

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2004

Educational Assessment Unit – Education Division

FORM 3

PHYSICAL EDUCATION

TIME: 1 h 30 min

Name: _____ **Class:** _____

TOTAL MARK 80

SECTION A - MOVEMENT AND PHYSICAL ACTIVITIES.

(18 marks)

Choose THREE questions from 1-12 in Section A.

Answer all parts of the chosen question.

1. ATHLETICS

- a. What is different in the starting orders of the 100m and 800m races?
_____ (1 mark)
- b. The shot put is usually a linear throw while discus is a rotational throw. Mention one critical element which is the same for both throws.
_____ (1 mark)
- c. Mention one difference between the run up for the Fosbury Flop and the run up for the long jump?
_____ (1 mark)
- d. In sprints athletes have to keep in lane for the whole race. How is this rule modified for the 800m?
_____ (1 mark)
- e. In a race, which part of the body determines when an athlete has crossed the finishing line?
_____ (1 mark)
- f. Name one advantage of using starting blocks in a sprint race.
_____ (1 mark)

2. BADMINTON

- a. Mention the stroke which is used to start a badminton game.
_____ (1 mark)
- b. Give two critical elements when performing this stroke.
- i) _____
- ii) _____ (2 marks)

- c. What is the umpire's decision when a player giving the service steps over the line?
 _____ (1 mark)
- d. In the space provided write the name of the stroke against the appropriate statement.
- i) high and deep _____
- ii) powerful and downward shot _____ (2 marks)

3. BASKETBALL

- a. What stance should a basketball player take when defending a player who is dribbling?
 Mention one critical element.
 _____ (1 mark)
- b. Give the name of a pass which is
- i) slow _____
- ii) fast _____ (2 marks)
- c. Name a skill which is used for both defence and attack.
 _____ (1 mark)
- d. How many points are awarded for shots taken from underneath the backboard?
 _____ (1 mark)
- e. What does the term 'travelling' in basketball mean?
 _____ (1 mark)

4. EDUCATIONAL DANCE

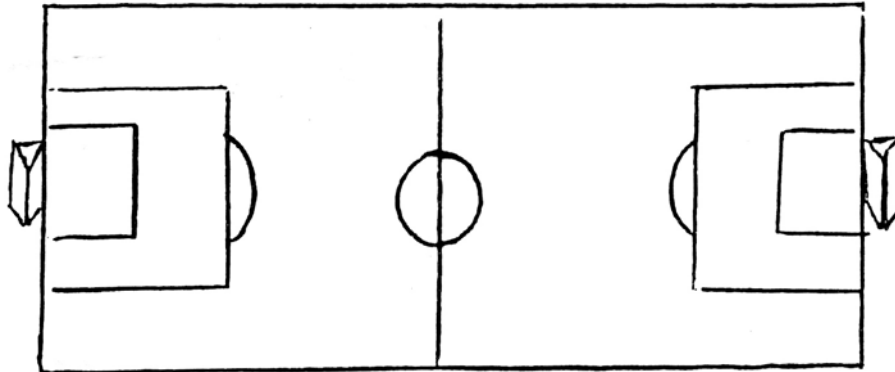
- a) Music is used usually as an auditory stimulus in dance. Mention two other auditory stimuli:
- i) _____
- ii) _____ (2 marks)
- b) The rhythm of music influences dance. Mention another two ways in which music influences composition.
- i) _____
- ii) _____ (2 marks)
- c) Describe two movement actions that would express 'Happiness'.
- i) _____
- ii) _____ (2 marks)

5. FOOTBALL

- a) Name two critical elements to remember when dribbling in football.
- i) _____
- ii) _____ (2 marks)

- b) i) Flexible formations are commonly used in modern football. Name one type of formation you would use having one main attacker (striker) in your line-up.

- ii) How would you place the players on the pitch?



(2 marks)

- c. What is the referee's decision when a player tackles an opponent from behind?

_____ (1 mark)

- d. What is fundamental for a goal to be valid?

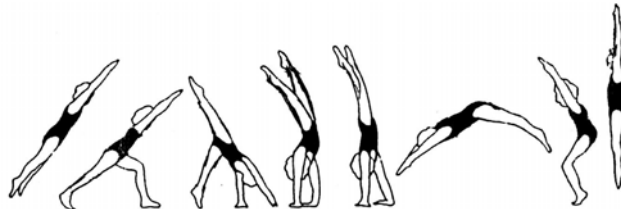
_____ (1 mark)

6. GYMNASTICS - FLOORWORK

- a. What is meant by the term "extension" in gymnastics?

_____ (1 mark)

- b. Look at the diagram below.



- i) Name this skill

_____ (1 mark)

- ii) Mention two critical elements of this skill.

_____ (2 marks)

CHOOSE EITHER QUESTION E) VAULTING or QUESTION F) PARALLEL BARS

- c. Vaulting

Mention two instances when marks may be deducted from a vault.

_____ (2 marks)

OR

d. Parallel Bars

i) Mention one type of dismount.

(1 mark)

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

(1 mark)

7. HOCKEY

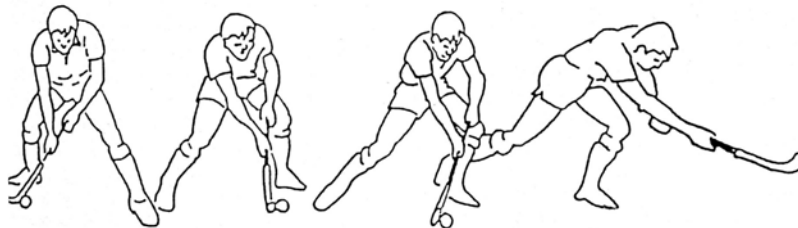
a. Mention two critical elements for a hockey player to keep in mind while moving with the ball?

i) _____

ii) _____

(2 marks)

b. Name the skill shown in the diagram.



(1 mark)

c. Mention one critical element of this skill.

(1 mark)

d. With which part of the stick should a ball be hit?

(1 mark)

e. Name one fundamental rule for a goal to be valid in hockey.

(1 mark)

8. NETBALL

a. There are five playing areas on a netball court. Name the players who are not allowed in the centre third.

i) _____

ii) _____

(2 marks)

b. i) The chest pass is used in passing the ball at short distances. Give the name of another short distance pass.

(1 mark)

ii) Mention two important points to remember when giving this pass.

(2 marks)

- c. Where should a defender place him/herself in relation to an attacker who is receiving the ball?
_____ (1 mark)

9. RHYTHMIC GYMNASTICS

- a. How long should a sequence be?
_____ (1 mark)

- b. In the space provided draw the floor pattern of a sequence.

(1 mark)

- c. Mention two aspects of space you would use in a sequence.

- i) _____
ii) _____ (2 marks)

- d. Skipping is an example of a body movement skill. Name two other body movement skills you would use in a sequence.

- i) _____
ii) _____ (2 marks)

10. SWIMMING

- a. Body position is one element which is important in all strokes. Mention another two:

- i) _____
ii) _____ (2 marks)

- b. Mention two exercises a swimmer can do in the water as part of learning the backstroke.

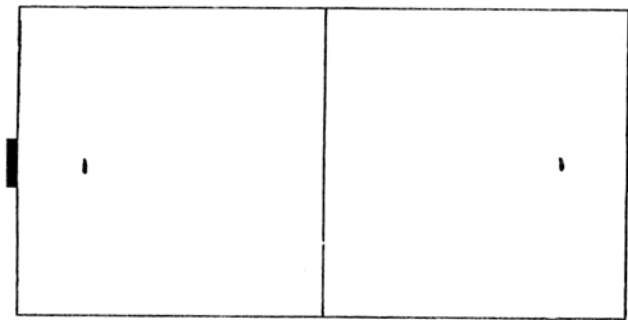
- i) _____
ii) _____ (2 marks)

- c. Mention two rules related to a competition.

- i) _____
ii) _____ (2 marks)

11. TEAM HANDBALL

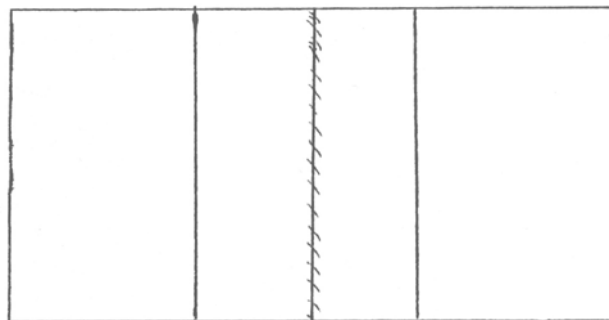
- a. When a player catches the ball, he/she may choose to pass the ball.
Name two other choices the player may use.
 - i) _____
 - ii) _____ (2 marks)
- b. Name two critical elements of a good catching technique.
 - i) _____
 - ii) _____ (2 marks)
- c. In the court below draw:
 - i) the goal area
 - ii) the 9m line



(2 marks)

12. VOLLEYBALL

- a. Continue the following statements. In the case of a 2-2 tie:
 - i) the deciding (5th) set is played topoints.
 - ii) the winning team must lead by at leastpoints. (2 marks)
- b. Give two critical elements when giving an overhand/tennis service.
 - i) _____
 - ii) _____ (2 marks)
- c. On the diagram below mark with an X a possible formation of players for receiving the service.



(2 marks)

SECTION B - HEALTH RELATED FITNESS

(24 marks)

Answer all questions in Section B

1. Fill in the table below with the nutrient that matches the need.

NEED	NUTRIENT
i) stored in the body and needed to help the body keep warm	
ii) needed in small amounts	
iii) particularly needed by active people	
iv) particularly needed for growth and repair of tissues	

(4 marks)

2. The three athletes in the pictures are training. State who is training for strength, for flexibility and for cardio vascular endurance. Write the appropriate word under the picture.



i) _____ ii) _____ iii) _____

(3 marks)

3. Name a physical activity and state two safety measures that should be observed.

Chosen activity _____

i) _____

ii) _____ (2 marks)

4. Name two advantages of personal hygiene.

i) _____

ii) _____ (2 marks)

5. Mention two problems which may be caused by an improper diet.

i) _____

ii) _____ (2 marks)

6. Joe is going to start an exercise programme.

a. Mention one exercise guideline he should follow.

b. Mention one long-term benefit he will achieve.

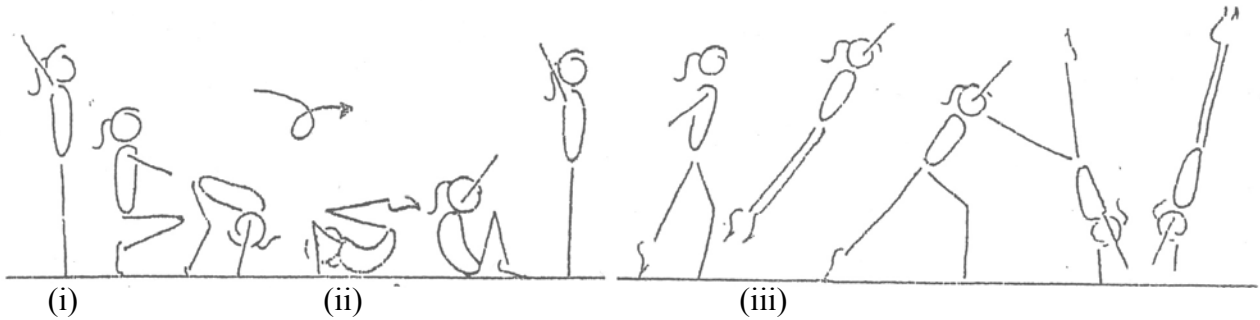
(2 marks)

7. Name two components of general fitness.

- i) _____
- ii) _____

(2 marks)

8. There are 3 types of muscular strength. What type of muscular strength is shown in the 3 phases marked in the diagram below?
Fill in the spaces provided.



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

(3 marks)

9. State what is meant by:

- i) reaction time _____
- ii) somatotype _____
- iii) motivation _____
- iv) anaerobic energy _____

(4 marks)

SECTION B – BODY SYSTEMS AND PERFORMANCE

(38 marks)

10. One of the functions of the skeleton is to provide protection to vital organs.
Which bones protect

- i) the brain _____
- ii) the heart/lungs _____

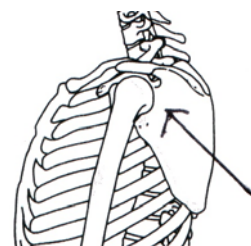
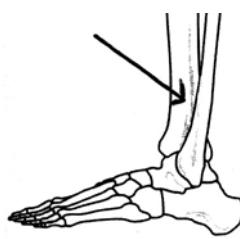
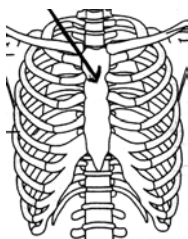
(2 marks)

11. Bones are classified as long, short, flat and irregular.
Give two examples of flat bones.

- i) _____
- ii) _____

(2 marks)

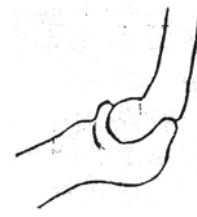
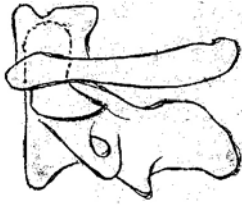
12. Write the anatomical name of the bones marked in each diagram.



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

(3 marks)

13. Write the type of joint under each figure



i) _____ ii) _____ iii) _____ (3 marks)

14. Consider the upper body and give an example of:

- i) a hinge joint _____
- ii) a ball and socket joint _____
- iii) a pivot joint _____

(3 marks)

In questions 15 to 20 write a, b, c or d in the box provided to show the right answer.

15. Which type of joint is lubricated by a special fluid?

- a. a fibrous joint
- b. a cartilaginous joint?
- c. a synovial joint?
- d. a fixed joint?

(1 mark)

16. The only saddle joint in the body is found:

- a. in the neck
- b. in the thumb
- c. in the toe
- d. in the wrist

(1 mark)

17. This tissue acts as a buffer between the bones at joints.

- a. ligaments
- b. cartilage
- c. skin
- d. tendons

(1 mark)

18. The top two vertebrae are the:

- a. radius and ulna
- b. tibia and fibula
- c. atlas and axis
- d. tarsal and metatarsal

(1 mark)

19. The hinge type of joint allows these movements:

- a. extension and abduction
- b. flexion and rotation
- c. adduction and abduction
- d. flexion and extension

(1 mark)

20. Intervertebral discs protect the spine because:

- a. they do not allow movement
- b. they act as shock absorbers
- c. they provide stability
- d. they lubricate the spine

(1 mark)

21. Name one benefit of good posture.

i) _____

Name one disadvantage of poor posture.

ii) _____

State one rule for good posture.

iii) _____

(3 marks)

22. Name the category of muscles against the appropriate description.
(The first one has been done for you)

	Muscle Category	Description
i)	prime movers	muscles which contract to produce movement.
ii)		muscles which bend a joint at a limb by contracting.
iii)		muscles which move a limb away from the body
iv)		muscles which straighten a limb at a joint by contracting
v)		muscles which move a limb towards the body.

(4 marks)

23. The body is in a state of readiness because the muscles are in tension, prepared to go into action.

Name this tension in the muscles. _____ (1 mark)

24. Ann bends her arm at the elbow.

i) Name the muscle which acts as agonist. _____ (1 mark)

ii) Name the muscle which acts as antagonist _____ (1 mark)

25. i) From the diagrams below identify the muscular system by circling the correct letter.



A



B



C

(1 mark)

ii) Name two muscles in the leg.

_____ (2 marks)

26. State the function of:

i) tendons _____

ii) ligaments _____

iii) the cardiac muscle _____ (3 marks)

27. Put the correct term near the statement it describes.

Choose from: **eccentric contractions, isometric contractions, concentric contractions**

i) the muscle is not affected as there is no movement. _____

ii) the muscle shortens. _____

iii) the muscle lengthens and returns to its normal length. _____ (3 marks)