

**JUNIOR LYCEUM ANNUAL EXAMINATIONS 2004**

Educational Assessment Unit – Education Division

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**FORM 5**

**PHYSICAL EDUCATION**

**TIME 1h 30min**

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**TOTAL MARK 80**

Name: \_\_\_\_\_

Class: \_\_\_\_\_

**Section A – Movement and Physical Activities**

**Answer three questions from 1-12 in Section A.**

**Answer all parts of the chosen questions.**

1. **ATHLETICS**

(a) Which is the **most** effective style of high jumping?

\_\_\_\_\_ (1 mark)

(b) Mention one foul in discus throwing.

\_\_\_\_\_ (1 mark)

(c) Mention two tactics which are essential in an 800m race.

\_\_\_\_\_  
\_\_\_\_\_ (2 marks)

2. **BADMINTON**

(a) Players hit the shuttle back and forth over the net. What is this called?

\_\_\_\_\_ (1 mark)

(b) How many games are played in a men's singles competition?

\_\_\_\_\_ (1 mark)

(c) (i) What is the court position for receiving the service?

\_\_\_\_\_ (1 mark)

(ii) What position on court should a player take after hitting a shot?

\_\_\_\_\_ (1 mark)

3. BASKETBALL

(a) What is the best shot to use on a fast break?

\_\_\_\_\_ (1 mark)

(b) Which of the following statements best describes an offensive cut. Underline the right answer.

- (i) moving into a space
- (ii) moving round a player
- (iii) moving towards a side line
- (iv) moving away from the zone

(1 mark)

(c) When is it best to use:

(i) man-to-man defence?

\_\_\_\_\_ (1 mark)

(ii) zone defence?

\_\_\_\_\_ (1 mark)

4. EDUCATIONAL DANCE

(a) Mention two types of **relationships** as used in dance.

\_\_\_\_\_  
\_\_\_\_\_ (2 marks)

(b) Actions in dance may be used to express different emotions. Name one action you would use to express:

sadness \_\_\_\_\_ (1 mark)

(c) The floor pattern of a dance composition may show **straight lines**. Mention another pathway which may be used.

\_\_\_\_\_ (1 mark)

5. FOOTBALL

(a) What kind of footwork should a player generally use while dribbling?

\_\_\_\_\_ (1 mark)

(b) What type of marking should be used in a corner kick?

\_\_\_\_\_ (1 mark)

(c) Mention one situation during play when a penalty kick is awarded.

\_\_\_\_\_ (1 mark)

(d) Mention one use of heading in football.

\_\_\_\_\_ (1 mark)

6. GYMNASTICS

(a) For how long should a gymnast hold a balance in a sequence?

\_\_\_\_\_ (1 mark)

(b) Name one safe way of getting out from the handstand.

\_\_\_\_\_ (1 mark)

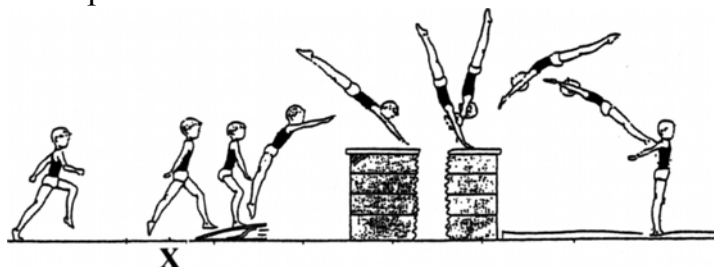
(c) In a cartwheel the body weight is transferred from the feet back to feet. What is the sequence of the body parts touching the floor?

\_\_\_\_\_ (1 mark)

Answer question d) VAULTING or e) PARALLEL BARS

(d) VAULTING

Name the phase of the vault marked with an X in the diagram.

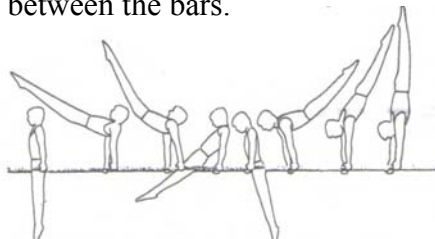


\_\_\_\_\_ (1 mark)

OR

(e) PARALLEL BARS

The gymnast is performing the swing in straight arm support on parallel bars. State the approximate distance between the bars.



\_\_\_\_\_ (1 mark)

7. HOCKEY

(a) Mention one protective item players should wear.

\_\_\_\_\_ (1 mark)

(b) What should a player do to avoid losing the ball when dribbling?

\_\_\_\_\_ (1 mark)

(c) What is the best position for the goalkeeper to take when waiting for a corner?

\_\_\_\_\_ (1 mark)

(d) If you are closely marked by an opponent which is the best pass to use?

\_\_\_\_\_ (1 mark)

8. NETBALL

(a) Name one instance when a free pass is awarded to the opposing team.

\_\_\_\_\_ (1 mark)

(b) One way of attack from the back line is to pass “down the straight”. Mention another attacking strategy.

\_\_\_\_\_ (1 mark)

(c) ‘Feinting’ is one way of getting free from your opponent. Mention another way of getting free.

\_\_\_\_\_ (1 mark)

(d) Mention an important point to remember when pivoting.

\_\_\_\_\_ (1 mark)

9. RHYTHMIC GYMNASTICS

(a) Bouncing and rolling are two basic skills which are used in a sequence with the ball. Name one basic skill used with the **ribbon**.

\_\_\_\_\_ (1 mark)

(b) Elegance is a quality a rhythmic gymnast must have. Name two other qualities.

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(2 marks)

(c) Mention one linking movement which may be used in a sequence.

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(1 mark)

## 10. SWIMMING

(a) 'Body position' is an important component in any of the four strokes. Name **TWO** other components.

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(2 marks)

(b) Put the appropriate **stroke** beside its **description**. One has been done for you.

Description	Stroke
i. all movements of the legs are simultaneous and symmetrical	
ii. at the start the swimmer pushes off on his back	<b>Backstroke</b>
iii. leg action is an alternating up and down movement	

(2 marks)

## 11. TEAM HANDBALL

(a) Mention one action that a player is allowed to do with the ball.

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(1 mark)

(b) Mention two instances when it is best to use a jump shot.

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(2 marks)

(c) Give one critical element of the **follow through** in the overhand pass.

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(1 mark)

12. VOLLEYBALL

(a) Name the skill shown in the diagram.



\_\_\_\_\_ (1 mark)

(b) Name one critical element related to:

(i) the fingers \_\_\_\_\_

**OR**

(ii) the position of the hands \_\_\_\_\_ (1 mark)

(c) Teams A and B are taking part in a game. Team A is the serving side. The score is 6 – 3. Team B wins the rally.

(i) What is the new score for Team B?  
\_\_\_\_\_ (1 mark)

(ii) Which team takes the next service?  
\_\_\_\_\_ (1 mark)

**Section B – Health Related Fitness**

**Answer all questions in Section B.**

1. Smoking is harmful. Name two negative effects of smoking.

(i) \_\_\_\_\_ (1 mark)

(ii) \_\_\_\_\_ (1 mark)

2. Carbohydrates are an important nutrient.

(a) Why are carbohydrates an important part of a balanced diet?  
\_\_\_\_\_ (1 mark)

(b) Carbohydrates are broken into single sugar units called **glucose**. If glucose is not immediately needed by the body, it is changed in **glycogen**. Where is glycogen stored?

\_\_\_\_\_ (1 mark)

(c) Tom competes in the marathon. In the week before the event, he does **carbohydrate loading**. Name two effects of carbohydrate loading.

(i) \_\_\_\_\_ (1 mark)

(ii) \_\_\_\_\_ (1 mark)

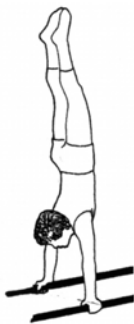
3. Somatotype may be important in choosing a sport. Name the common somatotype of:

(i) a weightlifter \_\_\_\_\_ (1 mark)

(ii) a female gymnast \_\_\_\_\_ (1 mark)

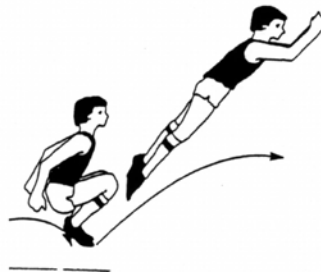
(iii) a swimmer \_\_\_\_\_ (1 mark)

4. Name the type of strength being shown by each athlete.



(i)

\_\_\_\_\_



(ii)

\_\_\_\_\_



(iii)

\_\_\_\_\_

(3 marks)

5. Name the component of fitness needed to:

(i) put on your clothes \_\_\_\_\_ (1 mark)

(ii) lift a heavy suitcase \_\_\_\_\_ (1 mark)

(iii) jog briskly for 20 minutes \_\_\_\_\_ (1 mark)

(iv) do a number of press-ups \_\_\_\_\_ (1 mark)

6. One of the types of muscle fibres is the **fast twitch**. State two characteristics of this type of muscle fibre.

(i) \_\_\_\_\_ (1 mark)

(ii) \_\_\_\_\_ (1 mark)

### Section B – Body Systems and Performance

7. Shape and Support are two functions of the skeleton. State two other functions.

(i) \_\_\_\_\_ (1 mark)

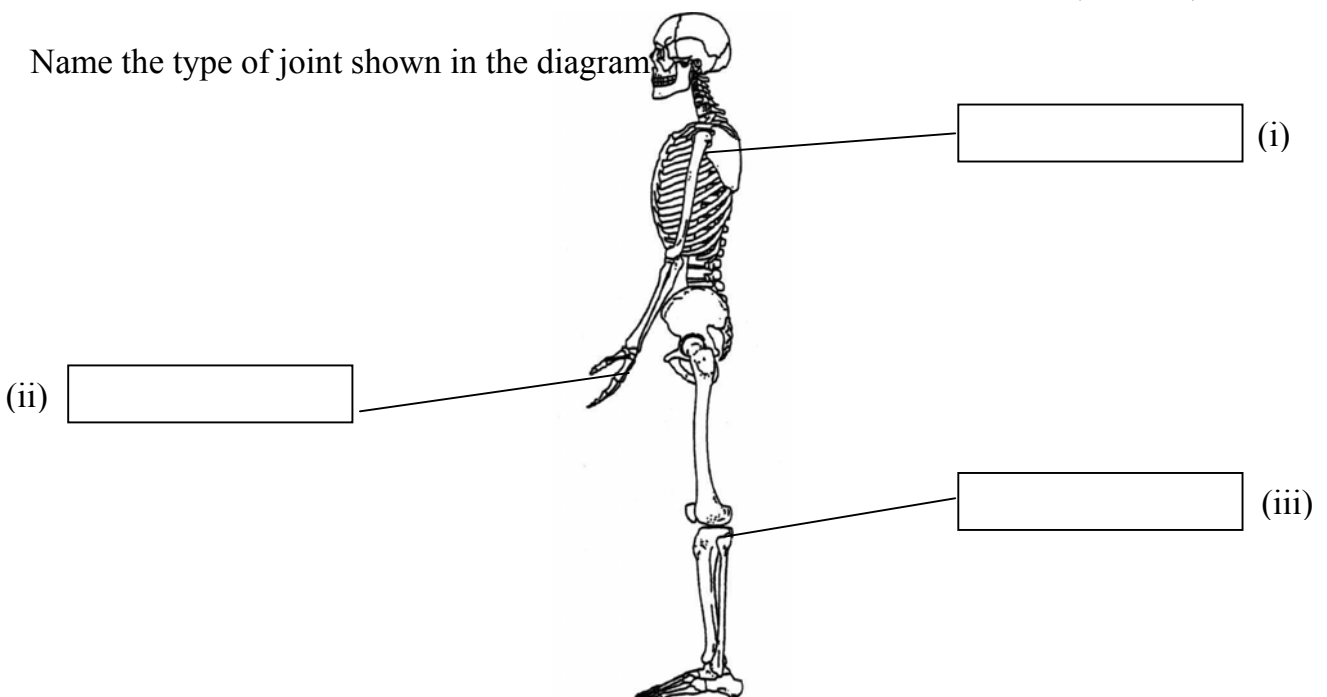
(ii) \_\_\_\_\_ (1 mark)

8. Complete the table

Common Name	Anatomical Name
shin bone	tibia
	patella
breast bone	
hip bone	

(3 marks)

9. Name the type of joint shown in the diagram



(3 marks)



10. What type of movement is shown in each diagram?

(i) \_\_\_\_\_ (ii) \_\_\_\_\_ (iii) \_\_\_\_\_

(3 marks)

11. Put a number in the correct order to describe the flow of blood round the body.

oxygenated blood flows from the lungs to the left atrium	1
oxygenated blood leaves the heart through the aorta	
deoxygenated blood returns to the lungs from the heart	
from here blood is pumped to the left ventricle	
deoxygenated blood from the body returns to the heart	
from the right atrium, deoxygenated blood is pumped to the right ventricle	5

(4 marks)

12. In the lungs the bronchioles end in bunches of alveoli.

(i) What is the function of the alveoli?

\_\_\_\_\_ (1 mark)

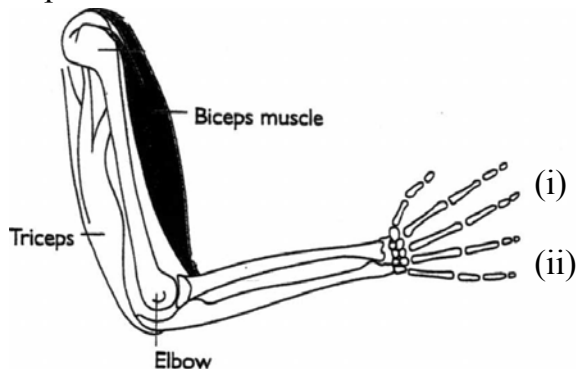
13. The diaphragm is a muscle below the lungs which helps you to breathe in and out. What does the diaphragm do:

(i) when breathing in \_\_\_\_\_

(ii) when breathing out \_\_\_\_\_

(2 marks)

14. Explain how these two muscles work to bend the arm at the elbow.



(2 marks)

15. Good Posture is the way you hold your body so as to put least strain on your muscles, tendons, ligaments and bones.

What posture instruction would you give someone:

(i) to sit correctly \_\_\_\_\_ (1 mark)

(ii) to lift a heavy box \_\_\_\_\_ (1 mark)

16. To design a good training programme one has to know and apply four principles. What are these principles of training?

(i) \_\_\_\_\_ (iii) \_\_\_\_\_

(ii) \_\_\_\_\_ (iv) \_\_\_\_\_

(4 marks)

17. A normal training session usually starts with a warm-up. Name two other parts of a training session.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(2 marks)

18. There are a number of training methods to suit different needs. Near each situation write the training method which you think is most suitable.

Situation

Best training method

(i) A team practicing a number of skills

\_\_\_\_\_

(ii) Training for cross country

\_\_\_\_\_

(iii) A shot putter trying to increase power

\_\_\_\_\_

(3 marks)

19. Weight training is used to increase muscle strength or to improve muscle tone. How are weights used:

(i) to increase muscle strength?  
\_\_\_\_\_ (1 mark)

(ii) to increase muscle tone?  
\_\_\_\_\_ (1 mark)

20. A number of tests are used to assess the level of fitness. Name a standard test which assesses:

- (i) flexibility at the hips/back \_\_\_\_\_
- (ii) general cardiovascular endurance \_\_\_\_\_
- (iii) explosive power in the legs \_\_\_\_\_ (3 marks)

21. The practice of Sports carries certain risks of injury. Mention two ways of preventing certain injuries.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_ (2 marks)

22. When accidents happen, one should give first aid treatment. Write the best first aid treatment near each injury.

(i) A person is in a coma after a head injury.  
\_\_\_\_\_ (1 mark)

(ii) A person has broken his arm (simple fracture).  
\_\_\_\_\_ (1 mark)

**Section C – Sports in Society**

**Answer all questions in Section C.**

1. Continue this famous quote on the Olympic Games.  
‘The most important thing in the Olympic Games is not to win, but

\_\_\_\_\_ (1 mark)

2. Name two problems which television brings to sport.

(i) \_\_\_\_\_ (1 mark)

(ii) \_\_\_\_\_ (1 mark)

3. What do we call the taking of drugs in Sport?

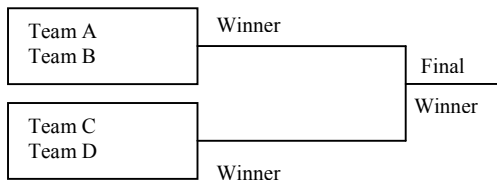
\_\_\_\_\_ (1 mark)

4. Stimulants increase alertness but they may also increase hostility.  
Name another risk in taking stimulants.

\_\_\_\_\_ (1 mark)

5. League, Knockout, Ladder are forms of competition.

(a) Name the form of competition shown in this scheme



\_\_\_\_\_ (1 mark)

(b) Name two advantages of this form of competition.

(i) \_\_\_\_\_ (1 mark)

(ii) \_\_\_\_\_ (1 mark)

(c) Name two disadvantages of this form of competition.

(i) \_\_\_\_\_ (1 mark)

(ii) \_\_\_\_\_ (1 mark)