

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2003
 Educational Assessment Unit – Education Division

FORM 3

PHYSICAL EDUCATION

TIME 1 ½ Hour

TOTAL MARK 80

Name: _____

Class: _____

Section A – Movement and Physical Activities

Choose three questions from 1-12 in Section A.

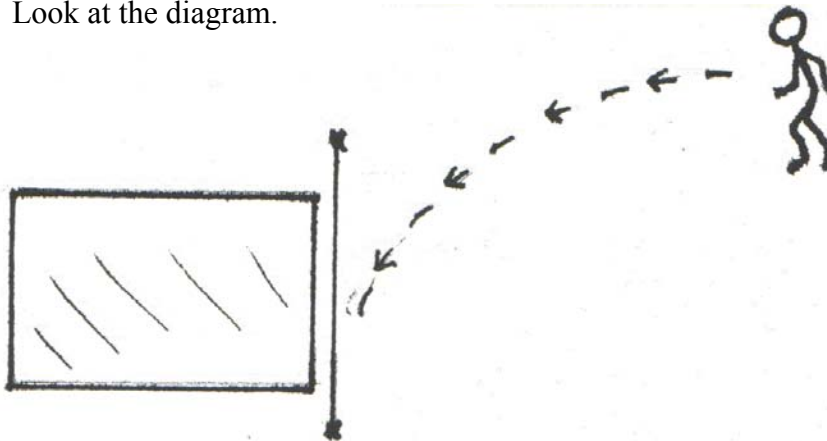
Answer all parts of the chosen questions.

1. ATHLETICS

- (a) Javelin is a throwing event.
 Name another throwing event.

_____ (1 mark)

- (b) Look at the diagram.



Name the style which uses this run-up.

- (i) _____ (1 mark)

If your take-off leg is the left, from which side should you start your run-up.

- (ii) _____ (1 mark)

- (c) In the 100m event there are two (2) possible start positions.
 Mention one of the start positions.

- (i) _____ (1 mark)

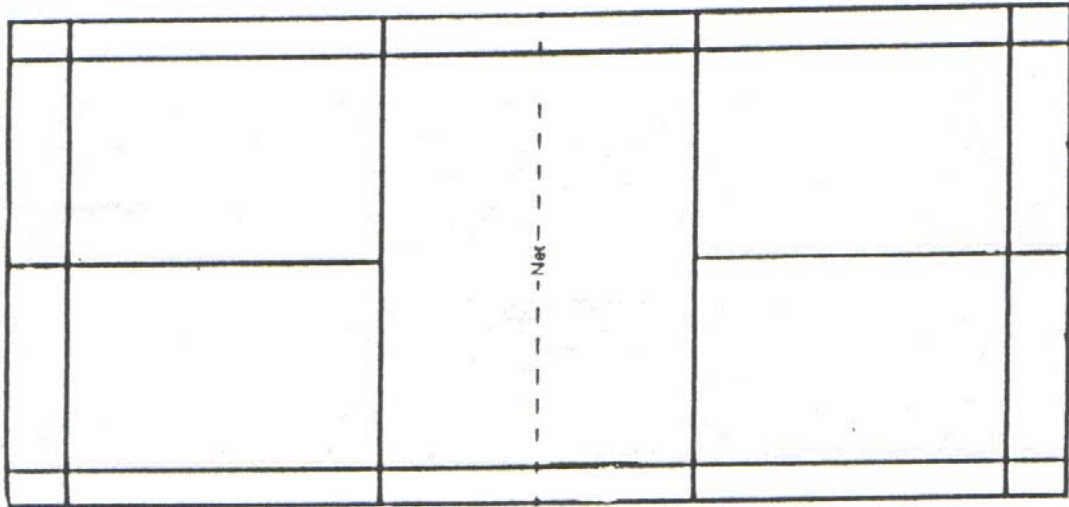
Mention two (2) advantages of this position.

- (ii) _____ (1 mark)

- (iii) _____ (1 mark)

2. BADMINTON

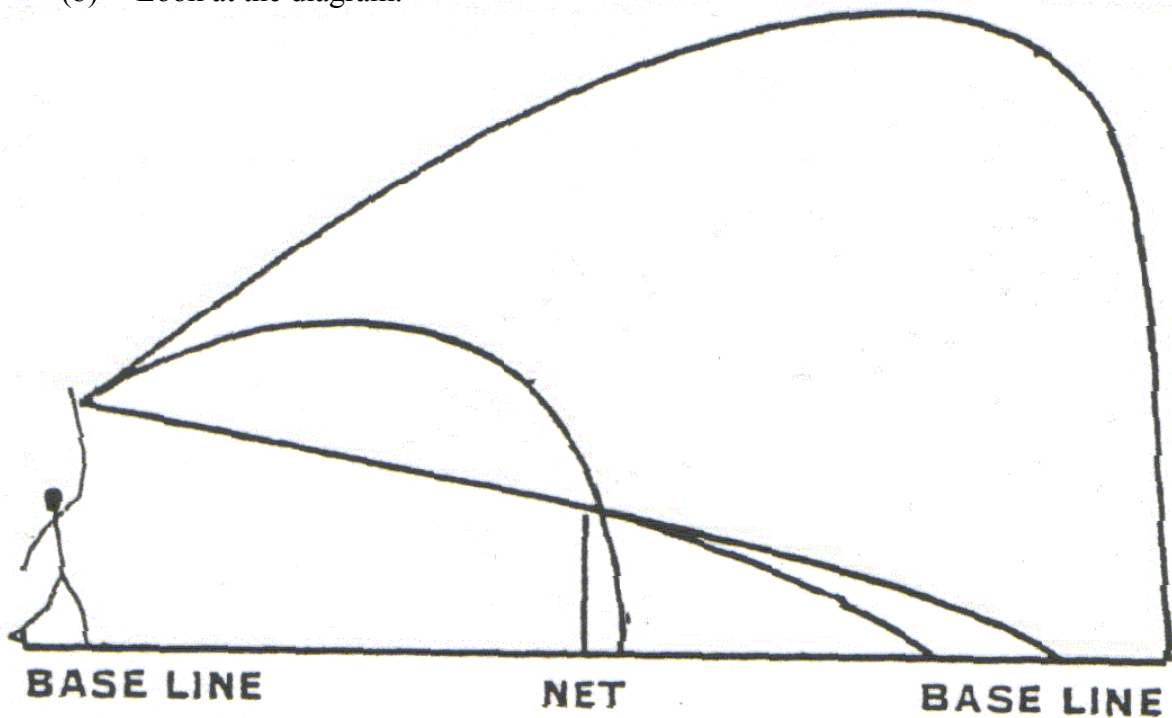
(a) Look at the diagram.



(i) Mark with an **X** a possible position of a server. (1 mark)

(ii) Shade the area where the shuttle cock should land from a service in a singles game. (1 mark)

(b) Look at the diagram.



(i) Mark with a **C** the pathway of a clear. (1 mark)

(ii) Mark with an **S** the pathway of a smash. (1 mark)

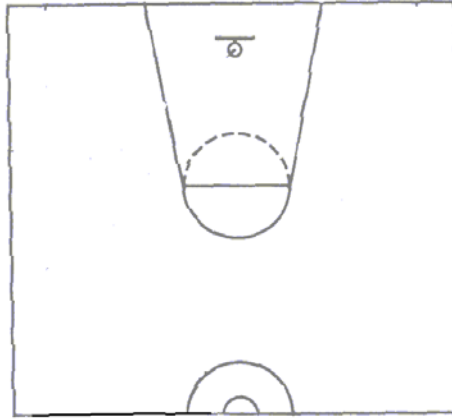
(c) Choose a stroke _____
Mention two (2) critical elements of this stroke.

(i) _____ (1 mark)

(ii) _____ (1 mark)

3. BASKETBALL

Look at the diagram.



- (a) (i) Shade a restricted area. (1 mark)
- (ii) Draw the three pointer circle using a continuous line (—) (1 mark)
- (iii) Mark the positions of the players when a team is playing zone defence. (2 marks)
- (b) Mention two (2) critical elements (important points) of the set shot.
 - (i) _____ (1 mark)
 - (ii) _____ (1 mark)

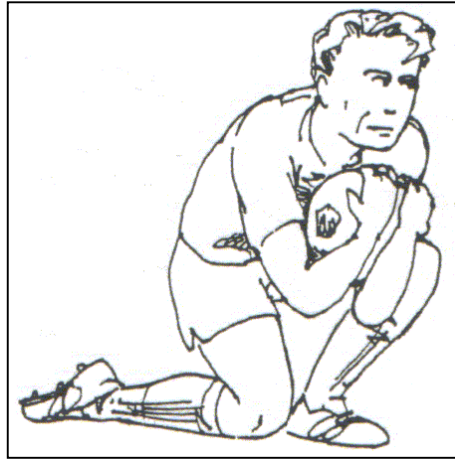
4. EDUCATIONAL DANCE

- (a) Directions are one aspect of space. Name another two (2) aspects.
 - (i) _____ (1 mark)
 - (ii) _____ (1 mark)
- (b) Mirroring is one way of working with a partner. Mention another two (2) ways.
 - (i) _____ (1 mark)
 - (ii) _____ (1 mark)
- (c) Mention two (2) ways of “travelling” in dance.
 - (i) _____ (1 mark)
 - (ii) _____ (1 mark)

5. FOOTBALL

- (a) Name two (2) instances during play when a penalty kick is awarded.
 - (i) _____ (1 mark)
 - (ii) _____ (1 mark)

- (b) The goalkeeper in the figure is receiving the ball. State two (2) important points which the goalkeeper has to remember when receiving/catching the ball.



- (i) _____ (1 mark)
 (ii) _____ (1 mark)
- (c) Mention two (2) important points to remember when you are playing defence.
- (i) _____ (1 mark)
 (ii) _____ (1 mark)

6. GYMNASTICS - FLOORWORK

- (a) Name one inverted skill _____ (1 mark)
- (b) Choose one skill where transference of weight is evident.
 _____ (1 mark)
- (c) Mention two (2) critical elements (important points) of the chosen skill
- (i) _____ (1 mark)
 (ii) _____ (1 mark)

Answer question (D) Vaulting or (E) Parallel Bars

- (d) Vaulting
 The run up and the landing are the first and last phases of the vault.
 Name another two (2) phases.
- (i) _____ (1 mark)
 (ii) _____ (1 mark)

OR

- (e) Parallel Bars
 Choose a skill _____
 Mention two (2) critical elements (two important points) to remember when performing this skill.
- (i) _____ (1 mark)
 (ii) _____ (1 mark)

7. HOCKEY

- (a) There are different passes in hockey.
Name two (2) different passes.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
- (b) Name the skill used to travel with the ball.
_____ (1 mark)
- (c) Name two (2) instances when this skill is best used.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
- (d) State how play is restarted when the ball goes completely over the side line.
_____ (1 mark)

8. NETBALL

- (a) The game of Netball is started with a centre pass.
Give two (2) rules of the centre pass.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
- (b) Look at the diagram.



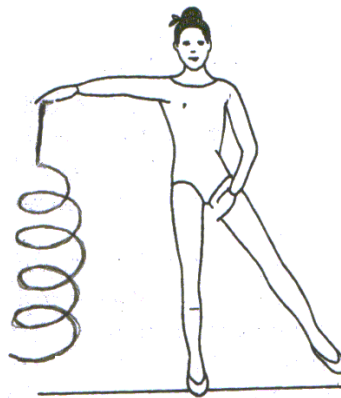
- State the name of the pass (i) _____ (1 mark)
- Give two (2) examples when best to use this pass.
- (ii) _____ (1 mark)
- (iii) _____ (1 mark)
- (c) Mention one critical element (important point) of marking an opponent.
_____ (1 mark)

9. RHYTHMIC GYM

- (a) When planning a routine (sequence), the gymnast should consider the floor pattern. Mention two (2) other items the gymnast should consider.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)

(b) From the list of words below, write in the space provided, the four words which best describe the picture.

symmetrical/assymmetrical
 high/medium
 snaking/spiralling
 swinging/turning
 locomotor/nonlocomotor
 stretched/curled



- i) _____ ii) _____
 iii) _____ iv) _____

(4 marks)

10. SWIMMING

(a) (i) Name a stroke where the swimmer is facing upwards.

_____ (1 mark)

(ii) Name a stroke where the swimmer is facing downwards.

_____ (1 mark)

(b) Choose one of the above strokes _____
 Mention two (2) critical elements (important points) of this stroke.

(i) _____ (1 mark)

(ii) _____ (1 mark)

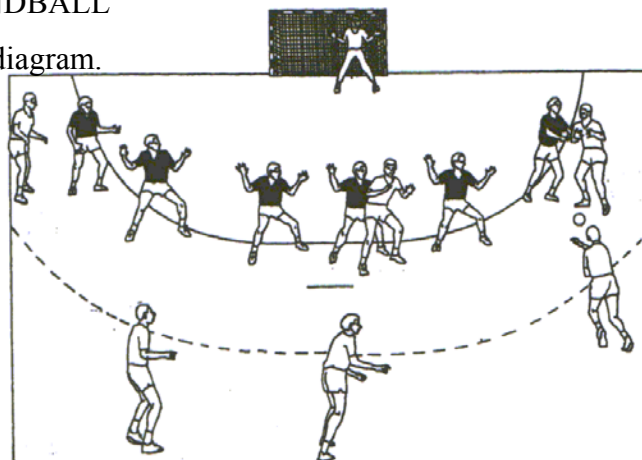
(c) Buoyancy is important in swimming.
 Mention another two factors which are important.

(i) _____ (1 mark)

(ii) _____ (1 mark)

11. TEAM HANDBALL

Look at the diagram.



(a) Which is the attacking team (whites or blacks)?

_____ (1 mark)

- (b) Name two (2) attacking skills.
 - (i) _____ (1 mark)
 - (ii) _____ (1 mark)
- (c) State how play is restarted after a goal is scored.

_____ (1 mark)
- (d) Name two (2) instances when a Goal-Throw is awarded.
 - (i) _____ (1 mark)
 - (ii) _____ (1 mark)

12. VOLLEYBALL

- (a) Team X is playing Team Y. Team X serves the ball into the net.
 - (i) How is the game restarted?

_____ (1 mark)
 - (ii) Who is awarded the point?

_____ (1 mark)
- (b) (i) Name one offensive pass in Volleyball.

_____ (1 mark)

 - (ii) Name the defensive pass in Volleyball.

_____ (1 mark)
- (c) Name two (2) critical elements of this pass.
 - (i) _____ (1 mark)
 - (ii) _____ (1 mark)

Section B – Health Related Fitness

Answer all questions in Section B.

Questions 1 – 8

Write a, b, c or d in the box provided to show the right answer.

- 1. There are five (5) nutrients in food. One of them is:
 - a. strength
 - b. proteins
 - c. flexibility
 - d. endurance

(1 mark)

- 2. Showering after exercise is important:
 - a. to disinfect the body with water
 - b. to prevent greasy hair
 - c. because all your friends do so
 - d. to remove sweat from the body

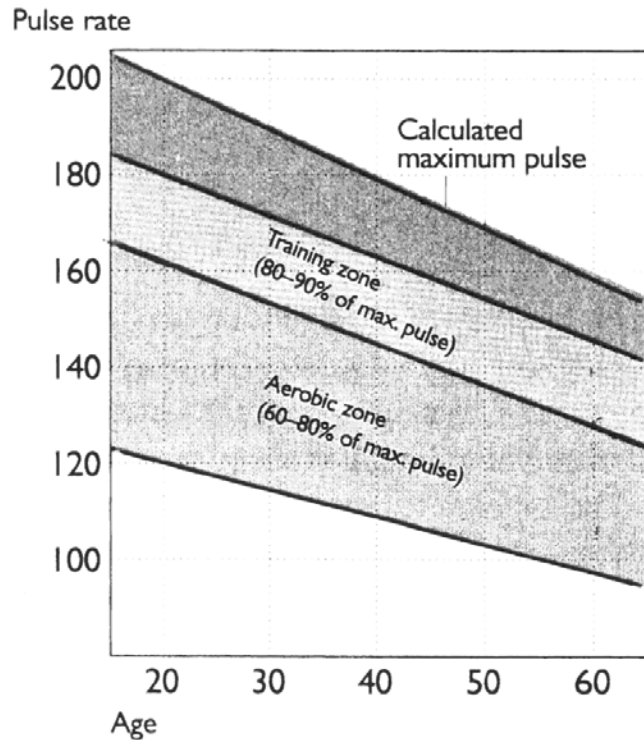
(1mark)

3. W.H.O. describes health as:
 a. safety during games
 b. a state of mental, physical and social well being
 c. not being sick
 d. eating the right kind of food (1 mark)
4. Obesity is:
 a. being extremely fat and overweight
 b. a mental illness
 c. not eating enough food
 d. loss of appetite (1 mark)
5. Minerals are necessary to:
 a. eliminate water
 b. reduce fats
 c. help build tissues
 d. help digest food (1 mark)
6. Good exercise habits include:
 a. walking up the stairs instead of taking the lift
 b. taking the bus to school
 c. a walk once a month
 d. watching T.V. (1 mark)
7. Your level of fitness is affected by:
 a. your height
 b. the school you attend
 c. the type of shoes you wear
 d. the type of food you eat (1 mark)
8. Aerobic fitness is developed by:
 a. flexibility exercises
 b. weight training
 c. middle distance running
 d. sprinting short distance (1 mark)

In questions 9 to 14 write TRUE (T) or FALSE (F) in the space provided to show the right answer.

9. Anorexia is a very serious condition and may lead to death. (1 mark)
10. Fast twitch muscle fibres do not tire quickly. (1 mark)
11. Glycogen is stored in the liver and muscles. (1 mark)
12. Power is a combination of speed and strength. (1 mark)
13. Muscular endurance is developed by lifting heavy loads. (1 mark)
14. Somatotype and gender affect performance. (1 mark)

15. Stress may affect performance. Mention two (2) other factors which affect performance.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
16. Muscular strength and flexibility are two important components of fitness. Give an example of an exercise to develop each.
- (i) muscular strength _____ (1 mark)
- (ii) flexibility _____ (1 mark)
17. Too much alcohol damages health. Mention two (2) other habits which damage health.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
18. The 'maximum pulse' is the highest rate one should achieve for his/her age.



Paul is 20 years old. From the graph, calculate, Paul's pulse rate:

- (i) for his 'training zone': between _____ and _____ (1 mark)
- (ii) for his 'aerobic zone': between _____ and _____ (1 mark)
19. The table shows three (3) nutrients. Name 1 type of food for each nutrient.

Proteins	Fats	Carbohydrates

(3 marks)

20. Joanna trains regularly at the gym. Which **body systems** would show most improvement if she uses only
- (i) the weights _____ (1 mark)
- (ii) the bicycle _____ (1 mark)

21. Give one example of each type of bone. One has been done for you.

Type	Long Bones	Short Bones	Flat Bones	Irregular Bones
Example				Patella

(3 marks)

22. What are the top two vertebrae called?

(i) _____ (1 mark)

(ii) _____ (1 mark)

23. Look at the diagram



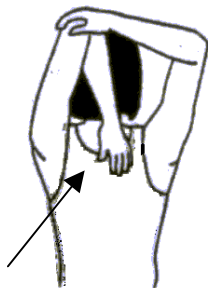
Mention the type of movement involved in each leg.

(i) _____ (1 mark)

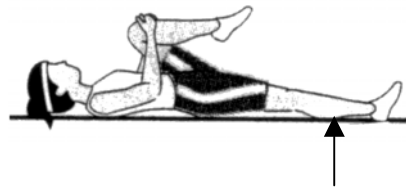
(ii) _____ (1 mark)

(iii) Name the type of joint at the knee _____ (1 mark)

24. Name the muscle marked in each diagram.



a)



b)

(i) diagram a) _____ (1 mark)

(ii) diagram b) _____ (1 mark)

25. Muscle tone, muscle structure, muscle cramp, muscle fatigue and muscle atrophy are technical names for describing the state of the muscles.

Write the word which best describes the statement.

(i) Muscle is in spasm _____ (1 mark)

(ii) Muscle is unable to contract _____ (1 mark)

(iii) Mass of fibres wrapped in bundles _____ (1 mark)

(iv) Decrease or wasting away of a muscle _____ (1 mark)

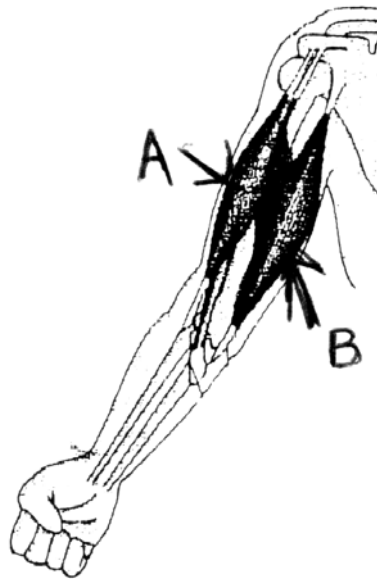
(v) Amount of tension in a muscle _____ (1 mark)

26. Complete the chart, putting each of the following in the appropriate box: flexion and extension, ball and socket, elbow, pivot, rotation, forearm.

Body part	Movement	type of joint
shoulder		
		hinge
	turn own hands	

(6 marks)

27. Look at the diagram



(i) Write the name of the muscles A and B

muscle A _____ (1 mark)

muscle B _____ (1 mark)

(ii) Which muscle is contracted? _____ (1 mark)

(iii) Which muscle is relaxed? _____ (1 mark)

(iv) Which is the antagonist muscle? _____ (1 mark)

(v) Which muscle contracts to straighten the arm?
 _____ (1 mark)

28. Cartilage, tendons and ligaments are forms of connective tissues. Write the appropriate name against the description.

These join muscles to bones	(i)
These give stability to joints	(ii)
These act as cushions between bones	(iii)

(3 marks)

29. There are three (3) types of muscles.
Name two (2) of them

(i) _____ (1 mark)

(ii) _____ (1 mark)

30. Name three (3) safety precautions which athletes should take

(i) before competition _____ (1 mark)

(ii) during competition _____ (1 mark)

(iii) after competition _____ (1 mark)