

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2009

DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION

Educational Assessment Unit

FORM 5

PHYSICAL EDUCATION

TIME: 1½ hours

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.

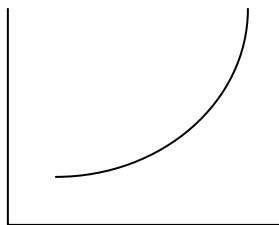
1. SKILL ACQUISITION

a) Skills can either be open or closed. Write open or closed near the skills mentioned.

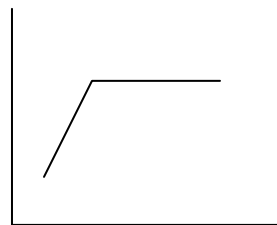
i) Handstand _____

ii) 3v3 basketball _____ (2)

b) Choose from the terms provided to show the type of learning described in the diagrams below: plateauing, linear progress, positive acceleration



i) _____



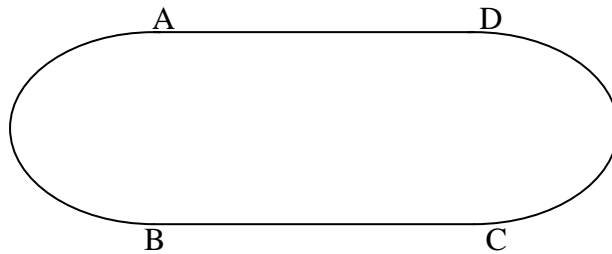
ii) _____ (2)

2. ATHLETICS

a) Describe the last 2 strides of the run up in the long jump.

_____ (1)

- b) Look at the outline of an international outdoor athletic track shown below. There are four points marked A, B, C, D. Write the letter which shows the start of:
- i. the 100m _____
 - ii. the 400m _____



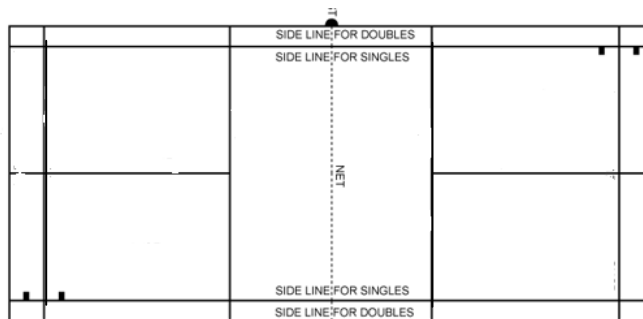
(1)

- c) Give two critical elements of how an athlete holds the discus before releasing it.

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

3. BADMINTON

- a) On the diagram below shade one possible singles receiving area.



(1)

- b) Where on court should a player move to when in the 'ready position'?

_____ (1)

- c) Define the following terms used in Badminton.

- i) match point: _____
- ii) love-all: _____
- iii) smash: _____
- iv) return: _____ (2)

4. BASKETBALL

- a) A player has jumped for the ball and landed on the right foot with the intention of doing a lay up shot. State the footwork from now on.

_____ (1)

- b) Explain the 'backcourt' rule.

_____ (1)

- c) i) State the difference between zone defence and man-to-man defence.

_____ (1)

- ii) State one advantage of zone defence

_____ (1)

5. EDUCATIONAL DANCE

- a) Mention four ways of travelling in dance.

i) _____

ii) _____

iii) _____

iv) _____ (2)

- b) Define:

i) Time: _____

ii) Weight: _____

iii) Space: _____

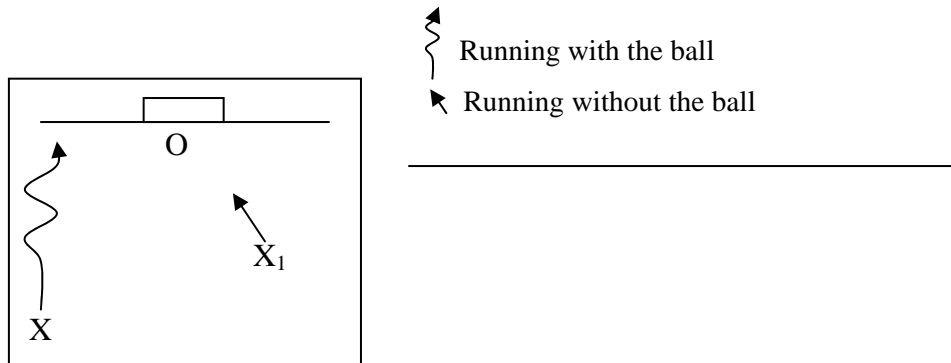
iv) Flow: _____ (2)

6. FOOTBALL

- a. A player received the ball in a regular position after coming in from an offside position. What decisions should the referee take?

_____ (1)

- b. In the diagram below X is running with the ball and is going towards the endline. He intends to pass the ball to X₁ who is running to meet the pass. Name the pass that X is going to give?



- c. Mention one reason why teams use a zone defence.

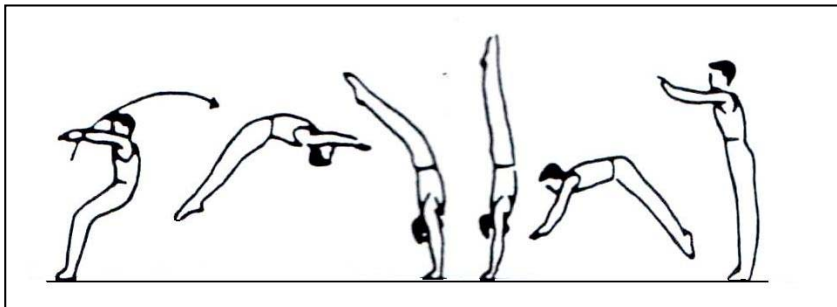
_____ (1)

- d. Mention one role of the goalkeeper.

_____ (1)

7. GYMNASTICS

- a) Look at the diagram below.



- i) Name the skill shown.

- ii) Which skill is usually performed before this skill? _____ (1)

- b) A gymnast moves in and out of balances smoothly. What does this show?

_____ (1)

c) Petra is overbalancing while practicing the handstand. Explain one safety tip you would recommend to her.
_____ (1)

d) Mention the rule regarding the use of the hands during the strike/thrust while vaulting?
_____ (1)

8. HOCKEY

a) A player of the defending team intentionally sends the ball over his own goal line. What decision should the referee take?
_____ (1)

b) Mention two critical elements for ball control while dribbling.
i) _____ (1)

ii) _____ (1)

c) Mention a system of play that hockey teams can use to play offensively.
_____ (1)

9. NETBALL

a) State two rules which must be observed when giving a 'throw in'.
i) _____

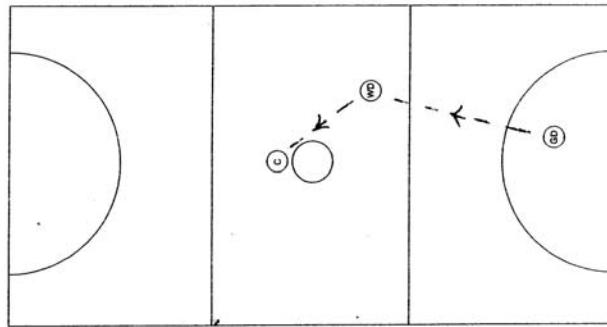
ii) _____ (1)

b) i) When is a 'pivot' necessary?
_____ (1)

ii) State two critical elements of the pivot.

_____ (1)

c) On the diagram below draw the path of the next pass the attacking centre should give.



(1)

10. RHYTHMIC GYMNASTICS

a) What does the term "aesthetic" mean when referring to a gymnastic movement?

_____ (1)

b) Mention two ways of expressing the space factor in your sequence.

i) _____ ii) _____ (1)

c) Which area of space around the body is a gymnast using if she is working at :

i) the sagittal/wheel plane?

ii) the transverse/table plane?

_____ (1)

d) State the rule regarding the use of the mat area during a sequence.

_____ (1)

11. SWIMMING

a) Explain in detail, the start position for the backstroke, until the starting signal.

_____ (1)

b) John is showing a lazy leg action during the front crawl /freestyle. Recommend John two exercises in the pool to improve the leg action.

i) _____

ii) _____ (1)

c) Give the definition of co-ordination when referring to any swimming stroke.

_____ (1)

d) Name two safety precautions a beginner should take when using the pool.

i) _____

ii) _____ (1)

12. TEAM HANDBALL

a) Mention one difference between the set shot and the jump shot.

_____ (1)

b) Explain two advantages of using the 6-0 zone defence.

i) _____ (1)

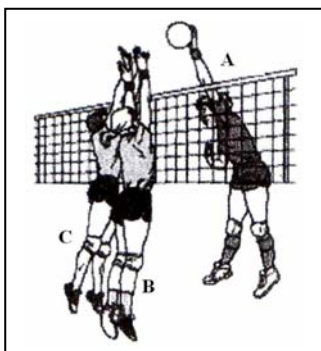
ii) _____ (1)

c) Mention one instance when a player has a 2 minute suspension.

_____ (1)

13. VOLLEYBALL

a) Look at the diagram below, and answer the following questions:



i) State the name of the skill performed by Player A.

ii) State the front positions on court from where this skill is performed.

iii) State the name of the skill most probably used to pass to Player A for her to be able to perform this attacking skill.

iv) State the name of the skill performed by Players B and C.

(2)

b) What is the last phase of any service? Give a full answer.

(1)

c) What is the umpire's decision when a ball touches the net and goes over to the other side of the court during a service?

(1)

Section B - Health Related Fitness (16 marks)

1. Give two problems caused by smoking.

i) _____

ii) _____ (1)

2. What advice would you give to someone starting an exercise programme for the first time?

i) _____

ii) _____ (1)

3. Age affects fitness. Mention another two factors.

i) _____ (1)

ii) _____ (1)

4. Carbohydrates are divided into two groups. Which are these?

i) _____

ii) _____ (1)

5. Saturates, monosaturates and polyunsaturates are types of a particular nutrient.

What is this nutrient?

_____ (1)

6. Flexibility and strength are two components of fitness.

Fill in the table below using the words provided.

bending sideways, vertical jumps, push ups, sit and reach

	Strength	Flexibility
i)		iii)
ii)		iv)

(2)

7. Place the appropriate word under the correct heading.

The first one has been done for you.

muscular endurance, reaction time, strength co-ordination, cardiovascular endurance, speed

	Health Related Fitness		Skill Related Fitness
i)	Strength	ii)	Reaction time
iii)		iv)	
v)		vi)	

(2)

8. Mention two sports in which explosive strength is used.

i) _____

ii) _____ (1)

9. Mention two factors which affect performance negatively.

i) _____

ii) _____ (1)

10. Fill in the table below.

	Body Type	Description	Sport
i)	Ectomorph		
ii)	Mesomorph		

(2)

11. John is 15 years old.

i) Work out his maximum pulse rate.

_____ (1)

ii) Mention two places where John can find his pulse rate.

_____ (1)

Body Systems and Performance (36 marks)

Answer all questions in this section.

Answer all parts of each question.

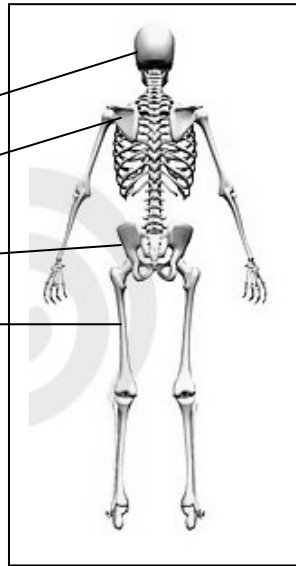
1. Write the anatomical name of these bones

A _____

B _____

C _____

D _____



(4)

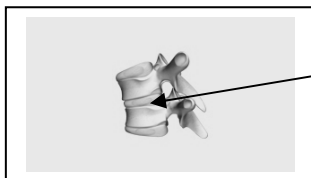
2. Which of the synovial joints gives most movement?

_____ (1)

3. What tissue holds joints in place?

_____ (1)

4. What is the function of the discs shown in the diagram?



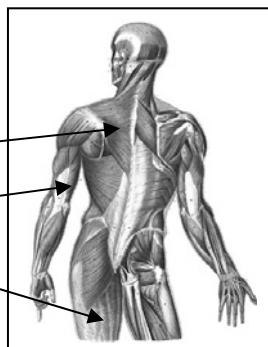
_____ (1)

5. Write the name of the muscles shown.

(i) _____

(ii) _____

(iii) _____

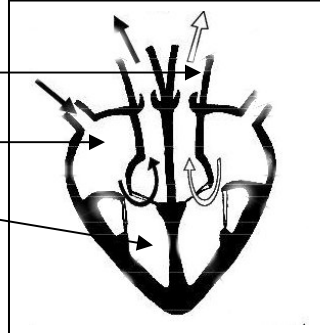


(3)

6. (i) Which muscle straightens the knee? _____ (1)
 (ii) Which muscle bends the body forward at the waist? _____ (1)

7. Name the parts of the heart shown by arrows.

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



(3)

8. What is the main function of the circulatory system?
 _____ (1)

9. If the heart beat is not strong, where is the best place to feel the pulse?
 _____ (1)

10. The air we breathe contains about 21% of oxygen. What percentage of this oxygen is used during normal breathing? _____ (1)

11. Which large, flat muscle helps with breathing?
 _____ (1)

12. Mention two ways of doing 'overload' when training.
 (i) _____ (1)
 (ii) _____ (1)

13. Which type of fitness is tested by the shuttle or slalom?
 _____ (1)

14. Mention one fitness test which measures muscular endurance.
 _____ (1)

15. For how much time does one run during the Cooper Test?
_____ (1)

16. Mention one use of fitness tests.
_____ (1)

17. There are two types of circuit training. Mention one of them.
_____ (1)

18. (i) What does Fartlek training consist of?
_____ (1)

(ii) How is strength developed using weights?
_____ (1)

19. A good training session has a part dedicated to fitness.
(i) How can this fitness part be made more interesting?
_____ (1)

(ii) How much time is usually devoted to warm-up and cool-down?
_____ (1)

20. (i) What type of drugs are often abused of in events needing strength or power?
_____ (1)

(ii) What unfair advantage do these drugs give?
_____ (1)

(iii) Mention one negative effect of these drugs.
_____ (1)

21. The picture on the right shows an injury during a contact sport.

(i) What type of injury is this?

(ii) How could this have been avoided?

(iii) How should such an injury be treated on the spot?
_____ (3)



Section C Sports in Society (12 marks)

1. Mention one way how women are discriminated in sport.

_____ (1)

2. Mention one benefit that television can give to sports.

_____ (1)

3a. Mention two types of sponsorship which an individual or team can receive from a sponsor.

i) _____

ii) _____ (2)

b. Mention one sponsorship that is considered unacceptable and therefore cannot sponsor sports _____ (1)

4. Eight teams are competing in a handball round-robin competition. The format is illustrated below.

Group 1

A v B 21-16

C v D 11-10

A v C 15-13

B v D 27-22

A v D 21-14

B v C 19-18

Group 2

E v F 17-15

G v H 20-21

E v G 15-14

F v H 21-25

E v H 22-27

F v G 18-22

a. List the two teams which

i) Qualify from Group 1 _____ (1)

ii) Qualify from Group 2 _____ (1)

b. What is the phase when these 4 teams are competing against each other called?

_____ (1)

c. The first part of this round robin-competition takes the form of a league. What form does the second part take?

_____ (1)

d. Mention one advantage of a round-robin competition.

_____ (1)

5. The private sector provides various sporting facilities.

i) What is the main reason why it provides such facilities?

_____ (1)

ii) Who can utilise facilities provided by the private sector?

_____ (1)