



HEALTH AND PHYSICAL EDUCATION

642/02

Paper 2 practical and coursework

Specimen - 2025-2027

Total:50 Marks

Confidential

MARK SCHEME

Criteria for assessment

Activity Plan	Scale	Actual mark	Comment
Submission on time	1		
Weeks - Days - Date - Month - Year	1 1 1 1		
Time allocation - Break by weeks (12 weeks)	2		
Laps - Number of laps	2		
Personal outfit - Is it according to the activity - Changed from uniform	2 2		
Warm ups - Are they according to the activity - Are they time bound	2 2		
Main activity - Events sequential - Starting from simplest to more complex	2 2		
Selected activities - Maximum of 5 activities from selected activity	5		
Progressive increase - Progression (e.g. warm up, walking, trotting cool down) - Time - Endurance - Flexibility - Agility - Movement	2 2 2 2 2 2		
Cool down - Are they according to the activity - Are they time bound	2 2		

Neatness - Clean file	2		
Creativity - Drawings - Pictures	2 2		
Presentation of file - Should be sequential	2		
Total	50		

In the selected activity consider the following:

Running

- Walking
- Trotting
- Squats
- Lunges
- Resistance bands
- Lifting and moving boxes
- Dump balls
- Cross country
- Hurdles
- Sprints
- Marathon

Aerobic dance

- Rhythm
- Music and dance
- Repetition
- Increase steps
- Variations

Skipping rope

- Increase jumps
- Lunges
- Squats
- Box jump
- Variation
- Power jump

When building up strength candidates can do the following:

- Push ups
- Pull ups
- Squats
- Lifting weight
- Equipment
- Resistance bands
- Lifting and moving boxes
- Digging in the garden
- Calf raises
- Dump bells (lifting two 5l bottles with water/sand)
- Medicine balls

NB: learners are also at liberty to research more on strength building exercises.