



Pearson
Edexcel

Mark Scheme

Summer 2024 (Results)

Pearson Edexcel GCSE
In Physical Education (1PE0)
Paper 02 Health and Performance

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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.

Section A

Question Number	Answer AO1 – 1 mark	Mark
Q01 (a)	<p>The only correct answer is C – Minerals</p> <p>Incorrect options: A – is not correct because carbohydrates are macronutrients mainly essential for energy B – is not correct because macronutrients are not essential for maintaining bone health D – is not correct because protein is a macronutrient mainly essential for growth and repair of muscle</p>	(1)

Question Number	Answer AO1 – 1 mark	Mark
Q01 (b)	<p>The only correct answer is C – Nausea</p> <p><i>All other options are not consequences of dehydration</i></p>	(1)

Question Number	Answer AO1 – 1 mark	Mark
Q02 (ai)	<p>One mark for correct example of physical health benefit:</p> <ul style="list-style-type: none"> • Avoid obesity (1) • Reducing high blood pressure/cholesterol/less chance of CHD (1) • Reduced risk of (type 2) diabetes (1) • <u>Increases</u> cardiovascular fitness/endurance (Accept other health-related component of fitness i.e. <u>increased</u> flexibility, strength, muscular endurance, improved body composition) (1) • Reduce risk of osteoporosis (1) <p>Accept other appropriate responses</p>	(1)

Question Number	Answer AO1 – 1 mark	Mark
Q02 (a ii)	<p>One mark for correct example of social health benefit:</p> <ul style="list-style-type: none"> • Meet new friends (1) • (Opportunity for) co-operation/ teamwork (1) <p>Accept other appropriate responses</p>	(1)

Question Number	Answer AO1 – 1 mark	Mark
Q02 (aiii)	<p>One mark for correct example of emotional health benefit:</p> <ul style="list-style-type: none"> • Stress relief/reduced risk of depression (1) • Release of serotonin/endorphins/<u>Feel</u> good factor (1) • Increases confidence/self-esteem (1) • Cathartic release (1) <p>Accept other appropriate responses</p>	(1)

Question Number	Answer AO2 – 1 mark; AO3 – 1 mark	Mark								
Q02 (b)	<p>One mark for each of the following correct response:</p> <p>For example:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Reason (1)</th> <th style="width: 50%;">Disadvantage when running a marathon (1)</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> • Red blood cells will carry less oxygen (due to carbon monoxide) (1) • Carbon monoxide binds with haemoglobin (1) </td> <td rowspan="5"> <ul style="list-style-type: none"> • Which means less oxygen for <u>energy</u> production (1) • Less oxygen to working <u>muscles</u> (1) • So unable to <u>maintain pace/run fast</u> for a long period of time (1) • Fatigue faster (1) </td> </tr> <tr> <td> <ul style="list-style-type: none"> • Less effective gaseous exchange/ Damages alveoli (1) </td> </tr> <tr> <td> <ul style="list-style-type: none"> • Less effective diffusion of oxygen/gases (1) </td> </tr> <tr> <td> <ul style="list-style-type: none"> • Decreased lung <u>capacity</u>/decreases vital capacity (1) </td> </tr> <tr> <td> <ul style="list-style-type: none"> • Increased risk of bronchitis/emphysema (1) • Build-up of plaque in <u>arteries</u> (1) </td> </tr> </tbody> </table> <p>Accept other appropriate responses</p> <p>One mark for reason smoking is a disadvantage (AO2) One mark for impact of disadvantage on performance (AO3)</p>	Reason (1)	Disadvantage when running a marathon (1)	<ul style="list-style-type: none"> • Red blood cells will carry less oxygen (due to carbon monoxide) (1) • Carbon monoxide binds with haemoglobin (1) 	<ul style="list-style-type: none"> • Which means less oxygen for <u>energy</u> production (1) • Less oxygen to working <u>muscles</u> (1) • So unable to <u>maintain pace/run fast</u> for a long period of time (1) • Fatigue faster (1) 	<ul style="list-style-type: none"> • Less effective gaseous exchange/ Damages alveoli (1) 	<ul style="list-style-type: none"> • Less effective diffusion of oxygen/gases (1) 	<ul style="list-style-type: none"> • Decreased lung <u>capacity</u>/decreases vital capacity (1) 	<ul style="list-style-type: none"> • Increased risk of bronchitis/emphysema (1) • Build-up of plaque in <u>arteries</u> (1) 	(2)
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Question Number	Answer	Mark
	AO1 – 1 mark; AO2 – 1 mark	
Q03	<p>One mark for stating the reason why the weight of the two players is different and one mark for appropriate expansion:</p> <p>For example:</p> <ul style="list-style-type: none"> • Average males may have <u>a greater muscle mass</u> (1) which due to its <u>density</u> will make him weigh more (1) • Average males tend to have a larger bone structure/bigger skeleton (1) and a higher bone <u>density</u> (caused by testosterone) so will weigh more (1) <p>Accept other appropriate responses</p> <p>One mark for reference to male rugby players having more muscle mass/bone structure (AO1)</p> <p>One mark for appropriate expansion (AO2)</p>	(2)

Question Number	Answer	Mark
	AO1 – 1 mark	
Q04 (a)	<p>One mark for either of the following macronutrients:</p> <ul style="list-style-type: none"> • Fats (1) • Carbohydrates (1) 	(1)

Question Number	Answer	Mark
	AO1 – 1 mark; AO2 – 1 mark; AO3 – 1 mark	
Q04 (b)	<p>One mark for any of the following points (up to three marks):</p> <p>For example:</p> <ul style="list-style-type: none"> • A power athlete/discus thrower needs to consume protein within 1 hour/ immediately after training/competition (1) so they can increase/maximise <u>protein synthesis</u> (1) which allows them to recover from training <u>more quickly</u> (1) <p>Accept other appropriate responses</p> <p>One mark for identifying correct timing of protein intake (AO1)</p> <p>One mark for relevance/link to activity (AO2)</p> <p>One mark for impact (AO3)</p>	(3)

Question Number	Answer AO1 – 2 marks	Mark
Q05 (a)	<p>One mark for each of the following lifestyle choices (up to two marks):</p> <p>Any two from:</p> <ul style="list-style-type: none"> • Recreational drugs/ alcohol/nicotine/smoking 1) • Work-rest-sleep balance (1) • Diet (1) <p>Accept other appropriate responses</p>	(2)

Question Number	Answer AO1 – 2 marks	Mark
Q05 (b)	<p>One mark for each of the following negative impacts on health of low physical activity levels (up to two marks):</p> <p>Any two from:</p> <ul style="list-style-type: none"> • Obesity/overweight/overfat (1) • Coronary heart disease/CHD (1) • Stroke (1) • High blood pressure (1) • (Type 2) diabetes (1) • Osteoporosis (1) • Cancer (1) <p>Accept other appropriate responses</p>	(2)

Question Number	Answer AO2 – 2 marks; AO3 – 1 mark	Mark
Q05 (c)	<p>One mark for any of the following points (up to three marks):</p> <p>For example:</p> <ul style="list-style-type: none"> • Can cause injury/overtraining (1) so unable to train or play/performance plateaus/performance declines/cause them to miss training/competitions (1) which can lead to depression/anxiety/stress/loss of motivation (1) <p>Accept other appropriate responses</p> <p>One mark for reference to impact of too much physical activity (AO2)</p> <p>One mark for reference to impact on performance (AO2)</p> <p>One mark for reference to impact on emotional well-being (AO3)</p>	(3)

Section B

Question Number	Answer AO2 – 1 mark	Mark
Q06 (a)	<p>The only correct answer is C – Manual</p> <p>Incorrect options: A – is not correct because concurrent is a type of feedback not guidance B – is not correct because intrinsic is a type of feedback not guidance D – is not correct because mechanical uses equipment so is the wrong type of guidance</p>	(1)

Question Number	Answer AO2 – 1 mark	Mark
Q06 (b)	<p>The only correct answer is A – Golf swing</p> <p>Incorrect options: B – is not correct because a front crawl swimming stroke can be broken down easily C – is not correct because a tennis serve can be broken down easily D – is not correct because a triple jump can be broken down easily</p>	(1)

Question Number	Answer AO3 – 1 mark	Mark
Q06 (c)	<p>The only correct answer is A – England (approx. £3 billion)</p> <p>Incorrect options: B – is not correct because France has seen a lower increase in revenue (approx. 0.5 billion) C – is not correct because Italy has seen a lower increase in revenue (approx. 1.25 billion) D – is not correct because Spain has seen a lower increase in revenue (approx. 1.7 billion)</p>	(1)

Question Number	Answer AO3 – 1 mark	Mark
Q06 (d)	<p>The only correct answer is D – Spain (approx. 0.6 billion)</p> <p><i>Incorrect options:</i></p> <p>A – is not correct because England had a higher revenue in 2010 (approx. 2 billion)</p> <p>B – is not correct because France had a higher revenue in 2010 (approx. 1 billion)</p> <p>C – is not correct because Italy had a higher revenue in 2010 (approx. 1.25 billion)</p>	(1)

Question Number	Answer AO1 – 1 mark	Mark
Q07 (a)	<p>One mark for correct definition of closed skills:</p> <ul style="list-style-type: none"> • A closed skill is a skill performed in a predictable environment (1) <p>Accept other appropriate responses</p>	(1)

Question Number	Answer AO2 – 1 mark	Mark
Q07 (b)	<p>One mark for correct identification of placement of skill on continuum:</p> <ul style="list-style-type: none"> • A (1) 	(1)

Question Number	Answer AO1 – 1 mark	Mark
Q07 (c)	<p>One mark for correct identification of either of following practice structures:</p> <ul style="list-style-type: none"> • Fixed (1) • Massed (1) 	(1)

Question Number	Answer AO1 – 2 marks; AO3 – 2 marks	Mark
Q08	<p>Two marks for identifying reasons for goal setting and two marks for the application and impact:</p> <p>For example:</p> <ul style="list-style-type: none"> Increases attention/focus/gives an aim/target (1) which increases motivation/effort/increases task persistence (1) To track/monitor progress (1) which can increase confidence/self-esteem/motivation/allows programme to be adapted (1) <p>Accept other appropriate responses#</p> <p>Two marks for identifying reasons for goal setting for athlete (AO1) Two marks for application and impact on athlete (AO3)</p>	(4)

Question Number	Answer AO3 – 2 marks	Mark
Q09 (i)	<p>One mark for each of the following strengths (up to two marks):</p> <ul style="list-style-type: none"> Scored most points (1) Highest number of steals (1) Highest free throw accuracy (1) <p>Accept other appropriate responses</p>	(2)

Question Number	Answer AO3 – 2 marks	Mark
Q09 (ii)	<p>One mark for each of the following weaknesses (up to two marks):</p> <ul style="list-style-type: none"> Lowest number of assists (1) Lowest number of rebounds (1) Lowest percentage for three-point shots/ (1) Lowest number of blocks (1) <p>Accept other appropriate responses</p>	(2)

Question Number	Answer AO1 – 1 mark	Mark
Q10 (a)	<p>One mark for identifying any of the factors below affecting participation in sport (up to two marks):</p> <ul style="list-style-type: none"> • Gender / sex (1) • Socio-economic group (1) • Age (1) 	(2)

Question Number	Answer AO1 – 2 marks; AO2 – 2 marks	Mark
Q10 (b)	<p>One mark for way to improve disability sport and one mark for appropriate impact on disability sport:</p> <p>For example:</p> <p>Any two from:</p> <ul style="list-style-type: none"> • Making more clubs available/specially adapted facilities/ disability coaches/funding (1) to provide more <u>access</u> (1) • More disabled role models (1) which will encourage/motivate more disabled people to engage in sport (1) • Improve technology (1) which means <u>adaptive</u> equipment available for sport (1) • Increase the exposure/raise profile/awareness of disability sport through media/streaming/social media/increased coverage of paralympic games/Invictus games of Paralympics/Invictus games/increased media coverage (1) to increase number of role models/ motivate/inspire more people with disabilities to engage in sport (1) • Increase number of (new) adapted sports/sporting <u>activities</u> available (1) To cater for a wider range of <u>disabilities</u> (1) <p>Accept other appropriate responses</p> <p>One mark for each identified way of improving disability sport (AO1)</p> <p>One mark for each appropriate impact on disability sport participation (AO2)</p>	(4)

Question Number	Answer AO2 – 2 marks	Mark
Q11 (i)	<p>One mark for any of the following linked advantages of commercialisation for spectators (up to 2 marks):</p> <p>For example:</p> <ul style="list-style-type: none"> • More money from media etc/more competitions are sponsored/ (1) which means clubs can afford to attract exciting players to watch/best players/ higher standard of competition to watch (1) • Clubs have more money/receive funding (1) so better facilities (are provided for spectators) (1) • Increased TV coverage/access to sport via streaming/red button choice (1) means don't need to travel to ground/don't need to buy a ticket/ can watch at home (1) <p>Accept other appropriate responses</p>	(2)

Question Number	Answer AO2 – 2 marks	Mark
Q11 (ii)	<p>One mark for any of the following linked disadvantages of commercialisation for spectators (up to 2 marks):</p> <p>For example:</p> <ul style="list-style-type: none"> • Some sports are only available on satellite TV/pay per view/pay subscriptions/may need to purchase multiple apps/channels (1) so increased cost/too expensive to watch/cannot afford subscriptions (1) • More people want to watch/increased popularity (due to commercialisation) (1) causing increased ticket prices (1) • Ticket prices increase (1) so less affordable/too expensive (1) • Media has more control over sports (1) so inconvenient kick off times for spectators/ accept e.g., mid-day kick off (1) • Corporate sales (1) therefore fewer available tickets to attend live matches (1) • Games are interrupted by adverts (1) which can put spectators off (1) <p>Accept other appropriate responses</p>	(2)

Question Number	Answer AO1 – 2 marks	Mark
Q12	<p>One mark for correct description of deviance and one mark for correct description of gamesmanship:</p> <ul style="list-style-type: none"> • Deviance involves <u>breaking</u> the rules/cheating/ against the norms (1) • Whereas gamesmanship involves 'bending the rules' / gaining an unfair advantage (1) <p>Accept other appropriate responses</p>	(2)

Question Number	Answer AO2 – 2 marks; AO3 – 2 marks	Mark
Q13	<p>One mark for any of the following linked points relating to withdrawing sponsorship (up to four marks):</p> <p>For example:</p> <ul style="list-style-type: none"> • Racism is a hate crime/is against the law/ a form of abuse (1), so company withdrew because they did not want to be seen as associated with racism/ supporting racism (1) which would cause adverse/negative publicity/tarnish the brand/loss of reputation (1) leading to drop in sales /revenue/ lose customers (1) <p>Accept other appropriate responses</p> <p>One mark for reference to cause of withdrawal of sponsorship (AO2) One mark for linked expansion to sponsorship withdrawal (AO2) One mark for negative link to sponsor (AO3) One mark for impact on sponsor (AO3)</p>	(4)

Section C

Question Number	Indicative content AO1 – 3 marks; AO2 – 3 marks; AO3 – 3 marks	Mark
Q14	<p>Reward acceptable answers. Responses may include, but are not limited to, the following:</p> <p>Knowledge and understanding of types of feedback for an elite trampolinist (AO1):</p> <ul style="list-style-type: none"> • Extrinsic feedback which is provided by an external source/ the coach • Terminal feedback which is provided after the move/performance by the coach • Concurrent feedback which is provided during the move/performance by the coach <p>Application of knowledge of use of types of feedback for an elite trampolinist (AO2):</p> <ul style="list-style-type: none"> • Extrinsic feedback which is provided by an external source/ the coach (AO1) for example, the coach can provide verbal feedback (AO2) • Terminal feedback which is provided after the move/performance by the coach (AO1) as this cannot be given during the performance as it is over too quickly (AO2) • Concurrent feedback which is provided during the move/performance by the coach (AO1) but this can be distracting/confusing (AO2) <p>Evaluation of topic, making reasoned judgement(s) about the use of types of feedback for an elite trampolinist (AO3):</p> <ul style="list-style-type: none"> • Extrinsic feedback which is provided by an external source/ the coach (AO1) for example, the coach can provide verbal feedback (AO2) which enables Tyrone to receive relevant coaching points on what went wrong/what went well in performance (AO3) • Terminal feedback which is provided after the move/performance by the coach (AO1) as this cannot be given during the performance as it is over too quickly (AO2) which can be more detailed/ in depth feedback (AO3) • Concurrent feedback which is provided during the move/performance by the coach (AO1) but this can be distracting/confusing (AO2) which could be dangerous/lead to injury (AO3) <p>Students who only show achievement against AO1 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).