

# PRINCIPAL EXAMINER'S REPORT



BOTSWANA  
EXAMINATIONS  
COUNCIL

## BGCSE PHYSICAL EDUCATION 2024

### PAPER 1: WRITTEN PAPER

#### General Comments

The work presented was neat and eligible. Most of the Centres did well in section B3. The health and fitness module which takes 25 marks out of 80 has proven to be a challenge to many Centres as it was in the previous examinations. This year's cohort like the other cohorts have failed to demonstrate understanding in application questions especially in energy systems. There is a need to put more emphasis on the health and fitness module.

#### Comments on Individual Questions

##### Section A

- 1 The question was fairly done it required candidates to state two components of skill related fitness. Those who did not access the question were giving components of health-related fitness. Common responses were flexibility and cardiovascular endurance.
- 2 The question was poorly done. The question required candidates to describe the movement of the rib cage and the diaphragm. candidates gave only one not complete movement for both the diaphragm and the rib cage.eg for the diaphragm -candidates gave shapes like dome shape and curved rather than giving the movement.
- 3 The question was poorly done. The question wanted candidates to suggest two ways in which technology has improved officiating in sprints. Candidates gave gadgets without their use. They further failed to relate these gadgets to officiating in sprints.
- 4 The question was fairly done. It required candidates to name the type of muscle contraction that occurs in the biceps when lowering a dumbbell. Those who did not access it gave responses such as isotonic, isokinetic, isometric.
- 5 The question was poorly done. The question required candidates to give two reasons why dribbling is an open skill. Those who did not access the question were explaining how dribbling is done. Answers such as it is done in an open space were also common while some gave characteristics of closed skills.
- 6
  - (a) The question was well done. The question asked candidates to give a term used to describe unruly behaviour in sports. Majority of the candidates wrote hooliganism or spectator violence. Those who did not get it were giving the effects of hooliganism e.g. There will be destruction of property.
  - (b) The question was fairly done. Candidates were asked to suggest one way that such behaviour can affect sport. Those who got it wrong responded by giving ways of preventing hooliganism.
  - (c) The question was well done. Most of the candidates were able to come up with varied solutions to prevent hooliganism.
- 7
  - (a) The question was well done. The question required candidates to suggest two ways of minimising injuries when participating in physical activities. Candidates gave varied correct responses.
  - (b) The question was fairly done. Candidates were asked to complete the table by suggesting a cause and a treatment for selected injuries. For concussion most got the cause right but for rice they did not write the whole procedure, which is rice, but instead they wrote ice.

- 8 (a) The question was poorly done. Candidates were asked to name the anaerobic energy system used when performing shot put. Those who got it wrong wrote responses such as ATP, lactic acid.
- (b) The question was fairly done. The question required candidates to explain why the system named above is the most suitable for shot put. The most common correct response was shot duration and generation of power.

### Section B1

- B1 (a) The question was fairly done. The question required candidates to name two features of a freely moveable joint. Those who did not access the question were giving types of joints.
- (b) The question was fairly done. Candidates were able to name the bone and the tissue or organ it protects. a few candidates mentioned types of bones e.g. long, short bones but the organs were well identified.
- (c) The question was well done. Candidates were able to come up with varied principles of training. Those who did not access it repeated the principle of overloading which was already mentioned in the question.
- (d) The question was poorly done, the few candidates that got a mark had suggested reducing time. The question required candidates to suggest two ways in which time can be used to overload in sprints. Majority of the candidates had incorrectly suggested increasing the distance.
- (e) The question was poorly done. The question required candidates to state the order in which the three food fuels are used for ATP resynthesis. Majority of the candidates were able to come up with the correct food fuels but not in the correct order. Some of the candidates did not know what food fuels are and they suggested things like breakfast and supper.
- (f) (i) The question was poorly done. The question had a stimuli of vertical jump test picture and were asked to name the fitness component that is being tested. Majority of the candidates answered using leg power and skill related fitness components
- (ii) The question was Poorly done; the question required candidates to describe how the test shown in question (f)(i) is administered. Most of the candidates missed the first step of making a mark on the wall, some remembered the jumping part only, they did not mention finding the difference between the two points. Still, some of the candidates were basically trying to describe the picture in the question.
- (g) (i) The question was fairly done. Candidates were asked to identify the fitter athlete as shown on the graph, most of the candidates were able to identify B as the fitter athlete.
- (ii) The question was poorly done. Candidates were not able to justify why they are saying athlete B is the fitter one, they missed on the key words e.g. resting and during exercise
- (h) The question was poorly done. They were asked to name a component of the cardiovascular system that transports oxygen and nutrients to the working muscles. The most common and

incorrect response was coming up with components of cardiovascular system while others mentioned the components of blood.

- (i) (i) The question was poorly done. Candidates were asked to complete the table by filling in the missing characteristics of muscle fibres. Majority of the candidates could only get one mark out of three. They identified high and low as being resistance to fatigue-lactic and aerobic being the type of energy system and they were only able to access the suitable activity.
- (ii) The question was poorly done. The question was asking that other than fatigue, suggest two reasons why slow twitch muscle fibres are suitable for a marathon. Most of the candidates could not get a mark out of two. they mentioned the characteristics of slow twitch fibres while some repeated resistance to fatigue.

### Section B2

- B2 (a)** The question was fairly done. Candidates were asked to define sport and those who did not access the question were giving characteristics of sport, comparing games to sport or just saying sport is an institution.
- (b)** The question was fairly done. Candidates were asked to give two functions of sports clubs. Those who did not access it were giving functions of governing bodies
- (c)** The question was well done. Candidates were asked to name two types of media. The common responses were print and electronic media. Those who got it wrong wrote mass media.
- (d)** The question was fairly done. Candidates were asked to give two positive effects of media on sport. Those who got it wrong mostly gave positive effects of television.
- (e)** The question was fairly done. candidates were asked to differentiate between doping and substance abuse. Candidates got the doping definition but failed to define substance abuse since most of them just said it was use of drugs for pleasure or recreational purposes.
- (f)** The question was fairly done. candidates were asked to state two side effects of stimulants. Common responses were addiction, brain damage, heart diseases and those who did not access it gave answers such as death, lung cancer, madness and damage to body organs.
- (g)** The question was fairly done. Candidates were asked to suggest three reasons why the number of women participating in sport is increasing. Common responses included more female role models, equity and media coverage.
- (h)** The question was fairly done. Candidates were asked to state two ways that can be used to counter the effects of overarousal. Common responses included mental rehearsal, visualisation and meditation. Those who got it wrong were writing physiological responses if the body to arousal such as dry mouth, sweating, increased breathing etc.
- (i)** The question was well done. Candidates were able to get three to four marks out of four. The candidates were asked to complete the table by placing two correct terms for each type of motivation.

### Section B3

- B3 (a)** The question was fairly done. The question required candidates to give two media related to the study of physical education. The most common response was journalism, those who got it wrong were writing names of specialists in various sports media carrier i.e. sport journalist and careers that are not media related.
- (b)** The question was well done. Candidates were asked to give two ways how physical activities can be used to combat HIV/AIDS infections. Most of the candidates were able to come up with varied responses such as messages on pamphlets and flyers, education.
- (c)** The question was poorly done. Candidates were asked to suggest ways in which a coach can use technology to improve sports performance. Those who got it wrong were stating gadgets and their use without linking it to coaching.
- (d) (i)** The question was well done. Candidates were asked to give two values of physical education to an individual. Most of the candidates got two marks out of two by giving responses such as career opportunity and health and fitness.
- (ii)** This question was fairly done. Candidates were asked to give values of physical education other than those mentioned in the above question. Those who got it wrong were repeating **(d)(i)** answers.
- (e)** The question was well done. Candidates were asked to give three ways in which you would promote physical recreation in your area. Candidates came with varied correct responses. Most of them were able to get two out of three marks. The most common responses were giving incentives, education and formation of clubs.
- (f)** The question was well done. Candidates were asked to give two benefits of positive use of leisure time. candidates came up with correct varied responses on benefits. The most common responses were improvement in health, relief stress and people live longer.

### PAPER 2: COURSEWORK

#### General Comments

There was an improvement both in the workbook and performance in this year's cohort as compared to last year's cohort. Most of the Centres submitted neatly presentable workbooks and were sampled well from all categories of High, Medium and Low. However, few Centres could not handle this well where workbooks were submitted not labelled and also not providing accompanying notes. Most of the Centres submitted hard drives which were playing well with clear and audible clips, however some Centres submitted DVD's which could not open and play.

#### Comments on Individual Questions

##### **WORKBOOK**

Workbooks from most Centres were neatly presented. The structure layout was followed except few Centres which presented Factors that might affect performance before Ways of improving. Candidates were able to identify Key skills and explain when they might be used. The analytic part of the workbook was handled well by a good number of the Centres. The analysis showed a process and a product as opposed to stating learning cues like with the previous cohort. Only a few could use learning cues to refer to Strengths and Weaknesses.

##### **WAYS OF IMPROVING**

A great number of Candidates proved that they have an idea of what is expected of them. They could draw the training programs but failed to prove a thorough knowledge on training principles and relevant drills to improve performance. Candidates could not come up with activities to address the weaknesses observed. The training programme sketches would be drawn with no comments to offer remedy to the stated weaknesses.

##### **OTHER FACTORS THAT MIGHT AFFECT PERFORMANCE**

Most of the candidates did well in this part of the workbook. However, some candidates stated irrelevant factors not specific to performance and also giving fitness components which end up contradicting what was mentioned on Strengths and Weaknesses.

##### **DISCUSSION AND RESPONSES**

Most of the candidates were able to address this part of the workbook very well.

##### **SAMPLING**

Generally, sampling was done well by most of the Centres with all categories of High, Medium and Low represented. There was an evidence of consistency in awarding of marks which proves that the Assessment Marking Criterion was followed. However, few Centres awarded marks that did not match the evidence submitted.

Most Centres submitted accompanying notes for sampled workbooks with marks. However, some Centres submitted notes and omitted the part of writing Centre Marks while others did not submit at all. This makes it difficult for moderators to do their work.



### **PERFORMANCE**

Picture quality and identification of sampled candidates has improved in most of the Centres. Very clear labels for example, visible numbers, letters and contrasting colours were used to identify candidates that made it easy to track during game situations.

There was a significant improvement in awarding of marks by most of the Centres. This proved that the Marking Criterion was followed as the marks awarded were matching the performance on the video clips. Sampling was done well in most Centres with all the three categories of High, Medium and Low represented.

### **CONCLUSION AND RECOMMENDATIONS**

An improvement was observed from most Centres. Awarding of marks was done following the Assessment Marking Criterion. The clips were well sampled across all categories of High, Medium and Low. More drills are to be used to during skills in isolation for easy tracking of each candidate than spending more time on game situations. All necessary documents that are sent to BEC for moderation are to be checked and signed by the Chief Invigilator. Centres are advised to always keep a backup of video clips in case of emergency.