

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2010

Directorate for Quality and Standards in Education

Educational Assessment Unit

FORM 5

PHYSICAL EDUCATION

TIME: 1h 30min

Name: _____

Class: _____

Section A - Movement and Physical Activities (16 marks)

Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 13 in Section A. Answer all parts of the chosen question.

1. SKILL ACQUISITION

a) Physical Education teachers are required to differentiate. Underline one of the following phrases that best describes the term differentiation.

- i. Teachers teach tasks that are aimed at the good students in class.
- ii. Teachers teach tasks of various levels to cater for individual differences.
- iii. Teachers teach a task and students are required to adjust to that task. (1)

b) Mention two reasons why changes to rules are made.

- i) _____
- ii) _____ (2)

c) Classify the following skills in the table below: throwing, long jump, heading in a game situation, footwork exercises.

	Basic Skills		Complex Skills
i		iii	
ii		iv	

(1)

2. ATHLETICS

a) Give the range of races that are classified as middle distance.

_____ (1)

b) In the table provided below indicate by using the words **high** or **low** the centre of gravity of the athlete in the glide technique.

	Phase of Glide Technique	Centre of Gravity
i	Start of the glide	
ii	Mid-way through the technique	
iii	Moment of release	

(1)

c) Give two critical elements of the high jump.

i) _____

ii) _____

(2)

3. BADMINTON

a) Mention two instances when a server wins a point.

i) _____

ii) _____

(1)

b) When serving a player is repeatedly serving out of court. Mention two points to consider to correct this fault.

i) _____

ii) _____

(1)

c) Mention two critical elements of the overhand clear.

i) _____

ii) _____

(2)

4. BASKETBALL

a) A player shoots successfully from outside the semi circle and lands within the semi circle after releasing the ball. Is this a 2-point or 3-point score?

(1)

b) i) Why is a fast break important in basketball?

_____ (1)

ii) Should a player gain possession of the ball before or after starting a fast break?

_____ (1)

c) A player is repeatedly shooting too short of the basket. Suggest one way of correcting this fault.

_____ (1)

5. EDUCATIONAL DANCE

a) Mention four points to consider when planning a dance composition.

i) _____

ii) _____

iii) _____

iv) _____ (2)

b) What motion factor is referred to when using these terms?

i) Tempo, beat, rhythm _____

ii) Pathways, direction, shape _____ (2)

6. FOOTBALL

a) An opponent prevented a goal scoring opportunity by fouling the attacking player just outside the penalty area. Mention one decision the referee is expected to take.

_____ (1)

b) Your team mate is heading the ball too high and is always missing the target. Suggest which part of the ball he/she needs to hit and which part of the post he/she should aim at.

Hit _____ (1)

Aim _____ (1)

c) Mention one advantage of the 4-3-3 system.

_____ (1)

7. GYMNASTICS

- a) List four linking movements you would choose for your sequence.
- i) _____ ii) _____
iii) _____ iv) _____ (1)
- b) i) What is meant by “asymmetry” in gymnastics?
- _____
- ii) Give an example of an asymmetric shape. You may use a drawing to illustrate your answer.
- _____ (1)
- c) John is overbalancing while practicing the headstand. Give him one tip on how to correct this.
- _____ (1)
- d) Suggest one way of how a gymnast may improve the take-off from the spring board.
- _____ (1)

8. HOCKEY

- a) When is a ball considered to be out of bounds in hockey?
- _____ (1)
- b) Mention two critical elements of the reverse push pass.
- i) _____
ii) _____ (2)
- c) Mention one element regarding the attacking zone.
- _____ (1)

9. NETBALL

- a) i) Mention one role of a goalkeeper in Netball.
- _____ (1)
- ii) Mention two points the goalkeeper should keep in mind when defending the shooter in possession of the ball.
- _____ (2)
- _____

b) Mention one action of a player for an effective dodge.
_____ (1)

10. RHYTHMIC GYMNASTICS

a) Which implements are used in Rhythmic gymnastics?
_____ (1)

b) Mention two considerations a gymnast should keep in mind when planning a sequence.
i) _____
ii) _____ (1)

c) Mention two important points a gymnast should keep in mind for efficient use of the implement.
i) _____
ii) _____ (1)

d) Mention two rules regarding the use of music during a sequence.
i) _____
ii) _____ (1)

11. SWIMMING

a) State the rule regarding underwater swimming at the start of a race.
_____ (1)

b) Mention two exercises a swimmer can perform in the pool to improve any stroke.
i) _____
ii) _____ (1)

c) Put the name of the appropriate stroke beside its description.

	Description	Stroke
i)	Feet are turned outwards for the start of the kick	
ii)	At the start, swimmer pushes off on his back	

(1)

d) State the reason why timing in breathing is essential.
_____ (1)

12. TEAM HANDBALL

a) What does the 9-m line represent?

_____ (1)

b) Give one instance when a wrist pass is used.

_____ (1)

c) Mention one limitation of the wrist pass.

_____ (1)

d) How is the piston movement used in handball?

_____ (1)

13. VOLLEYBALL

a) When is a block performed?

_____ (1)

b) Name the positions a libero may play in.

_____ (1)

c) Mention one advantage of the overhead service over the underhand service.

_____ (1)

d) What is the umpire's decision when a server steps on the baseline when serving?

i) _____

ii) _____ (1)

Section B - Health Related Fitness (16 marks)

Answer all questions in this section.

Answer all parts of each question.

1. Give two reasons why each of the following is likely to reduce our sporting performance:

a) alcohol:

i) _____

ii) _____

b) smoking:

i) _____

ii) _____ (1)

2. Why is fibre good for you?
_____ (1)

3. Where in the body is glycogen stored?
_____ (1)

4. An athlete has eliminated fats completely from the diet. Mention two possible consequences:
i) _____
ii) _____
iii) _____
iv) _____ (1)

5. John hates exercise. Convince him of the benefits of exercise.
Exercise will:
i) _____
ii) _____ (1)

6. State whether the components below are health-related or skill-related.
An example has been done for you.

e.g.	Muscular endurance	Health-Related
i	Agility	
ii	Flexibility	
iii	Strength	
iv	Power	

(1)

7. State one difference between a mesomorph and an ectomorph.
_____ (1)

8. a) Mention an instance when a basketball player uses:
i) dynamic strength _____
ii) explosive strength _____ (1)

b) Mention one exercise to improve:
i) dynamic strength _____
ii) explosive strength _____ (1)

9. Flexibility is important for an athlete to perform efficiently.

Why is flexibility important in:

- i) High Jump _____
- ii) Sprinting _____ (1)

10. State how one can check the pulse recovery rate.

- i) _____
- ii) _____
- iii) _____ (1)

11. Give the definition of:

- i) anaerobic energy _____
- ii) VO₂ max _____ (2)

12. The duration and distance of an event affect speed. Which other two factors affect speed?

- i) _____
- ii) _____ (1)

13. In the table below state whether the following statements describe psychological or physiological factors.

	Statement	Factor
i	Audrey was boosted by the support of her friends	
ii	She performed poorly due to lack of sleep	
iii	She took part in the match suffering from a bad cold	
iv	The player is highly motivated to play well	

(2)

Body Systems and Performance (36 marks)

1. Which type of joint is most likely to suffer a dislocation and why?

Joint: _____

Why _____ (1)

2. Give an example of a joint which allows flexion and extension.

_____ (1)

3. What is the main function of ligaments?

_____ (1)

4. Besides allowing movement, the skeleton has other functions.

Mention one function related to the circulatory system.

_____ (1)

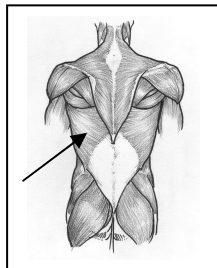
5. What do we call that type of movement where a part of the body moves away from the body?

_____ (1)

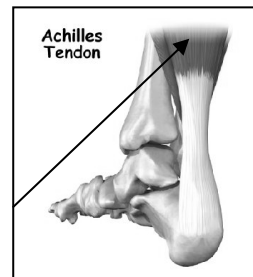
6. What do we call a muscle contraction where there is tension but no movement?

_____ (1)

7. Look at the diagrams and state the movement that takes place when the muscle indicated contracts.



(i) _____



(ii) _____ (2)

8. Mention a bad habit which may cause or aggravate a bad posture.

_____ (1)

9. When a movement takes place, one muscle acts as agonist while another acts as antagonist. Explain briefly what this means.

_____ (2)

10. Mention one way how the resting heart rate may give an indication of one's health.

(1)

11. Which type of exercises are most suited for improving the circulatory system?

(1)

12. Why should one calculate and know his/her maximum heart rate before starting a regular training programme?

(1)

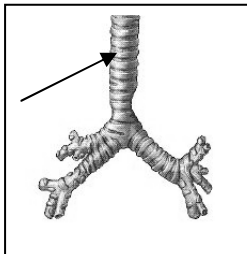
13. What is the relation between the Maximum Heart Rate and the Aerobic Training Zone?

(1)

14. What makes the pulmonary artery different from the other arteries?

(1)

15. Give the anatomical name and function of this part of the respiratory system.



Name: _____

Function: _____

(2)

16. What movement does the diaphragm do during inspiration?

(1)

17. Alveoli are surrounded by tiny capillaries. How does gas exchange take place here?

(1)

18. Heavy exercise causes one to breathe faster. Explain briefly why this happens.

(1)

19. Name the 'Principle of Training involved' in each of these two cases.

		Principle
i	Case 1: Ron wears weight belts during his running training	
ii	Case 2: Lynn increases her work load in stages	

(2)

20. An athlete chose sit-ups/curl-ups to improve his/her abdominal muscular endurance.

Describe two ways of increasing the 'intensity' of this exercise.

(i) _____ (1)

(ii) _____ (1)

21. A good training session is divided into four parts or phases. In which part is a 'conditioned game' or playing under pressure done?

_____ (1)

22. Name one training method which develops both speed and anaerobic endurance.

_____ (1)

23. In the table below, write one advantage for each training method.

	Training Method	Advantage
i	Circuit training	
ii	Weight training	

(2)

24. Alex is doing the Progressive Shuttle Run test (Bleep Test). When is Alex asked to stop because he has reached his limit?

_____ (1)

25. Mention two body measurements which are used to give an indication of one's level of fitness.

(i) _____ (ii) _____ (1)

26. The Cooper Test is not a very reliable test, however it has its advantages. Name one of these advantages.

_____ (1)

27. Stimulants are drugs which give the impression that they are giving 'extra' energy to the athlete. Explain briefly why this is not true.

_____ (2)

28. A fracture is suspected if certain **visible** signs are noticed. Mention one of these visible signs.

_____ (1)

29. A head injury may produce a **concussion**. Mention one sign of a concussion.

_____ (1)

Section C - Sports in Society (12 marks)

Answer all questions

1. Mention one social factor which hinders participation in sport.

_____ (1)

2.a) State one advantage and one disadvantage of a Knockout competition.

i) _____

ii) _____ (1)

b) Plan a Knockout competition for 8 teams.

1.

2.

3.

4.

5.

6.

7.

8.

(1)

c) Mention another type of competition.

_____ (1)

3. a) Give two reasons why indoor sporting facilities should be made available. (1)

- b) Name two different types of indoor facilities. (1)
- i) _____
- ii) _____
4. a) Which body decides in which city the Olympic Games are held? (1)

- b) How often are the Olympic Games held? (1)

- c) Mention two important provisions which a city holding the Games has to consider. (1)
- i) _____
- ii) _____
5. Why is it difficult for less known sports to obtain a sponsorship? (1)

6. How can the media help to decrease the element of violence in sport? (2)
- i) _____
- ii) _____

End of Paper