

**M4.**

***Feet First***

1.



**1 mark**

2. Award **1 mark** for answers referring to the *rubbery materials*.

**1 mark**

3. Designed.

**1 mark**

4. Award **1 mark** for **each** of the following (up to a maximum of 2 marks):

- you should be breathing faster when you have finished warming up;
- you should be breathing normally when you have finished cooling down / breathing slows down again.

**Do not accept:**

- references to the heart beating faster and slower.

**up to 2 marks**

5. Award **1 mark** for *60*.

**1 mark**

6. Award **1 mark** for referring to one of the following with an indication of authorial intent:

- it tells you why you should do it;
- it says it's important;
- the author says that you should replace the water when you sweat;

- it emphasises that it is important to drink / to replace sweat;
- it says to do it to keep your body safe / comfortable;
- by using the word 'always';
- he has put a big picture.

Accept references to 'dehydration' if used to mean 'lose water when you sweat' and the rest of the answer is acceptable.

**Do not accept:**

any of the above reasons given without an indication of authorial intent, eg:

- you should replace water when you sweat.

any answers, with or without an indication of authorial intent, unrelated to the effect of drinking water or answers not evident in the text, eg:

- by warning you that you'll get dizzy;
- you will get dizzy, sick or tired;
- it says what will happen if you don't drink water.

**1 mark**

7. Award **1 mark** for any of the following:

- your muscles will hurt / you will injure yourself;
- you will feel dizzy / sick / tired.

**Do not accept:**

- you will pull a muscle;
- don't train when you're sick.

**1 mark**

8. Award **1 mark** for answers that refer to the body making chemicals (endorphins) which go to your brain and make you feel good.

**1 mark**

9. Award **1 mark** for **each** of the following facts from the leaflet (up to a maximum of 2 marks):

- warms your muscles up;
- makes them stretchy / they tear less easily;
- blood carries oxygen to the muscles;
- they hurt if you exercise too much;
- makes them stronger;
- keeps them working well;
- helps you fight off illness and disease;
- they work harder;
- your heart and muscles work well.

**Do not accept:**

- so they get healthy / fit / flexible / supple;
- you will get bigger muscles;
- it makes bones strong / helps your bones grow;
- it makes you stronger;
- *they hurt* (without clarification).

**up to 2 marks**

10. Award **1 mark** for **each** of the following reasons from the leaflet (up to a maximum of 3 marks):

- it helps you **stay** fit / the body cannot store fitness;
- to give you energy to do all the things you want to easily;
- to keep your body strong and fit;
- to make your muscles stronger;
- to help your body to make strong bones;
- to keep your muscles / heart and lungs working well;
- to help you fight off illness and disease;
- to make you feel good;

- to help you become a better runner.

**Do not accept:**

any answers that can be drawn from general knowledge or paraphrases of the text, eg:

- makes you healthy / stay strong / to keep well;
- to keep fit / get fitter / to keep you fit.

**up to 3 marks**