

SECONDARY SCHOOL 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. "Health is a state of complete physical, mental and social well-being".

Complete the following table. The first one has been done for you.

| | Statement | Component |
|------|-----------------------------|---------------------|
| e.g. | Your health is working well | Physical well-being |
| i | You have no illness | |
| ii | You can cope with stress | |
| iii | You have friends | |
| iv | You have self-esteem | |

(1)

2. a) Which nutrient is needed by the body to build cells and repair muscles?

b) Mention three types of food which contain this nutrient.

i) _____

ii) _____

iii) _____ (1)

3. What are carbohydrates used for in the body?

_____ (1)

4. Give one example of how:

a) exercise helps you look better _____

b) helps your body to work better _____ (1)

5. Name a *health-related fitness* component especially important for each of the following activities.

| | Activity | Health-Related Fitness |
|-----|--------------------------------|-------------------------------|
| i | Long brisk walk | |
| ii | Hanging clothes on a high line | |
| iii | Lifting a heavy box | |
| iv | Sawing wood for 20 minutes | |

(2)

6. Natasha is a swimmer and Peter is a jockey. What is the ideal somatotype for each of the athletes?

i) Natasha _____

ii) Peter _____ (1)

7. a) State how one can increase flexibility.

b) Give an example of an exercise which increases flexibility.

_____ (1)

8. What changes in pulse recovery rate would you expect after months of jogging?

_____ (1)

9. Write the name of the *skill related component* needed near the sport activity.

The first one has been done for you. Each component can be used only once.

| | Sport activity | Skill Related Component |
|------|-----------------------|--------------------------------|
| e.g. | Sprinting | Speed |
| i | Long jump | |
| ii | Swimming | |
| iii | Handstand position | |
| iv | Saving a penalty | |

(2)

10. a) State two ways in which fatigue affects performance in basketball.

i) _____

ii) _____

(1)

b) State two psychological aspects which may affect a gymnast's performance.

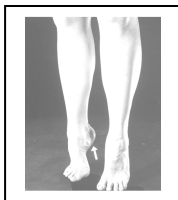
i) _____

ii) _____

(1)

11. There are three types of strength.

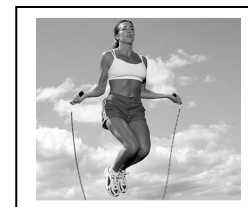
Write the type of strength being used in the pictures below.



i) _____



ii) _____

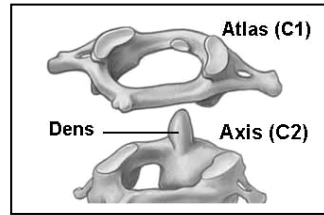
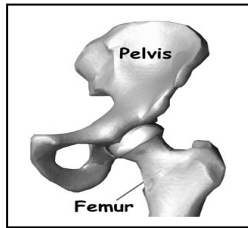


iii) _____

(3)

Body Systems and Performance (36 marks)

1. What type of joint is shown in each of these two pictures?



i) _____ ii) _____ (2)

2. How are bones classified?

i) _____ ii) _____ iii) _____ iv) _____ (2)

3. What special tissue holds joints together?

_____ (1)

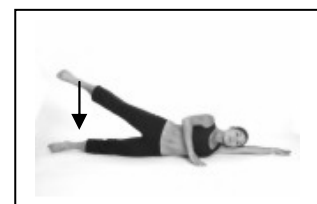
4. Name one region of the spinal column.

_____ (1)

5. Where are red blood cells produced?

_____ (1)

6. What type of movement is shown in this picture?



(1)

7. Give another name for voluntary muscles.

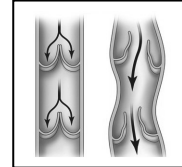
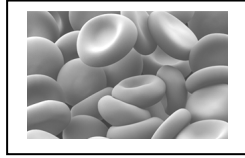
(1)

8. Carrying heavy schoolbags has a bad effect on posture. Suggest two ways of reducing this effect.

i) _____ ii) _____ (2)

9. Explain briefly the term 'muscle cramp'.
_____ (1)

10. Name these parts of the circulatory system.



i) _____ ii) _____ (2)

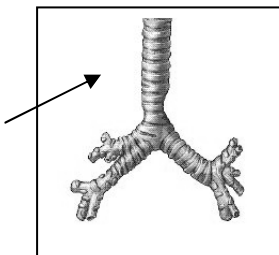
11. In which blood vessels do we usually find oxygenated blood?
_____ (1)

12. What is the formula used to calculate one's Maximum Heart Rate?
_____ (1)

13. Where do we find the 'carotid pulse'?
_____ (1)

14. What do we call that type of exercise which improves cardiovascular endurance?
_____ (1)

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



Name: _____

Function: _____

(2)

16. The nasal cavity serves to draw air in. Mention one other function.
_____ (1)

17. Which blood vessels surround alveoli?
_____ (1)

18. Heavy exercise causes one to breathe faster. Explain briefly why this happens. _____ (1)

19. Name the Principle of Training involved in 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. Describe two ways of increasing the ‘intensity’ or difficulty of push-ups.

(i) _____ (1)

(ii) _____ (1)

21. In which part of a normal training session do we find tactics and set pieces practiced?

_____ (1)

22. Name one training method which develops quickly both muscular strength and muscular endurance. _____ (1)

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

| | Training Method | Advantage |
|----|------------------|-----------|
| i | Fartlek | |
| ii | Circuit Training | |

(2)

24. Alexia is doing the Progressive Shuttle Run test (Bleep Test). When is Alexia asked to stop because she has reached her limit?

_____ (1)

25. Mention two body measurements which are used to calculate one’s level of fitness.

(i) _____ (ii) _____ (2)

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

i) _____ (1)

ii) _____ (1)

Section C - Sports in Society (12 marks)

Answer all questions in this Section

Answer all parts of each question

1. A committee is made up of a chairperson/president and other members. Mention two other members.

i) _____

ii) _____ (1)

2. a. Round Robin is a type of competition. Mention another two types.

i) _____

ii) _____ (1)

b. State one advantage and one disadvantage of the Round Robin system.

i) advantage: _____

ii) disadvantage: _____ (1)

3. Name two types of:

a. indoor facilities: i) _____ ii) _____

b. outdoor facilities: i) _____ ii) _____ (2)

4. a. The last Olympic Games were held in Beijing in 2008.

Where and when will the next games be held?

Where: _____

When: _____ (1)

b. The hosting city provides an Olympic Village. What other facilities need to be provided?

i) _____

ii) _____ (1)

5. a. Clubs or teams can receive sponsorship. What else may be sponsored?
_____ (1)
- b. Sponsorship can be for equipment. How else can a sportsperson be helped by sponsors?
_____ (1)
6. If you were an athlete, would you prefer to be seen on a newspaper or on television?
Give two reasons.
- i) _____
- ii) _____ (2)
7. Give one reason why people have more leisure time nowadays.
_____ (1)

End of Paper