

Examiners' Report June 2012

GCE Physical Education 6PE01 01

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Introduction

The paper has seemingly been well received by students in terms of coverage and structure of questions. Very few students left blank spaces and so were able to offer an attempt to answer all questions. The quality of answers provided was also of a generally good standard. Students and centres are clearly increasingly happy with the style of questions and are also developing a good understanding of what the questions are asking.

Both essay questions were answered well, with both sound and appropriate content and structures that facilitated access to the top bands.

Question 1 (a)

A straightforward question that was well answered by the majority of students with many scoring the maximum of 4 marks that were available.

Question 1 (b)

Not a particularly well answered question by some candidates. Students who did score well correctly identified that leisure is a time concept and so active leisure is a time concept that will involve physical activity. Similarly answers that scored the second mark for explaining what recreation is, identified that recreation is the use of leisure time.

Question 1 (c)

A well answered question with many students scoring the full 4 marks. Students did often fail to grasp the link between 1a and 1c however!

(c) Give **four** reasons for the decline in active recreational activities. (4)

1. **FITNESS** - most likely obese people can't run and last long, due to the effect of sedentary lifestyle.

2. **ABILITY** - not all people, most likely don't participate because they don't have the capability of playing the sport without injury.

3. **RESOURCE** - some people don't have the money and facilities like the sport canoeing. It is very expensive for people to afford it.

4. **TIME** - for single parents, they are lacking time because they need to babysit their child.



ResultsPlus Examiner Comments

Marks were awarded for all but the second answer given by the candidate; the question asks for reasons for a decline in active recreational activities. Consequently unless there is evidence that there are now more disabled people than before, this is not a valid point.



ResultsPlus Examiner Tip

This candidate has been given "The benefit of the doubt" by the examiner, particularly for the first point, fitness. The assumption has been made that the candidate is referring to "A lack of fitness" as a reason. Candidates should avoid this by stating exactly what they mean in an answer.

Question 2 (a)

This question differentiated well. Almost all students identified what health is, many provided a suitable explanation for exercise, however fewer were able to identify that fitness is a sport related concept.

More able candidates identified that exercise plays an essential role in the maintenance of both health and fitness, but separately, taking into account the differences between health and fitness. Poorer answers simply linked health and fitness together as if they were synonymous.

2 (a) Define the terms **health**, **fitness** and **exercise** and explain the role that exercise plays in helping to achieve fitness and health.

(5)

Health is defined as

The overall mental, physical and social wellbeing, not merely the absence of disease or infirmity.

Fitness is defined as

the ability to meet the demands of the environment without undue fatigue.

Exercise is defined as

a physical activity that produces a positive physiological adaptation, but only if the exercise/activity is done frequently, then the adaptation will occur.

Explanation

exercise will help a person's health as it has a positive effect on their physique, which will then have a knock on effect to improve esteem (mental state) and social awareness. It will help fitness as the exercise will adapt the body not to get fatigued while in the environment, therefore a person can easily meet the demands.



ResultsPlus Examiner Comments

The marks were allocated as follows:

- 1 mark awarded for a good definition of health,
- 0 mark for definition of Fitness. It fails to specify a sporting environment and so is too vague
- 1 mark awarded for an excellent definition of exercise,
- 1 mark awarded for explanation of how exercise can aid health but the explanation of how it aids fitness is too vague.



ResultsPlus Examiner Tip

Ensure that candidates are aware of accurate and succinct definitions of all terms, these are often "lead ins" to questions and facilitate additional marks later on in the question.

Question 2 (b)

This part was well answered. The majority of students scored at least one mark for identifying how it is possible to be fit and not healthy. Many students also scored the second mark by clarifying how it was possible to be healthy and not fit.

(b) Explain how it is possible to be **fit and not healthy** and **healthy and not fit**.

(2)

For example to be fit you have to meet the demands of the environment. Therefore a Sumo wrestler is fit for his sport as he can meet the demands of his environment. But however he is not healthy because his body is obese therefore he is not physically healthy.

On the other hand a person who attends the gym and has a good life ~~could be healthy~~ but he might not be fit for ~~boxing because he has~~ Sumo wrestling ~~because~~ as he hasn't got the required body size.



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Examiner Comments

This candidate scores both available marks, clearly identifying that a Sumo wrestler is fit for sport but not healthy as he may be obese. Also, stating that by going to the gym and being healthy, you might not be "fit" for something such as Sumo.



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Examiner Tip

By structuring the answer as the candidate has, both the candidate and the examiner can see that both parts of the answer have been attempted.

Question 3

A well answered question with all students scoring some marks. The weakest area was neuromuscular, which many candidates left blank. Some candidates lost marks for failing to identify which was a response and which was the benefit from the response. i.e. increased muscular elasticity is clearly a benefit to the increased temperature of the muscle fibres (the response). However some candidates stated these but the opposite way round.

- 3 Identify **four** likely responses experienced by each of the body's systems during a warm up. For each identified response you should state the physiological benefit.

(8)

Musculo-skeletal system

Response

Improves flexibility

Benefit

You will less likely to become injured in the event.

Cardiovascular system

Response

Your heart rate will start to increase

Benefit

Your body will vascular shunt oxygen to the places that need it most readying you for the session.

Respiratory system

Response

Lung capacity increases

Benefit

you can increase your VO2 max and take in more oxygen



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Examiner Comments

By getting the response wrong in the first answer the candidate is unable to score the subsequent mark for the benefit. One mark is awarded for the cardiovascular response and a benefit of the doubt is awarded for the benefit.



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Examiner Tip

Check that you understand what a question is asking of you before attempting to answer it.

Question 4 (a)

A straight forward question that was very well answered by almost all candidates.

- 4 (a) Warming up encourages responses, training encourages adaptations.
Identify the difference between a response and an adaptation and provide an example of each.

(3)

A response is an immediate effect of exercise, for example production of synovial fluid. It lasts the duration of the exercise and is reversed during a warm up.

An adaptation is a long term change to the body's systems ^{due to regular exercise.} which can change the ~~for~~ systems' functions beneficially.



ResultsPlus

Examiner Comments

Two marks only were awarded for this answer. The clarification of a response being short term and an adaptation being a long term change scored one mark, the example of a response e.g. increased production of synovial fluid, also scored a mark. However there was no adaptation example given and so a mark was lost.



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Examiner Tip

Be aware of what the question asks of you. Ensure that you structure your response to cover all necessary points.

Question 4 (b)

This was another question that differentiated well. C grade candidates and better scored at least 4 out of the available 5 marks; scoring for the method of training, at least one mark for characteristics and both marks for adapting the method to an endurance and a power athlete.

Poorer answers contained vague descriptions of the methods of training and applications that contradicted the method chosen, stating things like; "would work at different but higher intensities" when referring to training for a power athlete but when the identified method was continuous.

Question 5

The question was on the whole well answered. Students felt confident with what the question was asking and also with how to structure their answers. This was evident with the amount of appropriate content that candidates provided, and also with the marks that were being awarded.

Students are clearly being better prepared for essay type questions with some very good structures evident. A common structure adopted by many students was to identify an understanding of what a sedentary lifestyle is, why it is a contemporary issue for society, its links to other illnesses and the impacts upon society, then they were able to access the top mark bands.

Very few candidates misunderstood the question and failed to score any marks.

A sedentary lifestyle, is a lifestyle that involves very little activities. It is a huge threat in the 21st ~~cent~~ century because people are becoming more involved in passive activity such as spectatorism rather than ~~active~~ active recreation.

The increase in sedentary lifestyles increases the chances of contemporary concerns and hypokinetic diseases. ~~the~~ Contemporary concerns are the present day focus on inactivity and health which can cause positive and negative effects. Such including Obesity, ~~from~~ coronary heart disease, stress and high cholesterol and blood pressure.

Obesity is one of the most common causes of an inactive lifestyle and is ~~defined~~ whereby ones body fat is 25% above the norm, which is around 20-25% for females and 13-17% for males. Obesity is not only the effect of an inactive lifestyle it can also lead to increased strokes, kidney failure and cancer.

Another effect of an inactive lifestyle is coronary heart disease, this is whereby cholesterol starts to stick to artery walls and block arteries. this causes a decrease in

electricity and prevents smooth blood flow through the arteries. The most common effect from this is ~~also~~ heart attacks but it is usually already at an advanced stage when heart symptoms occur.

There are many other symptoms and diseases from living a sedentary life style these are stress, whereby body is unable to deal with the physiological responses of neuromuscular stimulus and therefore lead to effects of depression, anger, mood, aches, allergies and resorting to alcohol. Others include aging population, Metabolic Syndrome and high cholesterol.

All of these symptoms of diseases as discussed above, put huge strain upon the NHS. ~~As~~ People are becoming more and more inactive due to work, diet and social trends, and especially due to esteem and motivation or even previous experiences. Although there are many strategies and initiatives, going people need to support those in becoming more active who are currently stuck in a sedentary lifestyle.



ResultsPlus Examiner Comments

This answer contained a relatively common structure adopted by many students. It identified early on what a sedentary lifestyle is, why it is a contemporary issue for society, its links to other illnesses and the impacts upon society. As a result of this the answer was able to access the top mark band.



ResultsPlus Examiner Tip

Ensure that your response is structured so that all the required information is presented.

Question 6 (a)

Most candidates scored three marks for identifying three characteristics. Less able candidates failed to describe the characteristics or provide any link from the characteristics and society / the period.

6 (a) Identify and describe **three** of the main characteristics of popular recreations prior to the Industrial Revolution.

(6)

Three of the main characteristics of popular recreations were that ~~they~~ they had very few rules i.e. There were only natural boundaries and unlimited number of players.

Popular recreations were organised by the Gentry for the peasants as a way of social control i.e. they could drink, smoke, gamble and let off steam.

A third characteristic is that they were usually male dominated sports.



ResultsPlus

Examiner Comments

This is an example of a candidate only doing part of what a question asks. Three marks have been awarded for the characteristics but a lack of description prevents the awarding of the additional marks



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Examiner Tip

Before attempting to answer the question make sure that you understand what the question requires you to do.

Question 6 (b)

Students who scored well with this question tackled each of the 3 concepts separately and clearly, providing examples of each. Where students struggled to score they wrote about all three terms together or used the terms themselves to explain them, i.e. "Sponsorship is when a company sponsors someone..."

(b) Explain the terms **sponsorship**, **advertisement** and **endorsement** and provide examples of each.

(6)

Sponsorship is when a company/brand pays a club/individual to ~~have~~ advertise their brand/company/product by paying them money. For example, Fly Emirates sponsors Arsenal FC and therefore their logo is advertised on the clubs kit, around the stadium and the stadium is called 'Emirates Stadium'.

Advertisement is what companies get ^{through} ~~by~~ sponsorship, their product/company is shown in the media to promote and sell their product. For example, Nike uses big name stars to in their adverts to help ^{advertise} sell their product.

Endorsement is another method of sponsorship, but does not involve the player/club receiving money, they receive other benefits such as clothing, travel and equipment. For example, Chris Eubank is now sponsored by Puma, and some of the endorsements he receives are include Football boots, and in return he would wear Puma clothing in an ^{media} interview for example to advertise their product.



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Examiner Comments

Three marks were awarded here for three accurate explanations of the three terms and also an additional three marks were awarded for 3 appropriate examples

Question 7 (a)

A very well answered question that allowed most students to score many, if not all of the available marks.

- 7 (a) Explain and give an example of the concepts of sportsmanship and gamesmanship within the context of sport.

(4)

Sportsmanship

People conforming to the written and also the unwritten rules of the Sport. Based on the idea of fair play.

Example

eg. In football matches 'premier league' before each game ~~the~~ and at the end of each game they shake hands with the opposing team. Spirit of fair play.

Gamesmanship

Is ~~the~~ where people bend the rules in order to gain an advantage over an opponent. ~~These~~
~~are~~

Example

Performance enhancing drugs usage.



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Examiner Comments

This answer scored all the available marks except for the example of Gamesmanship. The explanation of the term stated "bending the rules" but their example of performance enhancing drugs is most definitely cheating.



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Examiner Tip

Ensure that all of your answers to questions relate to, and fit with, the definitions that you provide.

Question 7 (b)

This question was well answered by most candidates who demonstrated a clear understanding of the link between financial gain and deviant behaviour.

(b) Give **four** reasons why the move towards professional sport has been associated with a growth in gamesmanship and deviance in sport.

(4)

- 1 Due to more TV rights & highlights can be shown so if somebody commits a deviance its more noticeable
- 2 Lots of money rest on teams win championships or staying in premiership so there is a greater bonus than risk.
- 3 Due to professional sport a win at all costs attitude has been highlighted.
- 4 More illegal drugs have been introduced due to technology. People think they can get away without being caught.



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Examiner Comments

This answer scores well. The answers are clear, concise and accurate. Four marks were awarded.

Question 8

A mixed question. Many students took advantage of a good understanding and applied themselves well, yet succinctly, to the question, scoring very highly and also quite quickly.

Most candidates were able to identify all of the appropriate agencies and mostly appropriate strategies. The more able candidates were able to add the impact of these strategies and scored close to maximum marks for this part of the question.

The majority of candidates were able to identify that a lifetime sport is one that enables you to participate in regardless of age. They were able to identify an appropriate example, with golf, badminton and swimming being the most common. They were also able to add that these sports were self-paced / less physically demanding.

Some, but only a minority, misunderstood and referred to lifetime involvement in sport, referencing the LTAD and coaching post retirement age.

- 8 (a) Identify **three** UK agencies responsible for participation at the different levels of the sporting pyramid. For each agency identify a strategy it has used and explain its impact on participation.

(9)

Agency 1

Sport for all

Strategy

the largest agency in the UK that is encouraging mass participation and looking to get a more active nation.

Impact

improving/increasing facilities, funding, opportunity and provision for key target groups that lack physical activity e.g. working mums

Agency 2

PESSU

Strategy

encouraging children at schools to participate - better equipment, facility. Variation of sports.

Impact

encourage children at a young age then will have them interested through to being adults.

(b) Using a sporting example of your choice discuss what is meant by the term **lifetime sport**.

(4)

A lifetime sport is a sport that can be played from when a young child to retired - through whole lifetime. An example would be Golf. Golf is a sport that is played by all ages as it is an individual sport that doesn't require high levels of fitness. Such as sports such as football. It is a sport that requires the ability and skill rather than fitness so suits people of all ages. Furthermore there is the opportunity for all ages to participate as there are many golf clubs and are available for everyone to use.

(Total for Question 8 = 13 marks)



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Examiner Comments

This candidate has got the agency wrong for the first two examples and as such cannot score the additional marks for strategy or impact.

Three marks were awarded for Life Time Sport; for young to old, golf, and does not require high levels of fitness.



ResultsPlus

Examiner Tip

Be aware of the importance of getting the first part of questions right in order to access the other marks that are available

Question 9

Again this essay was on the whole answered very well. Students who scored well were able to identify the changes that the Industrial Revolution had upon society and then related these to the changes in, and the development of, sports. The top answers also identified that initially the Industrial Revolution had a detrimental impact upon sport but later the changes to society brought about more positive sporting developments.

Poorer answers simply stated what happened to sports, almost ignoring what had caused the changes. Some answers ignored the Industrial Revolution and instead spoke about the public schools, Oxbridge and how sport was diffused across society. This reinforces the need for students to answer the question that is set rather than the question that they want to answer.

*9 Discuss the role that the Industrial Revolution played in the development of sports.

(12)

The industrial revolution played a great deal in the development of sports. This helped with the codification, the national governing bodies, spectatorism and professional players.

Teams were set up from factories or churches. When people finished work they decided to play games such as football. With transport systems becoming better ~~people~~ teams started to play other teams from other towns but they played with different rules. Universities such as Oxford and Cambridge brought together all the rules and put them into the Oxbridge melting pot. This is where one standard ~~set~~ set of rules were made and all the teams had to play by these rules. All the old school boys set up the national governing body such as the FA of football to make sure these rules were being used.

Now teams could play each other with these rules, people couldn't get the time off work to play. So their team decided to pay them for the hours they were missing from which was called broken time pay. They got this money due to their being less space and more people wanting people would pay to watch the team which was called spectatorism. The players then also got paid to

play full time to play and train with the club. This then led to ~~prof~~ professional players and spectators. When all this occurred the fixtures started to occur more and

all the teams were put into leagues. Workers were given the Saturday afternoon off and this was when all the fixtures got played. This is why football in England is kick off at 3 O'clock pm.

Without the Industrial revolution the leagues would not of been set up, Codification wouldnt of have occurred, professional players wouldnt have been born and Spectatorism wouldnt of happened. Not only did the Industrial revolution make England a working country, it set up some of the best sports leagues in the world and also gave sports such as football to the world due to globalisation through the army, teachers, the old english colonies and University studies passing the sports and the rules on.



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Examiner Comments

The answer shows some understanding of the focus of the question but there is some irrelevance in the answer. Codification is mentioned and it has links from the effects of the industrial revolution and the impact that these had upon sport. This enables it to be scored in the top bands. But it loses marks because it lacks enough accurate factual material.

Paper Summary

Candidates need to be aware of;

- accurate definitions to terms referred to in the specification,
- providing answers that attempt to answer all parts of the questions,
- what is being asked and
- ensuring that their answers support the definitions that they have provided.

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