Question	Answer	Marks	Guidance
1 a	Total distance travelled = 4.5 + 4.5 = 9.0 km  Convert units: 9 × 1000 = 9000 m  60 × 60 = 3600 s  Average speed = $\frac{9 \times 1000}{60 \times 60}$ = 2.5 m s <sup>-1</sup>	C1 C1 A1	Cyclist rides away from home for 4.5 km, stops, and then returns.  Students must convert the distance to metres and the time to seconds.  An answer in km min <sup>-4</sup> would lose a mark.
1 b	Average velocity – change in displacement divided by the time taken.  Average velocity = 0 m s <sup>-1</sup> Displacement is a vector quantity whereas distance travelled is a scalar, and depends on the route taken between the start and finish.	B1	Since the cyclist returns home the change in displacement is zero.  This is an important distinction and should be carefully noted.
1 C	Horizontal sections from $t = 0$ to $t = 10$ min and from $t = 15$ to $t = 20$ min with value $5.0$ m s <sup>-1</sup> . Horizontal sections from $t = 10$ to $t = 15$ min and from $t = 20$ to $t = 30$ min with value $0.0$ m s <sup>-1</sup> . Horizontal section from $t = 30$ to $t = 60$ min and with value $-2.5$ m s <sup>-1</sup> .	B1 B1	Gradient is the velocity so for first 10 min $v = \frac{3000}{10 \times 60} = 5  \mathrm{m \ s}^{-1}$ $v = 0  \mathrm{m \ s}^{-1}  \mathrm{for \ next}  5  \mathrm{min}$ before cyclist continues journey with the same velocity as before. After another stop the cyclist turns round and cycles in the opposite direction so velocity is negative and gradient is then -2.5 m s <sup>-1</sup> . Note the negative sign.
2 a	From $t$ = 0s to $t$ = 12 s the car is accelerating uniformly. Acceleration = 1.83 m s <sup>-1</sup> From $t$ = 12 s to $t$ = 20 s the car is travelling at a constant velocity of 22 m s <sup>-1</sup>	B1 B1 B1	It is important to note that acceleration is constant. Since numerical values are provided on the graph numerical values must be included for this mark.
2 b	Distance travelled = area under graph  Distance = $\frac{1}{2} \times 22 \times (20 + 8) = 308  \text{m}$	G1 A1	Since direction of motion is unchanged, distance travelled and displacement have the same magnitude. The correct answer can also be found by adding the area of the triangle and the rectangle rather than using the area of the trapezium.
2 c	Speed = 308 = 15.4 m s <sup>-1</sup>	A1	

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web mar 2 2013 tüm kültürlerde meditasyon özü aynıdır ve bunu sürekli uygulamadan imgelemelerde başarılı olunamayacağı bilinir meditasyon diye tüm bildiklerinizi bir kenara koyarak incelemenizde fayda var çünkü meditasyonun temeli tektir her ruhsal öğretide tasavvuf taoizm zen zazen paganizm budizm bu teknikler değişmez

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web jul 30 2018 das moderne wort meditation hat seinen ursprung in der lateinischen wurzel med zu messen zu begrenzen zu betrachten zu raten geeignete maßnahmen zu treffen es bezieht sich weiter auf die worte meditatio oder meditari nachdenken nachsinnen überlegen

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web nov 4 2022 meditation ist eine gedankenübung die dazu dient den geist zu sammeln und zu beruhigen der zustand der tiefen entspannung der dabei eintritt hilft beim stressabbau und einschlafen erfahren sie wie meditieren funktioniert und warum sich das erlernen lohnt

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web mar 18 2016 meditation ist ein bei sich sein wörtlich übersetzt bedeutet es so viel wie sich zur mitte hin ausrichten oder einen zustand entspannter aufmerksamkeit einzunehmen das ziel besteht darin sich von den reizen der außenwelt und dem trubel des alltags in sich selbst zurückzuziehen und anzunehmen was gerade da ist

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web sep 23 2018 bei der meditation übst du dich darin im gegenwärtigen moment zu sein und wahrzunehmen was

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geschieht das heißt mit liebevoller offenheit alles zu empfangen was da ist was aufkommt und alles sein zu lassen wie es ist du bist der reine beobachter von allem was um dich herum und in dir geschieht