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**FORM 3**

**PHYSICAL EDUCATION**

**TIME: 1h 30min**

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**Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Section A – Skill Acquisition, Movement and Physical Activities (16 marks)**

**Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 7 in Section A.**

**1) Skill Acquisition (4 marks)**

**a) A Teacher introduces students to certain physical activities. Mention two main areas of physical activities taught during the P.E. lessons.**

i) \_\_\_\_\_ ii) \_\_\_\_\_ (1)

**b) Many coaches are also ex-players/athletes. State one way how this fact helps them in their work.**

\_\_\_\_\_ (1)

**c) A sports official needs to be in complete control of the game/activity. Mention two personal qualities which help the official in this task.**

i) \_\_\_\_\_ ii) \_\_\_\_\_ (2)

**Movement and Physical Activities (12 marks)**

**Choose any three questions. Answer all parts of the chosen questions.**

**2) Athletics**

**a) Mention two rules related to the start of the 100m race.**

i) \_\_\_\_\_ (½)

ii) \_\_\_\_\_ (½)

b) Give two critical elements of the long jump run up.

i) \_\_\_\_\_ (1)

ii) \_\_\_\_\_ (1)

c) Why do we use the term '**putting the shot**' instead of '**throwing the shot**'?

\_\_\_\_\_ (1)

### 3) Educational Dance

a) Give the two extreme ends of the following motion factors:

i) Time: \_\_\_\_\_ (½)

ii) Weight: \_\_\_\_\_ (½)

iii) Space: \_\_\_\_\_ (½)

iv) Flow: \_\_\_\_\_ (½)

b) Mention two personal abilities a dancer needs.

i) \_\_\_\_\_ (1)

ii) \_\_\_\_\_ (1)

### 4) Games

Choose any game which you studied at school and answer the questions related to it.

a) Choose a skill from this game and write down two critical elements needed to perform that skill well.

Skill: \_\_\_\_\_

i) critical element \_\_\_\_\_ (1)

ii) critical element \_\_\_\_\_ (1)

b) Describe one tactic used (chosen game) in order to increase the chances of winning.

\_\_\_\_\_ (1)

c) Mention one official rule related to the playing area of the game chosen.

\_\_\_\_\_ (1)

### 5) Gymnastics

a) In the forward and backward rolls, the body weight is transferred from the feet, through the back and on to the feet again. Mention another skill where this is shown.

\_\_\_\_\_ (1)

b) Regarding the floor pattern, mention two factors which a gymnast should consider:

i) \_\_\_\_\_ (1/2)

ii) \_\_\_\_\_ (1/2)

c) Mention one instance for which points are deducted with regards to the incorrect use of:

i) music: \_\_\_\_\_ (1/2)

ii) the floor \_\_\_\_\_ (1/2)

d) State the name of one:

i) Linear vault: \_\_\_\_\_ (1/2)

ii) Rotational vault: \_\_\_\_\_ (1/2)

### 6) Rhythmic Gymnastics

a) Place the following skills in the correct column.

Arabesque, Split jump, Pose, Body wave, Stag Leap, Body bend, Skipping

	<b>Locomotor Movement</b>	<b>Non-Locomotor Movement</b>
i		
ii		
iii		
iv		

(2)

b) From your chosen implement, state two faults for which points may be deducted during a sequence:

Chosen implement: \_\_\_\_\_

i) \_\_\_\_\_ (1/2)

ii) \_\_\_\_\_ (1/2)

c) Two of the planes a gymnast may work at are the transverse/table plane and the sagittal/wheel plane. Name the other plane a gymnast may work at.

\_\_\_\_\_ (1)

## 7) Swimming

- a) Put the appropriate strokes near its description. The stroke can be either the front crawl/freestyle or the breast stroke.

The first one has been done for you.

	Description	Stroke
i	Head is turned sideways for breathing	Freestyle
ii	Elbows are high above the wrist for the pull phase	
iii	Hands are pushed forward together	
iv	Movements of the legs are simultaneous	
v	Knees and ankles are slightly flexed	

(2)

- b) State the proper breathing technique for any swimming stroke.

\_\_\_\_\_ (1)

- c) The starter gives the command 'Take your marks'. When is the starting signal given?

\_\_\_\_\_ (1)

### **SECTION B: Health Related Fitness (16 marks)**

**Answer all questions in this Section.**

- 1a) There are two types of fitness. What are these called?

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

- b) State one component related to each type of fitness

i) Type of fitness \_\_\_\_\_ Component \_\_\_\_\_

ii) Type of fitness \_\_\_\_\_ Component \_\_\_\_\_ (1)

- 2a) Static strength is one type of strength. Mention the other two.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

- b) Give an example of a sport situation where each type of strength is evident.

i) Type of strength: \_\_\_\_\_ static \_\_\_\_\_ sport situation: \_\_\_\_\_ rugby scrum \_\_\_\_\_

ii) Type of strength: \_\_\_\_\_ sport situation: \_\_\_\_\_

iii) Type of strength: \_\_\_\_\_ sport situation: \_\_\_\_\_ (1)

3a) Define 'flexibility'.

\_\_\_\_\_ (1)

b) Mention two advantages of flexibility.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

4a) Name one sport which requires a great deal of cardiovascular endurance.

\_\_\_\_\_ (1)

b) Suggest one way of improving cardiovascular endurance.

\_\_\_\_\_ (1)

5) Slow twitch muscle fibres are essential for 'endurance' sport. What type of sport is suited for fast twitch muscle fibres?

\_\_\_\_\_ (1)

6) Define:

i) anaerobic energy \_\_\_\_\_

ii) aerobic energy \_\_\_\_\_ (2)

7) Fill in the table below making use of the words provided.

**Lactic acid system, VO<sub>2</sub> maximum, oxygen debt**

	<b>Definition</b>	<b>Term</b>
i	The maximum amount of oxygen a person can take in	
ii	Supplying less oxygen than the body needs	
iii	Glucose broken down in the muscle system	

(3)

8. Complete the following statements:

i) Speed is the combination of reaction time and \_\_\_\_\_

ii) Power is the combination of the maximum amount of speed with \_\_\_\_\_

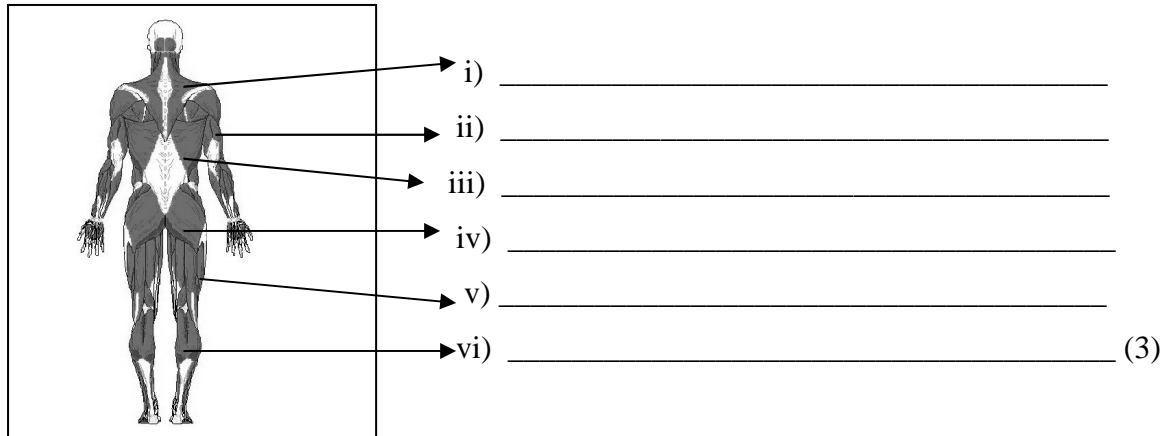
\_\_\_\_\_ (1)

**Section C: Body Systems and Performance (36 marks)**

**Answer all questions in this Section.**

1) Write the anatomical names of the muscles shown by arrows. Choose from this list:

Gluteals, hamstrings, trapezius, latissimus dorsi, triceps, gastrocnemius



2) What word is used to describe when:

i) a muscle shrinks because of lack of exercise: \_\_\_\_\_ (1)

ii) a muscle is tired and cannot contract anymore: \_\_\_\_\_ (1)

iii) a muscle contracts and cannot relax: \_\_\_\_\_ (1)

3) Give an example of how one can hold good posture while:

i) sitting: \_\_\_\_\_ (1)

ii) walking: \_\_\_\_\_ (1)

iii) lifting: \_\_\_\_\_ (1)

4) What do we mean when we say that muscles work in an antagonistic way?

\_\_\_\_\_ (1)

5) What is the function of these tissues?

i) ligaments: \_\_\_\_\_ (1)

ii) tendons: \_\_\_\_\_ (1)

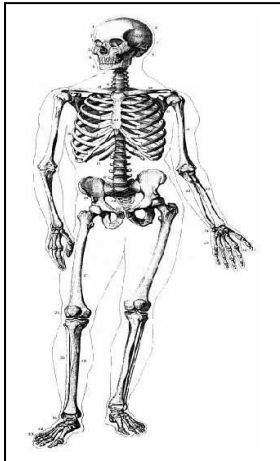
6) Mention three functions of the skeletal system.

i) \_\_\_\_\_ (1)

ii) \_\_\_\_\_ (1)

iii) \_\_\_\_\_ (1)

7) Look at the diagram and indicate by an arrow each type of bone.



i) long bone

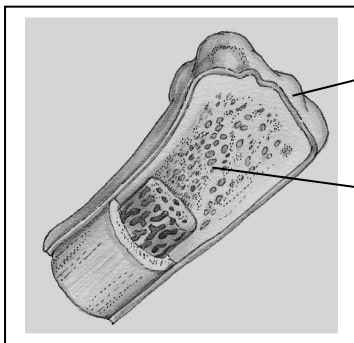
ii) flat bone

iii) short bone

iv) irregular bone

(2)

8) Look at the diagram of the inside of a bone and write the names of the layers indicated by arrows.



i) \_\_\_\_\_

ii) \_\_\_\_\_

(2)

9) Name one region of the spinal column. \_\_\_\_\_

(1)

10) Give another name for 'freely moveable joints'.

\_\_\_\_\_

(1)

11) Write the names of these types of joints.

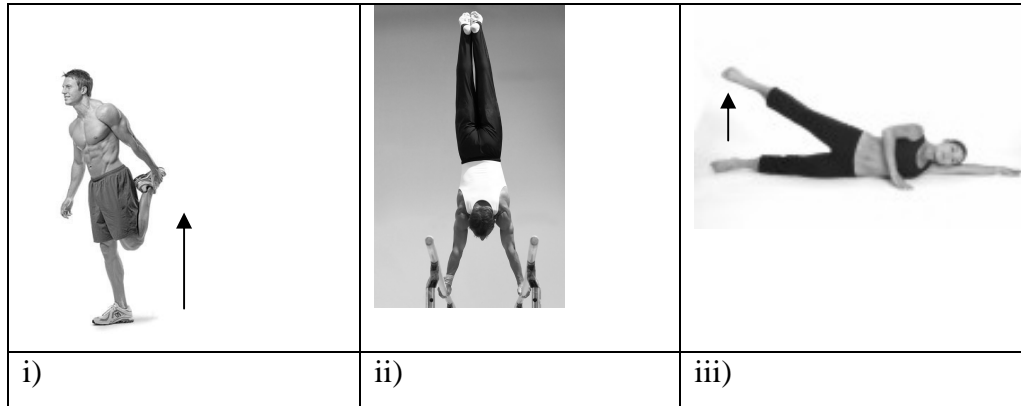
<p>Atlas (C1) Dens Axis (C2)</p>		<p>Pelvis Femur</p>
<p>i) _____</p>	<p>ii) _____</p>	<p>iii) _____</p>

(3)

12) What is the name of the liquid which lubricates freely moveable joints?

\_\_\_\_\_ (1)

13) What type of movement takes place in each of these pictures?



(3)

14) A balanced training session consists of a warm up, skills phase, fitness phase and a cool down. Choose any sport: (Sport chosen: \_\_\_\_\_)

Give examples of activities related to its:

i) Skills phase: \_\_\_\_\_ (1)

ii) Fitness phase: \_\_\_\_\_ (1)

iii) Cool down: \_\_\_\_\_ (1)

15) Next to each fitness component, write a fitness test to measure that component.

An example has been done for you.

	<b>Fitness Component</b>	<b>Fitness Test</b>
Ex.	speed	Timed 30m sprint
i	Leg power	
ii	Agility	
iii	Muscular endurance	
iv	Aerobic endurance	
v	Flexibility	

(5)

**Section D: Sports in Society (12 marks)**

**Answer all questions in this Section.**

**1a)** 'League' is a type of competition. Mention another two types.

i) \_\_\_\_\_

ii) \_\_\_\_\_(1)

**b)** Organize a competition for four teams (A, B, C, D) using the league system.

A plays \_\_\_\_\_

B plays \_\_\_\_\_

C plays \_\_\_\_\_

D plays \_\_\_\_\_

(2)

**c)** Mention one advantage of this type of competition.

\_\_\_\_\_ (1)

**2)** Choose another type of competition. Mention one advantage and one disadvantage of this type of competition.

Type of competition: \_\_\_\_\_

Advantage \_\_\_\_\_

Disadvantage \_\_\_\_\_ (2)

**3a)** Dancing is an active leisure time activity while watching television is an inactive activity.

State one other activity which is:

i) active \_\_\_\_\_

ii) inactive \_\_\_\_\_(2)

**b)** Mention two advantages of taking part in active leisure time activities.

i) \_\_\_\_\_

ii) \_\_\_\_\_(2)

**4)** It is possible to have a career in leisure time activities? Give examples of two careers.

i) \_\_\_\_\_

ii) \_\_\_\_\_(2)