

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2004
Educational Assessment Unit – Education Division

FORM 4

PHYSICAL EDUCATION

TIME: 1 h 30 min

Name: _____ **Class:** _____

TOTAL MARK 80

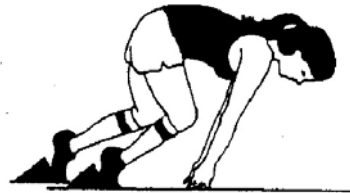
SECTION A - MOVEMENT AND PHYSICAL ACTIVITIES. (18 marks)

Choose THREE questions from 1-12 in Section A.

Answer all parts of the chosen question.

1. ATHLETICS

- a. The athlete is ready for the 100m start.
Write the correct command under each diagram.

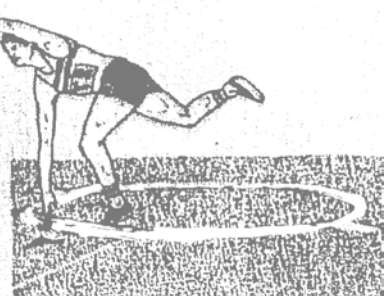
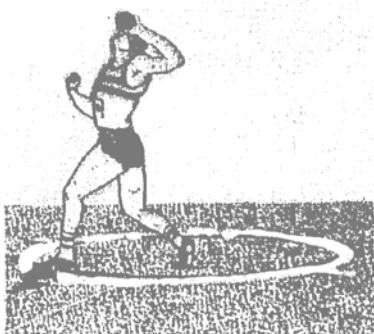


- i) _____ ii) _____ (2 marks)

- b. When performing the Fosbury Flop, the athlete must remember two things while passing over the bar. These are:

- i) _____
ii) _____ (2 marks)

- c. Two of these diagrams show a foul. Put an **X** in the space provided to show the fouls.



- i) _____ ii) _____ iii) _____ (2 marks)

2. BADMINTON

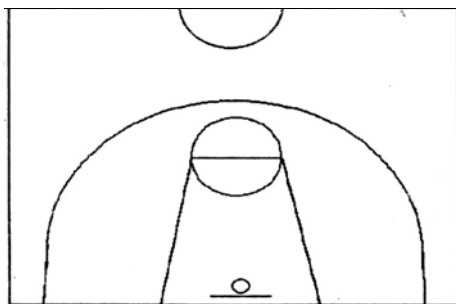
- a. Give two critical elements of the underhand net shot.

- i) _____
ii) _____ (2 marks)

- b. i) Name one attacking skill _____
 ii) Name one defensive skill _____ (2 marks)
- c. Mark in the space provided whether the statement is True (T) or False (F).
 i) It is allowed to hit the shuttle above waist level when serving ____
 ii) A player may touch the net after hitting the shuttle _____ (2 marks)

3. BASKETBALL

- a. A basketball player is going for a lay up from the left-hand side of the court.
 i) With which hand should he dribble? _____
 ii) Give the sequence of the steps. _____
 iii) With which hand should he shoot? _____ (3 marks)
- b. In the diagram provided, mark with an **X** the best positions for defending a 2-1-2 zone.



(1 mark)

- c. i) A player is dribbling the ball, he stops the ball to pass, but then makes a fast break. What is the referee's decision in this case?
 _____ (1 mark)
- ii) A ball falls on court and is caught by two opposing players at the same time. What is the referee's decision in this situation?
 _____ (1 mark)

4. EDUCATIONAL DANCE

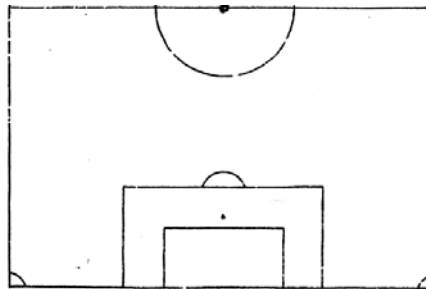
- a. A dancer must demonstrate a degree of co-ordination. What other basic qualities should a dancer demonstrate? Name two.
 i) _____
 ii) _____ (2 marks)
- b. A dancer should use a variety of directions in his/her sequence. How can a dancer demonstrate space awareness? Name two ways.
 i) _____
 ii) _____ (2 marks)

- c. Music is often used as a stimulus in dance. What other stimuli can a dancer use? Name two.
- i) _____
- ii) _____ (2 marks)

5. FOOTBALL

- a. Name one critical element when heading a ball.
_____ (1 mark)

- b. In the diagram below show how two players can make use of the wall pass with one opponent to beat.



(1 mark)

- c. What is required by a defender in a zone system of play?
_____ (1 mark)

- d. What does a coach normally do if his team is losing the game and the opposing team is down to 10 players?
_____ (1 mark)

- e. Name one occasion in which an attacking player cannot fall in an offside position after a restart.
_____ (1 mark)

- f. Mention the main difference between a direct and an indirect free kick when the ball is kicked in the direction of the goal.
_____ (1 mark)

6. GYMNASTICS FLOORWORK

- a. How long is a floorwork routine? _____
- b. Mention one fault during a routine. _____
- c. Mention one difference between boys' and girls' routines.

- d. The handstand is an inverted balance, name another inverted balance:
_____ (4 marks)

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

E. VAULTING

Mention two vaulting skills which follow from the handstand.

- i) _____
- ii) _____ (2 marks)

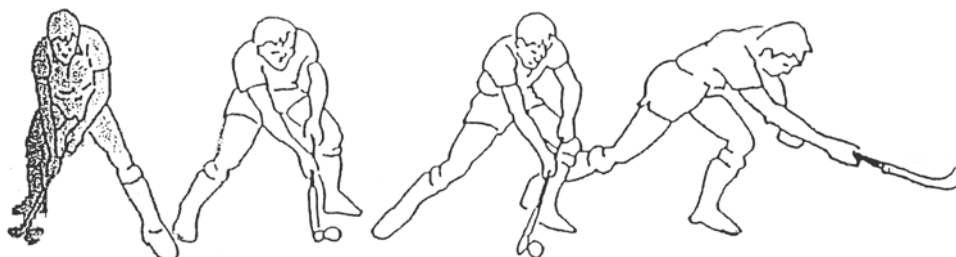
OR

F. PARALLEL BARS

- i) Mention one safety element to be considered when using parallel bars.
_____ (1 mark)
- ii) Mention one skill used in a parallel bars routine.
_____ (1 mark)

7. HOCKEY

a. Name the skill shown in the diagram.



_____ (1 mark)

b. Mention two critical elements of this skill.

- i) _____
- ii) _____ (2 marks)

c. Name the rule used in hockey when two players go for the ball at the same time.
_____ (1 mark)

d. i) Draw a hockey pitch which is used for a 6-a-side game.

(1 mark)

ii) On your diagram use X's to show how you would place your players on the pitch if you were to use a 2-2-1 formation. (1 mark)

8. NETBALL

- a. A player throws the ball from the back line into the centre third.
Give the technical term for this fault.

_____ (1 mark)

- b. The “Blue Team” took the first centre pass. The score is now 2-1, Blue Team leading.
Whose turn is it to take the next centre pass, the Blue Team or the other Team?

_____ (1 mark)

- c. An attacking player will try to get free from the opponent.
Give two critical elements of dodging.

i) _____

ii) _____ (2 marks)

- d. State two instances when it is best to use a shoulder pass.

i) _____

ii) _____ (2 marks)

9. RHYTHMIC GYMNASTICS

- a. Mention two qualities a good rhythmic gymnast should possess/show during a sequence.

i) _____

ii) _____ (2 marks)

- b. Points are deducted if a gymnast drops her implement during a sequence.
Mention two other instances when points may be deducted with regards to the implement.

i) _____

ii) _____ (2 marks)

- c. Steps may be used as linking movements. Mention two other skills that may be used.

i) _____

ii) _____ (2 marks)

10. SWIMMING

- a. Mention two basic skills a beginner should practice before beginning a stroke.

i) _____

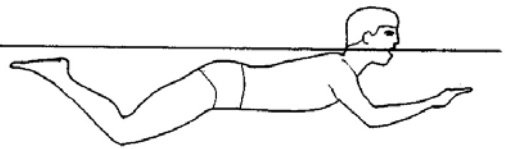
ii) _____ (2 marks)

- b. Mention two faults which apply to all swimming strokes during competitions.

i) _____

ii) _____ (2 marks)

e. The swimmer in the diagram is doing the breaststroke.



i) What is the normal breathing pattern?

ii) What is the normal ratio between arm pull and leg kicks?

(2 marks)

11. TEAM HANDBALL

a. Transference of weight and follow through are common to all throwing actions. Name two critical elements of the jump shot.

i) _____

ii) _____ (2 marks)

b. Name one tactic that may be used:

i) in defence _____

ii) in attack _____ (2 marks)

c. i) State when a corner is awarded. _____

ii) State from where a penalty is taken. _____ (2 marks)

12. VOLLEYBALL

a. Mention two skills that a 'libero' is not allowed to do in a game.

i) _____

ii) _____ (2 marks)

b. Give two critical elements of the dig in volleyball.

i) _____

ii) _____ (2 marks)

c. A server hits the ball too hard and it goes out of court. Mention two ways of avoiding this.

i) _____

ii) _____ (2 marks)

SECTION B - BODY SYSTEMS AND PERFORMANCE

(56 marks)

Answer ALL questions in Section B.

Questions 1 - 6

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

1. The radial pulse can be felt:

- a. at the ankle
- b. at the wrist
- c. at the neck
- d. at the groin

(1 mark)

2. The smallest blood vessels are called:

- a. capillaries
- b. arterioles
- c. veins
- d. venioles

(1 mark)

3. The diaphragm is:

- a. a voluntary muscle
- b. a fast twitch muscle
- c. a slow twitch muscle
- d. a large muscle sheet

(1 mark)

4. Normal breathing rate is between:

- a. 16 and 18 times a minute
- b. 12 and 14 times a minute
- c. 14 and 16 times a minute
- d. 18 and 20 times a minute

(1 mark)

5. Fartlek training is:

- a. weight training
- b. flexibility training
- c. altitude training
- d. speed training

(1 mark)

6. The 'bleep test' tests:

- a. endurance
- b. strength
- c. agility
- d. recovery

(1 mark)

7. Name two substances delivered to a muscle by the blood.

i) _____

ii) _____ (2 marks)

8. Give the name of the two upper chambers of the heart.

_____ (1 mark)

9. What is the normal heart beat per minute for an adult? _____ (1 mark)

10. Name one way of reducing high blood pressure. _____ (1 mark)

11. Blood pressure is taken in two readings – systolic and diastolic pressure.

What does systolic pressure measure? _____ (1 mark)

12. The circulatory system is divided into two circuits. Name one of them.

_____ (1 mark)

13. What do we call the blood cells which:

i) fight against infection? _____

ii) help to clot the blood? _____ (2 marks)

14. Exercise affects the circulatory system. Mention three immediate (short-term) effects of exercise.

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

15. What do we call:

- i) the blood vessel that carries blood from the heart to the lungs.

- ii) the blood vessel that carries blood from the lungs to the heart.
_____ (2 marks)

16. In the alveoli oxygen is taken in while carbon dioxide is removed. What is this process called?
_____ (1 mark)

17. Air is breathed in through the respiratory tract. Place the following words in order, to indicate the way in which air enters the lungs.

bronchioles, bronchus, nasal/mouth cavity, alveoli, pharynx, trachea

The second one has been done for you

a.	
b.	pharynx
c.	
d.	
e.	
f.	

(5 marks)

18. Name two differences between inhaled air and exhaled air.

- i) inhaled air _____
- ii) exhaled air _____ (2 marks)

19. Place each word near the statement it describes.

Choose from: **vital capacity, tidal volume, residual volume**

the amount of air which you breathe in and out	
the amount of air which remains in the lungs after forced expiration	
the largest volume of air which can be expired after forced inspiration	

(3 marks)

20. What is the term used to describe physical activity:

- a. i) with the use of oxygen? _____
- ii) Give an example of such an activity. _____

- b. i) without the use of oxygen? _____
 ii) Give an example of such an activity. _____ (4 marks)

21. At the end of a race an athlete finishes the race breathing quickly and gasping for air.
 What is the term used to describe this? _____ (1 mark)

22. What is meant by VO₂ maximum (VO₂ max)? _____ (1 mark)

23. The following statements are related to principles of training. Fill in the table with the words provided:

overload, reversibility, specificity, progression

	Statement	Word
a.	a type of training to improve a particular muscle or group of muscles	
b.	working a muscle harder than normal	
c.	training by increasing workload gradually and in stages	
d.	training stops for a period of time and muscles become weaker	

(4 marks)

24. What is the training principle involved in each of the following examples?

a. Celine increases her training sessions from 2 to 4 times a week

b. John is working with heavier loads

c. Anna increases her training session from 30 to 40 minutes

(3 marks)

25. The skill phase is one part of a typical training session. List the other three phases:

i) _____

ii) _____

iii) _____ (3 marks)

26. The sergeant jump is a test for:

_____ (1 mark)

27. List two exercises you would include in a circuit training to improve general fitness.

i) _____

ii) _____ (2 marks)

28. Name two important points to remember when doing an interval training session.

i) _____

ii) _____ (2 marks)

29. Mention two body measurements taken to indicate the level of fitness.

- i) _____
- ii) _____ (2 marks)

30. Continuous training can be done using a number of activities. Mention two of these activities.

- i) _____
- ii) _____ (2 marks)

SECTION C – SPORTS IN SOCIETY (6 marks)

Answer ALL questions in Section C

1. What do the initials **I.O.C.** stand for?

_____ (1 mark)

2. Give two reasons why cities try very hard to organize the Olympic Games.

- i) _____
- ii) _____ (2 marks)

3. Fill in the word which best describes the statement. Choose from:
political, strike, racial, terrorist

	Statement	Word
a.	Munich 1972 - Israeli athletes killed.	
b.	Moscow 1980 - U.S.A. does not participate.	
c.	Rome 1960 - South Africa participates with an 'all white' team	

(3 marks)