

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2003

Educational Assessment Unit – Education Division

FORM 4

PHYSICAL EDUCATION

TIME 1h 30min

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) The athlete in the diagram is doing the long jump.

Name two (2) of the phases of the long jump shown in the diagram.



(i) _____ (1 mark)

(ii) _____ (1 mark)

- (b) The athlete in the diagram is sprinting.

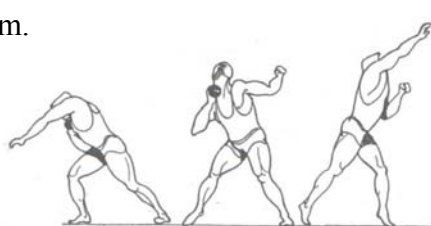


Mention two (2) points to remember when sprinting.

(i) _____ (1 mark)

(ii) _____ (1 mark)

- (c) Study the shot putter in the diagram.



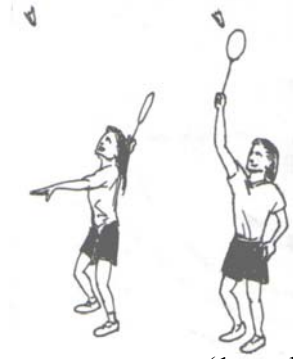
Mention two (2) rules after the shot has been released.

(i) _____ (1 mark)

(ii) _____ (1 mark)

2. BADMINTON

(a) Name the stroke shown in the diagram.



_____ (1 mark)

(b) Mention two (2) points to remember when doing this stroke.

(i) _____ (1 mark)

(ii) _____ (1 mark)

(c) Name another stroke used in badminton.

_____ (1 mark)

(d) Name two (2) rules which apply to the service.

(i) _____ (1 mark)

(ii) _____ (1 mark)

3. BASKETBALL

(a) Name the skill shown in the diagram.



_____ (1 mark)

(b) Mention two (2) important points to remember when doing this skill.

(i) _____ (1 mark)

(ii) _____ (1 mark)

(c) Mention another two (2) ways in which a player may play the ball once he/she has gained possession.

(i) _____ (1 mark)

(ii) _____ (1 mark)

(d) Give the umpiring decision when a ball is caught by two opposing players at the same time.

_____ (1 mark)

4. EDUCATIONAL DANCE

(a) Flow can be either Free or Bound.

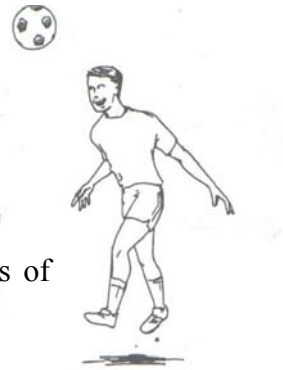
(i) Give an example of a free movement _____ (1 mark)

(ii) Give one example of a bound movement _____ (1 mark)

- (b) Rhythm is one element that has to be considered when planning a dance composition. Mention two (2) other elements to be considered.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
- (c) 'Effort' is how the body moves. Mention two (2) 'effort' factors.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)

5. FOOTBALL

- (a) Heading is an important skill in football.



Study the diagram and mention three important points of the skill.

- (i) _____ (1 mark)
- (ii) _____ (1 mark)
- (iii) _____ (1 mark)
- (b) Continue the following statements:
- (i) When the ball goes out of play over the touch-line, the game is restarted by a _____ (1 mark)
- (ii) When the ball goes out of play over the goal-line and had last been played by a defender, the game is restarted by a _____ (1 mark)
- (iii) When the ball goes out of play over the goal-line and had last been played by an attacker, the game is restarted by a _____ (1 mark)

6. GYMNASTICS - FLOORWORK

- (a) Name two (2) important points to remember when doing the forward roll.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
- (b) Name two (2) other skills which may be included in a floor sequence.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)

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

(c) Vaulting

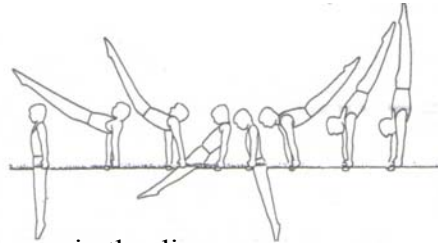
Mention two (2) phases of a vault.

(i) _____ (1 mark)

(ii) _____ (1 mark)

OR

(d) Parallel Bars



(i) Name the skill shown in the diagram.

_____ (1 mark)

(ii) Mention one important point to remember when doing this skill

_____ (1 mark)

7. HOCKEY

(a) Continue this statement:



(i) The skill shown in the diagram is called _____ (1 mark)

(ii) Mention one important point to remember when doing this skill. _____ (1 mark)

(b) Name two (2) important points to remember when receiving a pass.

(i) _____ (1 mark)

(ii) _____ (1 mark)

(c) Name two (2) types of 'corners' given in hockey.

(i) _____ (1 mark)

(ii) _____ (1 mark)

8. NETBALL

(a) Mention two (2) players who play in a defence position.

(i) _____ (1 mark)

(ii) _____ (1 mark)

(b) Mention two (2) rules which apply to scoring.

(i) _____ (1 mark)

(ii) _____ (1 mark)

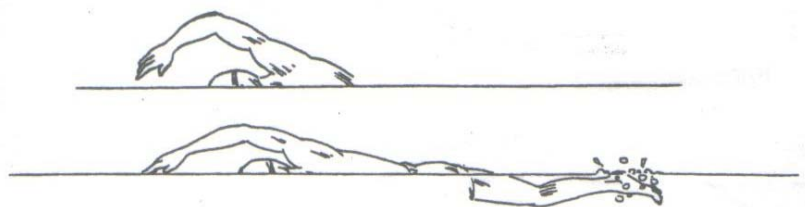
- (c) Name two (2) types of passes used in netball.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)

9. RHYTHMIC GYMNASTICS

- (a) Mention two (2) implements used in rhythmic gymnastics.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
- (b) All implements may be thrown and caught. Choose one implement _____.
- For this implement state two (2) other actions which may be performed.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
- (c) Pivots and leaps are body movement skills which should be included in a routine sequence. Mention two (2) other body movements.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)

10. SWIMMING

- (a) The swimmer in the diagram is doing the Front Crawl.



- (i) Mention one important point to remember for the arm action.
- _____ (1 mark)
- (ii) Mention one important point for the leg kick.
- _____ (1 mark)
- (b) Name a stroke in which the arm action is:
- (i) symmetrical: _____ (1 mark)
- (ii) asymmetrical: _____ (1 mark)
- (c) (i) Name one rule which applies to the start of a race.
- _____ (1 mark)
- (ii) Name one rule which applies to the finish.
- _____ (1 mark)

11. TEAM HANDBALL

(a) Name the skill shown in the diagram.



_____ (1 mark)

(b) Name two (2) important points in the basic position of the goalkeeper.

(i) _____ (1 mark)

(ii) _____ (1 mark)

(c) **Continue this statement:** When catching a ball above the head with two hands, the thumbs should be pointing _____.
(1 mark)

(d) (i) State when a penalty is awarded.
_____ (1 mark)

(ii) Name one rule which applies when giving a penalty.
_____ (1 mark)

12. VOLLEYBALL

(a) Name the skill shown in the diagram.



_____ (1 mark)

(b) Mention two (2) important points to remember when doing this skill.

(i) _____ (1 mark)

(ii) _____ (1 mark)

(c) **Complete the following statements.**

(i) If the serving team wins a rally, they score _____
(1 mark)

(ii) If the receiving team wins a rally, they win the right to

(1 mark)

(iii) When a team wins the right to serve they rotate in a
_____ direction.
(1 mark)

Section B – Body Systems and Performance

Answer all questions in Section B.

Questions 1 – 5

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

1. Circuit Training consists of:
 a. periods of work and periods of rest
 b. working at different stations
 c. speed running
 d. long distance events
- (1 mark)

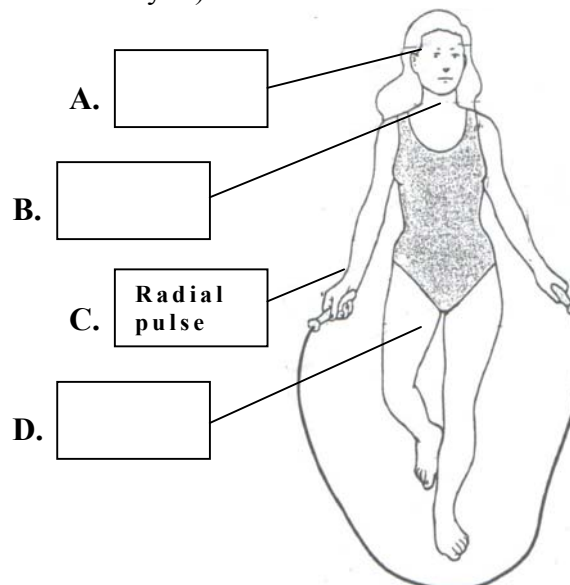
2. Fartlek Training alternates:
 a. different types of nutrition
 b. a variety of weights
 c. walking, jogging and fast running
 d. stations of activity
- (1 mark)

3. The shuttle run is a test that measures:
 a. endurance
 b. grip strength
 c. blood pressure
 d. the amount of fat in the muscle
- (1 mark)

4. Red blood cells are produced:
 a. in the muscles
 b. in the bone marrow
 c. in the joints
 d. in the lungs
- (1 mark)

5. White blood cells
 a. fight against infection
 b. carry oxygen
 c. transport carbon dioxide
 d. are called erythrocytes
- (1 mark)

6. The four pulse points are the:
 Radial pulse, Carotid pulse, Temporal pulse, Femoral pulse. Show these points on the figure. (One has been done for you).



(3 marks)

7. State two activities which you would include in a warm-up. For each activity give a reason for including it.
- (i) activity _____ (1 mark)
 reason _____ (1 mark)
- (ii) activity _____ (1 mark)
 reason _____ (1 mark)

8. Warming up is one part of a training session.
Name the three other parts.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
- (iii) _____ (1 mark)
9. Name three functions of the circulatory system.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
- (iii) _____ (1 mark)
10. What is the difference between inhaled and exhaled air?
- (i) Inhaled air _____ (1 mark)
- (ii) Exhaled air _____ (1 mark)
11. Name a fitness test to assess
- (i) flexibility _____ (1 mark)
- (ii) aerobic capacity _____ (1 mark)
- (iii) power _____ (1 mark)
- (iv) agility _____ (1 mark)
- (v) pulse rate recovery _____ (1 mark)
12. During exercise, what changes occur in
- (i) heart rate _____ (1 mark)
- (ii) body temperature _____ (1 mark)
- (iii) blood pressure _____ (1 mark)
- (iv) skin colour _____ (1 mark)
13. When breathing in, what happens to
- (i) the diaphragm _____ (1 mark)
- (ii) the intercostal muscles _____ (1 mark)
14. Aorta, arteries, capillaries, and veins are types of blood vessels. Write the type of blood vessels against its description.

Description of blood vessel	Type of blood vessel
They are subdivisions of arteries and are only one cell thick	(i)
They are the thickest of the blood vessels and carry blood away from the heart	(ii)
It is the largest artery in the body	(iii)
As a rule, they transport blood back to the heart	(iv)

(4 marks)

15. Paul is applying the FIT principle to his training programme. The three ‘overload factors’ are frequency, intensity and time. Write the overload factor against its description.

Description	Overload factor
Paul is now using heavier weights in his strength training	(i)
Paul used to train twice a week. He now trains everyday.	(ii)
He used to train for 30 minutes each session. Now every training session lasts 40 minutes.	(iii)

(3 marks)

16. Mention two (2) types of lung volume (capacity)

(i) _____ (1 mark)

(ii) _____ (1 mark)

17. Circuit Training is one of the Training methods.

Mention one advantage of this method.

(i) _____ (1 mark)

Mention two (2) types of circuits.

(ii) _____ (1 mark)

(iii) _____ (1 mark)

18. The press-up is an exercise that can be included in a fitness circuit.

Mention or sketch three other exercises that can be included in a fitness circuit.

(i) _____ (1 mark)

(ii) _____ (1 mark)

(iii) _____ (1 mark)

Write TRUE (T) or FALSE (F) in the box.

19. Muscles which are not used gain strength. (1 mark)

20. Training with heavy weights and few repetitions increases strength. (1 mark)

21. Training with light weights and many repetitions increases muscle tone. (1 mark)

22. The sit and reach is a test for speed. (1 mark)

23. The Cooper 12-minute run is a test for strength. (1 mark)

24. In the Harvard step test you do step ups on a bench.
(1 mark)
25. The sit-up is a good exercise for the arm muscles.
(1 mark)
26. Dislocations occur at a joint.
(1 mark)
27. A stitch is a muscle cramp in the diaphragm muscle.
(1 mark)
28. Fracture is the name given to broken bones.
(1 mark)
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Section C – Sports in Society

Answer all questions in Section C.

1. The beginning of the Modern Olympic Games was the result of the efforts and determination of one man. Write the name of this person. _____ (1 mark)
2. At the opening ceremony of each Olympic Games a message appears on a big screen. Write this message in your own words.

_____ (1 mark)
3. The Olympic Games promote friendship among nations. Mention another two (2) positive aspects of the Olympic Games.
(i) _____ (1 mark)
(ii) _____ (1 mark)
4. Mention two (2) negative aspects that have spoilt some editions of the Olympic Games.
(i) _____ (1 mark)
(ii) _____ (1 mark)