-term memory is delayed

4.

A volleyball player uses the basic information processing model to be able to execute a skill. Analyse the stages of the model for a volleyball player to be able to perform the skill to a high level.

- (26) [AO 3] Volleyball shots are repetitive skills and the short-term memory may be used as it is likely they have used in the previous 30 seconds
- (27) [AO 3] Positive feedback will reinforce the pass being stored/Positive feedback strengthens storage/Positive feedback strengthens encoding
- (28) [AO 3] Negative feedback causes a change to the programme/Negative feedback changes how the movement is stored
- (29) [AO 3] Output can be influenced by strength and power of the activated muscles
- (30) [AO 3] Therefore, the correct training method can influence skill execution to a high level
- (31) [AO 3] Plyometrics will develop power in the legs which supports the output stage of the smash
- (32) [AO 3] Volleyball skills within open play are externally paced and this will need to be replicated in the training environment
- (33) [AO 3] A volleyball serve is a self-paced skill and can be practised in a closed environment
- (34) [AO 3] Information processing can be affected by arousal levels
- (35) [AO 3] During a game, if arousal levels are too high the input stage may be overwhelmed/Overarousal can cause panic
- (36) [AO 3] High arousal levels may lead to the wrong decision
- (37) [AO 3] The output is incorrect leading to loss of the serve
- (38) [AO 3] Accept alternatives for low arousal
- (39) [AO 3] A high level of skill execution can be affected by somatotype
- (40) [AO 3] Ectomorphs are associated with volleyball as they are tall
- (41) [AO 3] Being tall helps block the ball at the net in the output processing stage
- (42) [AO 3] Accept any other analysis points about performing volleyball skills at a high level

5.

Gender and age are two factors that affect engagement patterns in physical activity. Identify three others.

Marking guidance

Not provided

Marking points

(1) [AO 1] Race/Religion/Culture

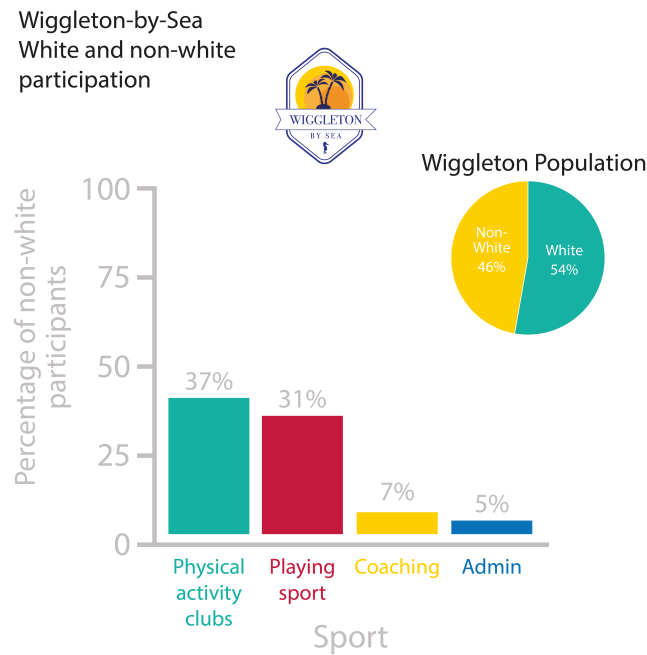
(2) [AO 1] Family/Friends/Peers

(3) [AO 1] Disability



6.

Using this graphical data to support your answer, explain how ethnicity affects involvement in sport and physical activity in Wiggleton-by-Sea.



### Marking guidance

Not provided

### Marking points

- (1) [AO 2] Non-white participants are under-represented in all roles/Non-white people are under-represented/Under-representation of non-white people
- (2) [AO 2] Non-white people are massively under-represented in coaching and admin roles/Coaching and admin roles are almost universally white/Very few non-white coaches or administrators
- (3) [AO 2] Non-white people who are active do not become coaches or administrators/Lack of progression for non-white people after they stop taking part in sport/Non-white participants drop out after participation ends
- (4) [AO 2] Very few non-white coaches and administrators means fewer non-white role models/Lack of non-white role models/No non-white role models

7. Explain how media coverage can positively affect sport.

Marking guidance

Not provided

Marking points

(1) [AO 2] More coverage means more interest in the sport/More people gain interest in a sport/Exposure to a sport goes up

(2) [AO 2] Therefore, participation levels might rise in this sport/More people get started playing the sport/"Wimbledon week" effect

(3) [AO 2] The sport has more money available/The sport gets richer/The sport can invest money

(4) [AO 2] Sport can invest money in grassroots provision/Investment in grassroots facilities/Grassroots investment

(5) [AO 2] More competitions can take place/More access to more matches or fixtures/Greater number of matches

(6) [AO 2] More spectators can watch the sport/More opportunity to spectate/More people can go to matches

(7) [AO 2] Role models are created within that sport/More people look up to the performers/Positive role models

(8) [AO 2] Role models promote the sport/More attention globally on the sport/Role models bring attention

8.

In 2020, the high-profile football player, Marcus Rashford used Twitter to campaign for free school meals.

Evaluate the use of social media for a performer **and** the sport.



### Marking guidance

#### [6 Mark Level Descriptors](#)

A02 is application to performer and sport. Students are expected to apply to a named sport. There is no A02 credit for application to an official or spectator. Answers must relate to social media.

For A03 credit other relevant evaluative points about the use of social media. Other types of media can be incorporated into the answer if they are linked to the use of social media.

The making points are indicative content. Please accept any suitable application and evaluation points and apply a **level** and a **mark** as per the level descriptions.

### Marking points

(1) [AO 1] Social media is a type of interactive media/Interactive media/Direct media

(2) [AO 1] It is available on multiple devices/Available on mobile/Available on handheld devices

8.

In 2020, the high-profile football player, Marcus Rashford used Twitter to campaign for free school meals.

Evaluate the use of social media for a performer **and** the sport.

(3) [AO 1] Facebook/Instagram/Reddit

(4) [AO 2] A performer may have a personal account that all fans can follow/Performers have direct contact with fans/Fans have direct contact with a performer

(5) [AO 2] A sport encourages clubs and teams to have an account to share results and marketing messages/Football benefits if clubs and players use social media

(6) [AO 2] Clubs employ social media staff/Clubs employ web marketers/Clubs advertise through social media

(7) [AO 3] A performer can raise their profile and status on social media/Social media is essential for player profile/Performer status increases via social media

(8) [AO 3] Increases the opportunity to access sponsorship deals/Sponsors are more likely to invest in players/Players receive better sponsorship offers

(9) [AO 3] A raised profile may lead to more money/Increased earnings for the player/Make more money

(10) [AO 3] The social media platform can be used to influence others with their messages/Positive messages can be shared and spread quickly/Players can influence the media narrative directly

(11) [AO 3] The platform shows the performer as a positive role model to influence younger players/Positive role models are visible to everyone/Positive role models

(12) [AO 3] However, the performer is open to targeted abuse/Player may receive abusive messages/Player may receive racist abuse

(13) [AO 3] Fans can make abusive comments and not be prosecuted/Hard to prosecute for abusive messages/Fans get away with it

(14) [AO 3] The performer's personal life may be invaded/Loss of privacy/Everything is public

(15) [AO 3] Abuse can have a negative impact on playing performance and mental health/Social media misuse can negatively affect performances

(16) [AO 3] The profile of the sport is also raised/Sport is more visible/Sport gets more attention

(17) [AO 3] An increase in followers of a club leads to a likelihood of funding or sponsorship

(18) [AO 3] More people will participate in the sport at grassroots level/More awareness leads to more participation

8.

In 2020, the high-profile football player, Marcus Rashford used Twitter to campaign for free school meals.

Evaluate the use of social media for a performer **and** the sport.

(19) [AO 3] The platform can be used to educate about the sport/Sport education via social media

(20) [AO 3] Coaching tips can be added and younger players can learn correct technique/Social media can be used as an educational vehicle

(21) [AO 3] Role models within the sport may lead to increased commercial interest

(22) [AO 3] However, if the platform is used to show negativity about the sport the number of people involved may reduce

(23) [AO 3] It is another area that minority sports have to compete with/Hard for minority sports to compete

(24) [AO 3] Minority sports may not have the personnel to monitor social media platforms leading to less coverage

(25) [AO 3] Less coverage leads to less funding on facilities and equipment

9. "The development of technology has improved standards of refereeing in rugby union."  
Discuss this statement.

### Marking guidance

Sub max three marks for positives and sub max three marks for negatives.  
A full mark answer needs to have a balance between positives and negatives. the balance can be 3 and 1.  
Only accept examples of influences related to the officials or the quality of decisions.

### Marking points

- (1) [AO 3] Standards have improved because of the TMO/Use of replays makes more decisions more accurate/TMO makes more decisions correct
- (2) [AO 3] A negative could be that referees are more reluctant to make decisions and leave it to the TMO/Referees have become reliant on technology/Ref makes fewer decisions
- (3) [AO 3] Microphones make communications between officials much clearer/All refs have microphones/Good communication helps to make better decisions
- (4) [AO 3] A negative is that sometimes technology fails/Technology might fail/Microphones might have outage
- (5) [AO 3] A positive is that the top tier of rugby has better decisions/Elite rugby benefits from consistent decisions/Professional referees
- (6) [AO 3] A negative is that grass roots rugby does not benefit/Grass roots cannot afford technology/Too expensive for almost all levels of rugby

10. Identify one positive **and** one negative effect of the use of diuretics in sport.

Marking guidance

Not provided

Marking points

(1) [AO 1] Diuretics help a performer with weight loss/Weight loss/Losing weight

(2) [AO 1] A negative effect is dehydration/Dehydration/Dehydrated

11. Discuss the use of anabolic steroids in boxing.



### Marking guidance

Not provided

### Marking points

- (1) [AO 3] A positive is that anabolic steroids increase muscle mass to punch harder/Increased strength of muscular contraction/Increased strength
- (2) [AO 3] A positive is that injured athletes recover faster between bouts/Increased speed of recovery from injury/Return to play sooner after injury
- (3) [AO 3] A negative is that anabolic steroids cause health problems which prevents training/Increased chance of heart attack or stroke/Liver or kidney problems
- (4) [AO 3] Anabolic steroids can have an androgenous effect which might be embarrassing for the fighter/Men might experience baldness or even infertility by low sperm count/Women might experience problems with menstruation, facial hair or hair loss



12. Suggest **three** reasons hoolignism may occur at a sporting event.

Marking guidance

Not provided

Marking points

- (1) [AO 1] Rivalries between fans/Local rivalries/Historic rivalries between teams
- (2) [AO 1] The contest has been hyped up in the media/The media hypes up the rivalry in the build-up/Media hype
- (3) [AO 1] Violence is often fuelled by alcohol consumption/Some drugs might fuel violence/Alcohol consumption
- (4) [AO 1] Gang culture is mixed up with sports culture/Gang culture/Gangs
- (5) [AO 1] Fans become frustrated at the official's decisions/Frustration at losing/Frustration at the referee
- (6) [AO 1] Hooliganism is linked to a display of masculinity/Some studies suggest hooliganism and working class displays of masculinity are linked/Display of masculinity

13.

Other than all-seater stadia and restricted alcohol sales, identify **three** strategies employed by professional football clubs to prevent hooliganism.

Marking guidance

Not provided

Marking points

- (1) [AO 1] Early kick-offs/Midday kick-off/Kick-off before the pubs open
- (2) [AO 1] Segregation of fans/Separate areas for rival supporters/Home and away ends
- (3) [AO 1] Improved security/More stewards/More police
- (4) [AO 1] Travel restrictions/Banning orders/Flight bans for international matches
- (5) [AO 1] Education/Promotional campaigns/High-profile endorsements

14.

In recent years, football clubs have introduced all-seater stadia and alcohol restrictions to prevent hooliganism.  
Evaluate the effectiveness of these strategies.

### Marking guidance

Statements must be evaluative.

No marks for restating "alcohol restrictions" or "all-seater stadia" as these are named in the question.

Accept other suitable evaluative statements about these two strategies.

Do not award two marks for a repeated statement for the two strategies. For example, "spectators are calmer" should only be accepted once.

### Marking points

(1) [AO 3] All-seater stadia promote a more family atmosphere/There is a calmer environment/Seats can be allocated in advance and rival fans kept apart

(2) [AO 3] All-seater stadia are very expensive/Only top-level clubs can afford the new stadia/Ticket prices have gone up to pay for the new stadia

(3) [AO 3] Restricted alcohol sales means people are calmer/Alcohol promotes poor behaviour/Alcohol makes people behave differently

(4) [AO 3] Spectators drink in pubs before the game/Spectators binge drink before the kick off/Spectators arrive drunk

15.

Explain why a jockey in cross-country horse riding needs both carbohydrates **and** protein in their diet.



Marking guidance

Not provided

Marking points

(1) [AO 1] Carbohydrates are the main source of energy at all intensities/Carbohydrates for energy/For energy

(2) [AO 2] So that the rider doesn't get fatigued at the end of the round/So that the leg muscles continue to work throughout the round/To sustain energy through the whole performance

(3) [AO 1] Proteins help the muscle tissue to grow/Proteins repair muscle tissue/Growth and repair of muscle tissue

(4) [AO 2] The rider has enough strength to control the horse/The rider's muscles respond to training/Muscles adaptations can take place

16.

Increased heart rate is one effect of dehydration.  
State three other effects of dehydration.

Marking guidance

Not provided

Marking points

(1) [AO 1] Dehydration causes blood thickening/Increased blood viscosity/Blood thickening

(2) [AO 1] Causes an increase in body temperature/Body temperature rises/Can cause overheating

(3) [AO 1] Reactions can become worse/Increased reaction time/Slower reactions

(4) [AO 1] Dehydration can cause cramps/Dehydration can cause muscle fatigue/Lack of electrolytes from fluids can cause cramp

17. Justify the importance of hydration for a squash player.



### Marking guidance

Not provided

### Marking points

- (1) [AO 3] Slow reaction time will mean the ball bounces twice/The player does not reach the ball in time/The ball passes the player before they have time to react
- (2) [AO 3] Increased temperature can cause the player to overheat on court/Overheating on court/No time to cool down
- (3) [AO 3] Increased chance of a headache/Headaches can cause a loss of concentration/Game tactics are poor due to loss of concentration
- (4) [AO 3] The viscous blood leads to less oxygen delivered to the leg muscles/Decreased oxygen delivery to the arms/Player needs to use a greater proportion of anaerobic energy release
- (5) [AO 3] Fatigue occurs earlier in the game and affects shots/Fatigue occurs earlier in a rally leading to mistakes/Earlier fatigue due to the anaerobic work
- (6) [AO 3] Early fatigue makes the recovery longer/Longer slower recovery between points/Recovery is limited
- (7) [AO 3] Muscle cramps lead to difficulty in reaching a drop shot/Muscle cramps prevent the player reaching the ball/Muscle cramps reduce agility of the player