

FORM 3

PHYSICAL EDUCATION

TIME: 1h 30min

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) _____ (1/2)

ii) _____ (1/2)

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

	Locomotor Movement	Non-Locomotor Movement
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.

1) "Health Related Fitness is the ability to meet the demands of everyday life".

Explain this statement.

_____ (1)

2a) What is the difference between **general fitness** and **specific fitness**.

_____ (1)

2b) Fill in the following table. Next to each sport, write one general fitness component and one specific fitness component.

Do not use the same fitness component more than once.

	Sport	General Fitness	Specific Fitness
i	Gymnastics		
ii	Volleyball		
iii	Swimming		

(3)

3) What is:

i) muscular strength: _____

ii) flexibility: _____

iii) muscular endurance: _____

(3)

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

_____ (1)

4b) Suggest one way of improving cardiovascular endurance.

_____ (1)

5) John's maximum pulse is 206.

How can he calculate his:

i) anaerobic training zone: _____ (½)

ii) aerobic zone: _____ (½)

6) What is VO₂ Max?

_____ (1)

7) Why is more oxygen used during exercise?

_____ (1)

8a) List two ways in which speed may be improved.

i) _____ (1/2)

ii) _____ (1/2)

8b) List two factors which restrict improvement in speed.

i) _____ (1/2)

ii) _____ (1/2)

9a) What is the effect of too much lactic acid on the muscles?

_____ (1/2)

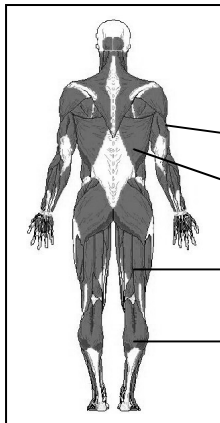
9b) Mention one way how this excess lactic acid may be removed from the body.

_____ (1/2)

Section C: Body Systems and Performance (36 marks)

1) Look at the diagram and write:

- The anatomical name of the muscles shown
- The movement that occurs when that muscle contracts



	Muscle Name	Movement when contracted
i		
ii		
iii		
iv		

(4)

2) A muscle contraction can be either **isotonic** or **isometric**. Give an example of each type of contraction.

i) isotonic contraction: _____ (1)

- ii) isometric contraction:

_____ (1)

3) Posture is how we carry out body weight. Give an example of:

i) static posture: _____(1)

ii) dynamic posture: _____(1)

4) What happens to a muscle during a cramp?

_____ (1)

5) What term is used to describe the way muscles work on pairs?

_____ (1)

6) Give an example of two muscles that work in pairs.

_____, _____ (1)

7) What is the function of tendons?

_____ (1)

8) Identify four functions of the skeletal system.

i) _____ ii) _____

iii) _____ iv) _____ (2)

9) Bones are classified as: long, short, flat or irregular.

Give an example of each type of bone.

	Type	Example
i	Long	
ii	Short	
iii	Flat	
iv	Irregular	

(2)

10) A long bone is made up of a number of layers. Name one of these layers.

_____ (1)

11) Name the upper region of the vertebral column. _____ (1)

12) What term is used to describe freely moveable joints? _____(1)

13) In the table below, give an example of where we can find each type of joint.

	Type of Joint	Example where found
i	Ball and socket	
ii	Hinge	
iii	Pivot	

(3)

14) What tissue protects the head of bones and helps to reduce friction?

(1)

15) What is the function of ligaments?

_____ (1)

16) What type of movement occurs when performing these actions?

	Action	Type of movement
i	Head turns sideways at neck	
ii	Straight arm moves away at side	
iii	Body bends to touch toes	

(3)

17) 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)

18) This question is about fitness testing. Fill in the missing words in this table.

	Test	Fitness component tested
i	Vertical jump	
ii		flexibility
iii	5m Shuttle run	
iv	Bleep Test	
v		speed
vi	Push-ups	

(6)

Section D: Sports in Society (12 marks)

Answer all questions in this Section.

1) League is one type of competition. Mention another two types.

i) _____ ii) _____ (1)

2a) Organise a competition for 4 teams (A,B,C,D) using the league system.

A plays _____ B plays _____
C plays _____ D plays _____ (2)

b) How are the points given in a league system?

_____ (1)

c) How is the winning team determined in a league system?

_____ (1)

d) Mention one advantage of this type of competition?

_____ (1)

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

Type of competition chosen: _____

Advantage: _____ (1)

Disadvantage: _____ (1)

4) Suggest two ways how sports clubs can encourage young people to take part in leisure activities.

i) _____

ii) _____ (2)

5) State one consideration to consider when organising a leisure activity.

_____ (1)

6) Mention two careers/jobs related to the leisure industry.

i) _____ ii) _____ (1)