

# JUNIOR LYCEUM ANNUAL EXAMINATIONS 2005

Educational Assessment Unit - Education Division

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**FORM 3**

**PHYSICAL EDUCATION**

**TIME: 1h 30min**

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NAME: \_\_\_\_\_

CLASS: \_\_\_\_\_

## Section A – Movement and Physical Activities

**(18 marks)**

Choose **THREE** questions from 1-12 in Section A.

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

### 1. ATHLETICS

- a. In order to improve in the running events (especially in sprints), an athlete needs to take certain measurements.

Mention **two** measurements which would help an athlete improve his/her performance.

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

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

- b. What type of physique is best suited for the discus and shot put?

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

- c. What critical factor is common to all throwing events at the moment of release?

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

- d. The 'Hang' and the 'Hitch-Kick' are two techniques used in the long jump. What do these techniques try to overcome?

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

- e. Mention **one** general rule regarding the use of shoes during a race.

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

### 2. BADMINTON

- a. Players hit the shuttle back and forth to each other. What is this called?

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

- b. Which is the shot that travels downwards with great force?

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

- c. Which stroke should just clear the net and immediately fall into opponent's court?

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

- d. A server completely misses the shuttle when serving. Is this a fault?  
 \_\_\_\_\_ (1)
- e. How many points may a player serve consecutively?  
 \_\_\_\_\_ (1)
- f. What happens when the shuttle touches the net during play?  
 \_\_\_\_\_ (1)

3. BASKETBALL

- a. A player is disqualified during a match. State the reason why.  
 \_\_\_\_\_ (1)
- b. How many steps may a player in possession of the ball take without committing travelling?  
 \_\_\_\_\_ (1)
- c. Which locomotor movement is best suited for guarding the zone?  
 \_\_\_\_\_ (1)
- d. Mention **one** reason why a player uses the pivoting skill.  
 \_\_\_\_\_ (1)
- e. i) Which team has the advantage on the rebound?  
 \_\_\_\_\_ (1)
- ii) State why.  
 \_\_\_\_\_ (1)

4. EDUCATIONAL DANCE

- a. Skips, hops and runs are ways of 'travelling'.  
 What is the term used to describe this type of travelling?  
 \_\_\_\_\_ (1)
- b. Fill in the following table referring to the two extremes of motion factors. Use the words provided. The first one has been done for you.

Bound, Light, Flexible

	<b>Motion Factor</b>	<b>Extreme</b>	<b>Other Extreme</b>
i)	Time	Quick	Slow
ii)	Weight	Firm	
iii)	Space	Direct	
iv)	Flow	Free	

(3)

- c. Action phrases can be used in dance as stimulus. An example of an action phrase is:  
 travel – turn – open – close  
 Give another example of an action phrase using 4 words.

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

5. FOOTBALL

- a. Read the statements and near them write how the game is restarted in each case.  
 The first one has been done for you.

	Statement	Game restarted by
Ex	A goal is scored.	kick off
i)	Attacker sends ball off opposite goal line (not goal)	
ii)	Defender sends ball off own goal line (not goal)	
iii)	Ball goes out of bounds at side line	

(3)

- b. The three main styles of dribbling use: the **inside foot**, the **outside foot**, and the **toe**.  
 Which of these styles is the most difficult in order to control the ball and why?

i) most difficult: \_\_\_\_\_ (1)

ii) why: \_\_\_\_\_ (1)

- c. What must a goalkeeper think of in order to reduce the chance of score by an oncoming  
 attacker who managed to get past the defence?

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

6. GYMNASTICS

- a. **Floor work**

- i) From a forward or backward roll, one may go into an inverted balance.

Mention one such inverted balance: \_\_\_\_\_ (1)

- ii) The cartwheel is regarded as a basic floor skill. How can this skill be turned into a  
 higher level skill? \_\_\_\_\_ (1)

- b. How much points are usually deducted for:

i) a very small mistake: \_\_\_\_\_ (1)

ii) a more serious mistake: \_\_\_\_\_ (1)

**Answer only question c) VAULTING or question d) PARALLEL BARS**

- c. VAULTING:

- i) Mention **one** floor skill which is used as a lead-up skill to teaching the head spring.

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

- ii) In which part of the vault does the gymnast take off on one foot and lands on two feet?

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

**OR**

d. **PARALLEL BARS:**

Mention two essential elements which should be included in a Parallel Bars routine.

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

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

7. **HOCKEY**

- a. When dribbling, the most common problem is lack of ball control.

Mention **two** critical elements one must remember in order to keep control of the ball.

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

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

- b. Near each statement, write the name of a pass which you think is most suitable for the situation described.

	<b>Situation</b>	<b>Type of Pass</b>
i)	A quick short pass to a team mate close by	
ii)	A hard pass aimed for long distance	
iii)	A pass to go over opponent's stick or goalie	

(3)

- c. What does the referee award to a team when an opponent commits a foul in the general play area (outside the shooting circle)?

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

8. **NETBALL**

- a. When giving a bounce pass where should the ball bounce?

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

- b. A player moves the landing foot while in possession of the ball. What is the umpire's decision?

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

- c. A shot at goal is unsuccessful and the ball rebounds into court. What happens next?

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

- d. A Wing Attack (W.A.) has caught the centre pass.

Which is the best pass to give to the Goal Shooter (G.S.) in the shooting circle?

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

e. State **two** ways by which a defender can be effective when defending one-on-one.

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

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

9. RHYTHMIC GYMNASTICS

a. The ribbon, rope and ball are three of the five pieces of rhythmic gymnastics apparatus. Mention the other **two** pieces.

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

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

b. Name the skills shown in the diagrams below.



i) \_\_\_\_\_ ii) \_\_\_\_\_ (2)

c. A sequence should include body elements and apparatus skills. Mention another two considerations required in planning a sequence.

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

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

10. SWIMMING

a. Why should the feet stay under water when kicking?

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

b. What is coordination of arms, legs and breathing called in swimming?

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

c. Which safety rule should be observed by all swimmers?

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

d. In which position is the head when breathing during the front crawl?

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

e. What is the best head position:

i) for the back crawl: \_\_\_\_\_ (1)

ii) for the breaststroke: \_\_\_\_\_ (1)

11. TEAM HANDBALL

- a. Read the statements and near them write how the game is restarted in each case. The first one has been done for you.

	Situation	Game restarted by
Ex	Defender charges opponent.	Free throw
i)	A goal is scored.	
ii)	Attacker enters goal area.	
iii)	Defensive player stops ball in circle.	

(3)

- b. Chest pass and bounce pass are two ways of passing the ball.

i) choose another pass \_\_\_\_\_ (1)

ii) give one critical element of this pass \_\_\_\_\_ (1)

- c. Your team has just gained possession of the ball. What do you consider to be your team's next move?

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

12. VOLLEYBALL

- a. State the correct umpiring decision if the ball goes into the net at service.

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

- b. Mention **one** instance when touching the net is an invasion.

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

- c. Which skill is always executed (done) with both hands?

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

- d. A player is hitting a dig. Where should the hands be at the end of the follow through?

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

- e. What is the basic pattern of attack in volleyball?

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

- f. Which is the best position for the setter?

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

**Section B – Health Related Fitness**

**(24 marks)**

**Answer all questions in Section B.**

1. Excessive alcohol can damage the liver. State one other long term effect of alcohol.  
\_\_\_\_\_ (1)

2. What contagious condition may develop if the feet are not dried well after showering?  
\_\_\_\_\_ (1)

3. In the table below write the correct nutrient near the statement it best describes.

	<b>Nutrient</b>	<b>Function</b>
i)		provide energy
ii)		helps to regulate the digestive system
iii)		'trace elements' like calcium needed by the body

(3)

4. What is the aim behind 'carbohydrate loading'?  
\_\_\_\_\_ (1)

5. What causes dehydration?  
\_\_\_\_\_ (1)

6. State **two** considerations a person should take when planning an exercise programme.

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

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

7. What is strength?  
\_\_\_\_\_  
\_\_\_\_\_ (1)

8. What **component of fitness** is involved in stretching up to a high shelf?  
\_\_\_\_\_ (1)

9. What is the major difference between aerobic and anaerobic activity?  
\_\_\_\_\_  
\_\_\_\_\_ (1)

10. What substance builds up in the muscles during prolonged activity?  
\_\_\_\_\_ (1)

11. Muscular endurance is different from cardiovascular endurance.

a. Define:

i) muscular endurance \_\_\_\_\_  
\_\_\_\_\_ (1)

ii) cardiovascular endurance \_\_\_\_\_  
\_\_\_\_\_ (1)

b. Give an example of a sport which specifically needs:

i) muscular endurance \_\_\_\_\_  
\_\_\_\_\_ (1)

ii) cardiovascular endurance \_\_\_\_\_  
\_\_\_\_\_ (1)

12. Speed can be improved by training muscles to contract quickly.  
Mention another way of improving speed.  
\_\_\_\_\_ (1)

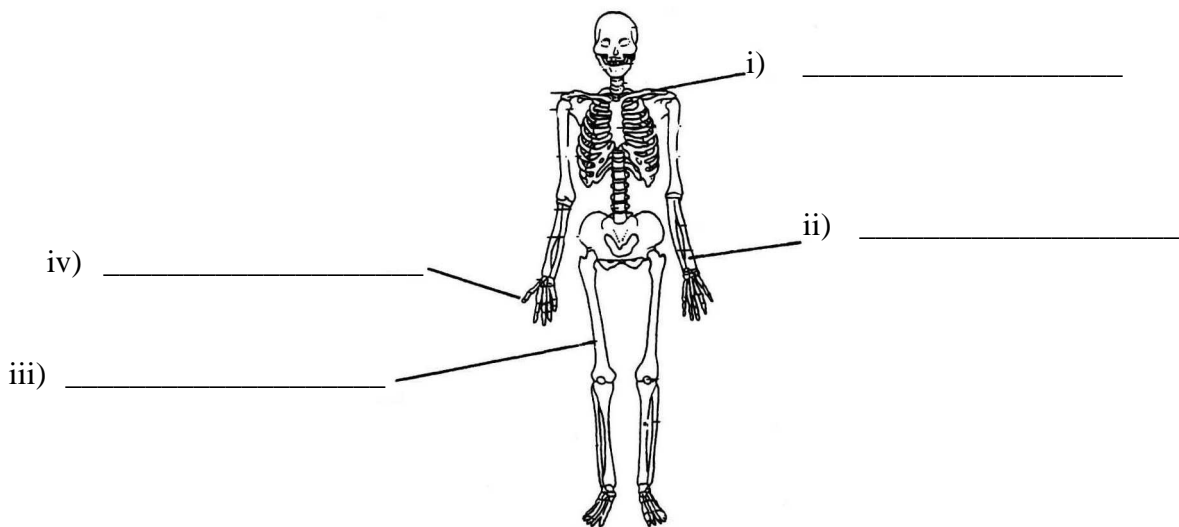
13. Body type may be affected by training.  
Mention **two** factors which **cannot** be affected by training.  
i) \_\_\_\_\_ (1)  
ii) \_\_\_\_\_ (1)

14. Name a somatotype. Choose one sport best suited for this body type.  
i) somatotype \_\_\_\_\_ (1)  
ii) sport \_\_\_\_\_ (1)

15. Mention **one** physiological factor and **one** psychological factor which affect sport.  
i) physiological factor \_\_\_\_\_ (1)  
ii) psychological factor \_\_\_\_\_ (1)

**Section B – Body systems and Performance (38 marks)**

16. Look at the diagram and write the anatomical name of the bones indicated.



(4)



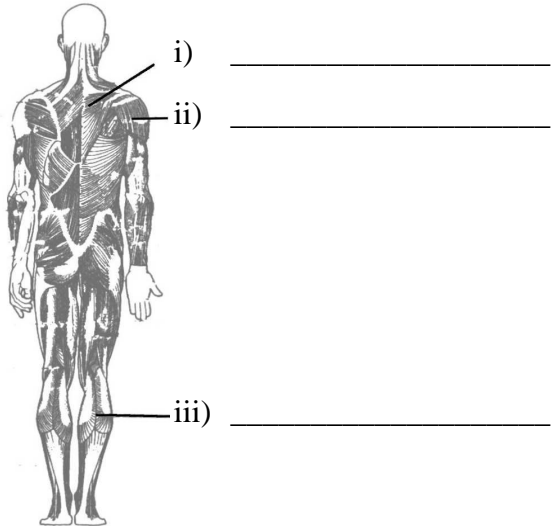
17. Mention **three** functions of the vertebral column.

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

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

iii) \_\_\_\_\_ (1)

18. Look at the diagram below and write the **anatomical name** of the muscles indicated.



(3)

19. Give an example of an isometric contraction.

i) from a sport \_\_\_\_\_ (1)

ii) from everyday life \_\_\_\_\_ (1)

20. There are two types of isotonic contractions. Which are they?

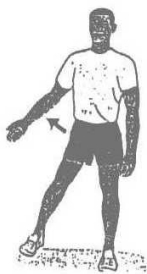
i) \_\_\_\_\_ (1)

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

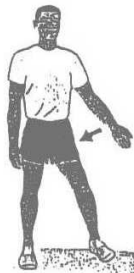
21. Give a definition of muscle tone.

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

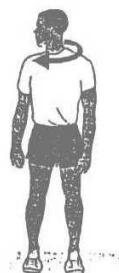
22. Under each diagram write the type of movement which is taking place.



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



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



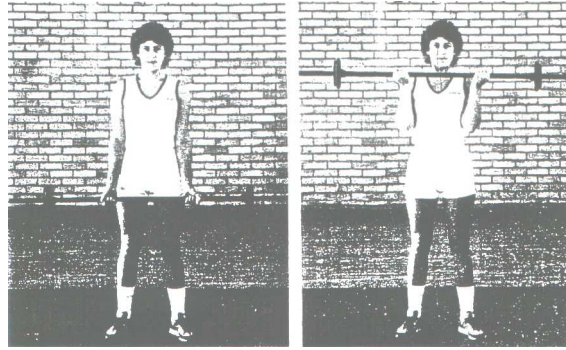
iii) \_\_\_\_\_



iv) \_\_\_\_\_

(4)

23. Look at the photos below and answer the question.



- a. Which major muscle is in action when lifting?  
\_\_\_\_\_ (1)
- b. Name the origin and the insertion of this muscle.
  - i) Origin: \_\_\_\_\_ (1)
  - ii) Insertion: \_\_\_\_\_ (1)
- c. Name **two** safety measures when doing this exercise.
  - i) \_\_\_\_\_ (1)
  - ii) \_\_\_\_\_ (1)
- d. When lifting, which is the antagonist muscle?  
\_\_\_\_\_ (1)
- e. During the lifting action, what type of muscle contraction is the muscle performing?  
\_\_\_\_\_ (1)

In questions 24-29 write True **T** or False **F** in the box near each statement.

- 24. An antagonist is a voluntary type of muscle.  (1)
- 25. In isometric contractions there is movement at a joint.  (1)
- 26. The knee joint is a gliding type of joint.  (1)
- 27. The hinge joint allows the greatest range of movements.  (1)
- 28. Ligaments serve to keep the joint stable.  (1)
- 29. Muscles are joined to bones by means of tendons.  (1)

30. State what factor was the cause of injury in each of these cases.  
The first one has been done for you.

	<b>Injury</b>	<b>Factor</b>
Ex	Pulled muscle on a cold day.	Improper preparation
i)	Bone broken due to hard tackle.	
ii)	Head injured because no helmet worn.	
iii)	Player slips because court is wet.	

(3)

31. How can game officials help to avoid injuries during a game?

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

32. Mention **two** safety checks one should perform when wearing normal gym shoes.

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

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