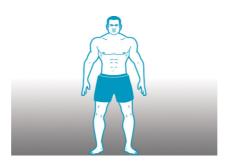
## 6 Mark Question Structure

## GCSE LE - INDELENDENT LEARNING TASK

## <u>SOMATOTYPES</u>

Extreme body types (somatotypes) are classified as endomorph, mesomorph or ectomorph.

<u>Discuss</u> whether an extreme mesomorph would be the ideal body type for endurance activities such as long distance running.



Use the boxes on the left to help you structure your answer. Tick the little box in the corner when you have finished each part of your answer.

Identify each	$\Lambda$	
somatotype and give a		
characteristic of each		
one e.g. an ectomorph		
has long thin limbs		
nus long thin iiilos		
	χlχ	
	ľ	
Develop your answer as		
to whether a		
mesomorph is suitable		
to long distance		
running.		
(12)		
(L2)	\/	
5 1	1 🚶	
Develop your answer		
with examples and a		
conclusion e.g. which		
somatotype would be		
better suited to a long		
distance runner and		
why.( <b>L3</b> )		
	V	

## Mark Scheme

Level 1 (1-2 marks)	Simple statements only e.g. a mesomorph is muscular and ectomorph is thin, mesomorphs have				
	more muscle therefore are heavy so slowing the performer.				
Level 2 (3-4 marks)	<b>Developed statements</b> e.g. a simple statement with an explanation or additional information about				
	the body type e.g. ectomorphs have a lighter frame than other body types meaning less weight to				
	carry therefore they have more pace.				
Level 3 (5-6 marks)	Developed statements with relevant examples (balanced) Conclusion provided e.g. an ectomorph				
	has a lighter frame therefore less demanding physically than for other body types to complete the				
	distance. Therefore, although a mesomorph could run in this event it is not 'ideal'. The ectomorph				
	body type for a long stance runner would be better to be an ectomorph.				