

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2005

Educational Assessment Unit - Education Division

FORM 4

PHYSICAL EDUCATION

TIME: 1h 30min

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. From all the sprinting events, which one is the longest sprint?

_____ (1)

- b. Mention one strategy used during the 800m race.

_____ (1)

- c. Consider the discus and shot.
Mention one advantage and one disadvantage of using the rotational technique.

i) advantage _____ (1)

ii) disadvantage _____ (1)

- d. In a high jump competition, when is an athlete eliminated?

_____ (1)

- e. How do judges indicate a 'No throw' or 'No jump'?

_____ (1)

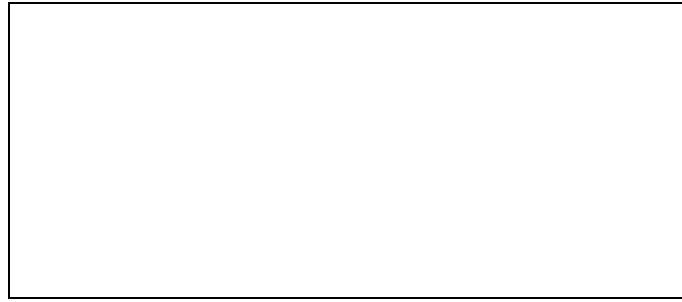
2. BADMINTON

- a. In badminton what is the purpose of using:

i) the smash _____ (1)

ii) the drop _____ (1)

b. Fill in 4 court lines or markings on the diagram below



(2)

c. When is a singles match finished?

(1)

d. Where on court should a player return to after hitting a shot?

(1)

3. BASKETBALL

a. In how many seconds must a team get the ball across the half court?

(1)

b. A player makes a two-step stop after receiving a pass.
On which foot is the player allowed to pivot?

(1)

c. Getting in the way of the ball is a defending skill.
Mention another defending skill.

(1)

d. Which shot is the most difficult to guard – a jump shot or a lay up shot?

(1)

e. When is it best to use the 'give and go' pass?

(1)

f. Mention the most effective defensive strategy to use against a team which is stronger in long set shots.

(1)

4. EDUCATIONAL DANCE

a. List three things to consider when planning a dance composition.

i) _____

ii) _____

iii) _____

(3)

b. 'Pivoting' is one way of turning in dance. Mention another term which describes turning.
_____ (1)

c. "Quality in dance is easily observed"
State two factors which show quality.
i) _____
ii) _____ (2)

5. FOOTBALL

a. The ball may be played using the heel.
Mention two instances when this type of pass is used.
i) _____
ii) _____ (2)

b. Which type of Kick is best suited for sending the ball a long distance?
_____ (1)

c. When going for a tackle, timing is very important.
Mention two things which a tackler must time.
i) _____
ii) _____ (2)

d. Mention one critical element for heading a ball.
Refer only to the upper part of the body.
_____ (1)

6. GYMNASTICS

a. Floor work
A gymnast is trying to perform the **headstand**, but he/she is rolling over when he/she tries to extend the legs.
Mention two critical elements one should think of in order to correct this problem.
i) _____ (1)
ii) _____ (1)

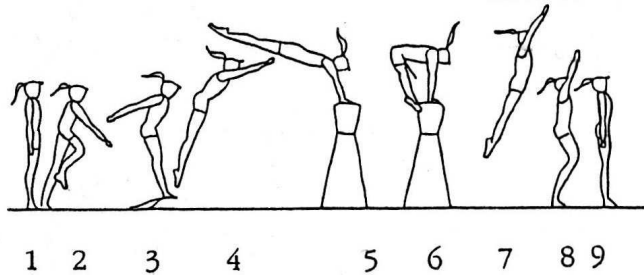
b. Besides the use of strength, mention one difference between a man's and a woman's floor routine.
_____ (1)

c. The forward roll is a basic floor skill. How can you make it more difficult?
_____ (1)

Choose either question D (VAULTING) or question E (PARALLEL BARS)

VAULTING

- d. The diagram below shows various stages of the straddle vault. Each stage has a number below it.



Which stage is shown by:

- i) number 4 _____ (1)
 ii) number 6 _____ (1)

OR

PARALLEL BARS

- e. Mention two positions from where a gymnast may start his routine.

- i) _____ (1)
 ii) _____ (1)

7. HOCKEY

- a. Tackling in field hockey does not involve body contact. Give one reason why tackling is done.

_____ (1)

- b. Near each statement, write the term which best describes the statement.

	Statement	Term
i)	Stopping the ball in order to gain control	
ii)	A type of pass which lifts ball off ground	
iii)	A pass like the push-pass but makes ball spin	

(3)

- c. Write down one instruction you would give to your team if it is playing an offensive game.

_____ (1)

- d. The defensive team commits a foul within its own shooting circle or intentionally sends the ball over the end line (not goal). What does the referee award?

_____ (1)

8. NETBALL

a. An injury occurs during play.

i) from where is play restarted?

_____ (1)

ii) Who takes the ball?

_____ (1)

b. During play the Wing Attack (W.A) hardly ever manages to beat her opponent and receive the ball.

Mention two skills which the player needs to improve.

i) _____

ii) _____ (2)

c. A player jumps and lands on two feet after receiving ball. On which foot is she allowed to pivot?

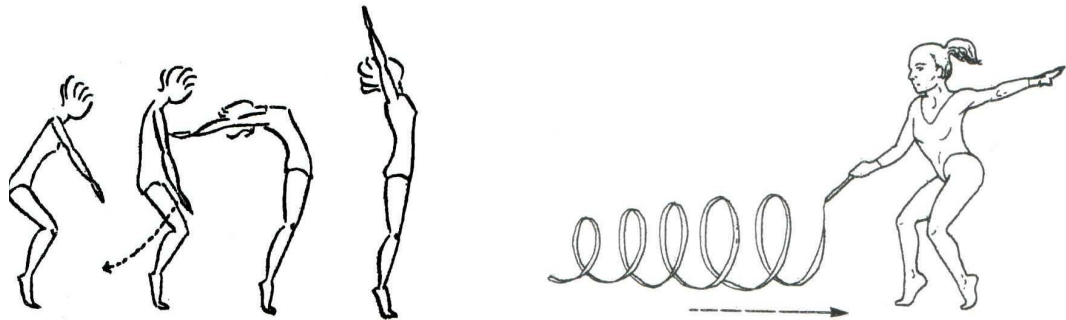
_____ (1)

d. Which is the best pass to use when passing to a team mate who is close to you and who is in front of the defender?

_____ (1)

9. RHYTHMIC GYMNASTICS

a. Name the skills shown in the diagram below.



i) _____ ii) _____ (2)

b. Mention two skills regarding catching of any of the apparatus.

i) _____

ii) _____ (2)

c. Give two critical elements for performing an arabesque.

i) _____

ii) _____ (2)

10. SWIMMING

a. Some aspects need to be mastered for all strokes. State two:

i) _____

ii) _____ (2)

- b. Why is it important to keep the body as streamlined as possible?
 _____ (1)
- c. When doing the front crawl a swimmer drifts to the left.
 What mistake is he/she making?
 _____ (1)
- d. Where is the body weight when a swimmer assumes the starting position on the blocks?
 _____ (1)
- e. How is a false start signaled during a competition?
 _____ (1)

11. TEAM HANDBALL

- a. Give the rhythm in steps before shooting for right handed players
- i) when not feinting _____ (1)
- ii) when feinting _____ (1)
- b. For how long can you hold the ball before you play it?
 _____ (1)
- c. Explain the dribbling rule.
 _____ (1)
- d. Dodging your opponent is an offensive skill.
 Mention another two offensive skills.
- i) _____ (1)
- ii) _____ (1)

12. VOLLEYBALL

- a. The teams reach a 24-24 tie. For how long is play continued?
 _____ (1)
- b. Which player is not allowed to serve or spike?
 _____ (1)
- c. What is the most important factor to consider:
- i) when spiking _____ (1)
- ii) when hitting an effective overhead serve _____ (1)
- d. At service, a setter is in position 2, and a spiker in position 3.
 What should they do as soon as the ball crosses the net?
 _____ (1)

e. What should the three players nearest to the spiker do, to cover this player?

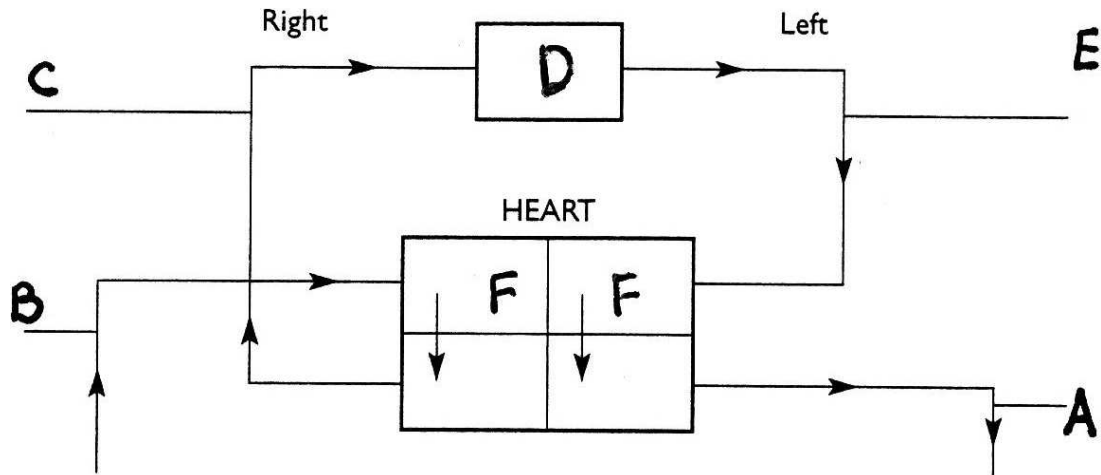
(1)

Section B - Body Systems and Performance

(56 marks)

Answer all questions in Section B

1. Look at the diagram and label the parts marked A, B, C, D, E and F.
Choose from: lungs, vena cava, capillaries, pulmonary artery, muscles, pulmonary vein, aorta, atria.



(6)

2. When blood is pumped from the atria to the ventricles, what prevents blood from flowing back ?

(1)

3. Blood is pumped from the heart to the lungs and back to the heart.

(a) What is this system called? _____

(1)

Blood is pumped from the heart to the rest of the body and back to the heart.

(b) What is this system called? _____

(1)

4. Fill in the missing column in the table below.

	Description	Word	Reading
a.	Blood pressure when heart contracts		120
b.	Blood pressure when heart relaxes		80

(2)

5. Increased physical activity produces certain **visible** effects on the body.
Mention two such effects.

i) _____

(1)

ii) _____

(1)

6. The heart is made up of a special muscle tissue.

What type of tissue is this? _____

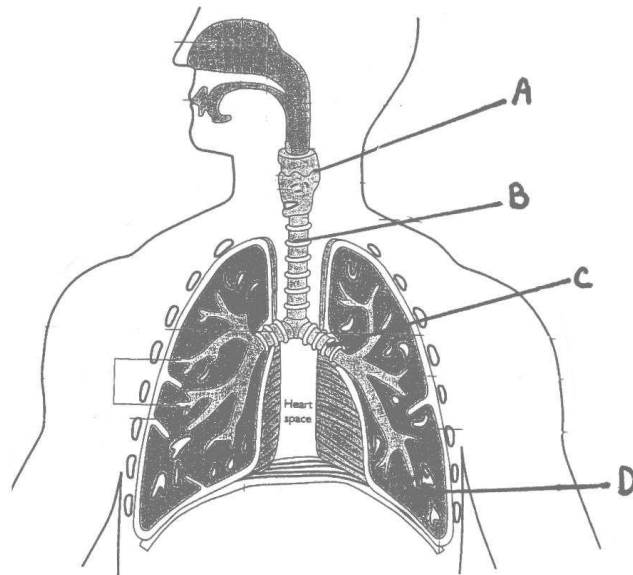
(1)

7. Mention two bad habits which may cause certain heart problems.

i) _____ (1)

ii) _____ (1)

8. The diagram shows a cross section of the respiratory organs. Label the parts marked A, B, C and D.



(4)

9. In the table below, match the word with the statement it describes. The first one has been done for you.

Choose from: trachea, alveoli, epiglottis, bronchi, diaphragm, larynx

	Statement	Word
Ex.	This is also called the voice box	larynx
a.	This prevents food from entering the wind pipe	
b.	A large flat muscle controlling breathing	
c.	Oxygen and Carbon dioxide are exchanged here	

(3)

10. The nose contains tiny hairs called cilia. Mention two functions of these hairs.

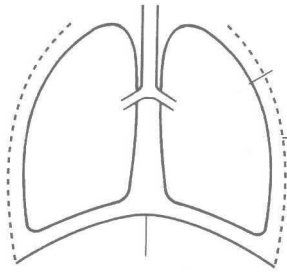
(i) _____ (1)

(ii) _____ (1)

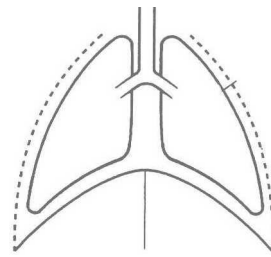
11. This formula describes what takes place during a certain exercise.
 Sugar + Oxygen = Energy + Carbon dioxide + Water + Heat

What type of exercise is this? _____ (1)

12. Look at the two diagrams below and write underneath what is happening in each case.



(i) _____



(ii) _____ (2)

13. Different lung volumes can be measured.

a. Mention one type of lung volume. _____ (1)

b. Explain what this measures. _____ (1)

14. How thick are capillaries?

_____ (1)

15. What three factors may be increased to achieve the overload principle of training?

i) _____

ii) _____

iii) _____ (3)

16. John has just joined a basketball club. Which principle of training should John follow:

i) to reduce the chance of injury? _____ (1)

ii) to increase strength in his legs? _____ (1)

17. Give two reasons why cool down should be performed after a training session.

i) _____

ii) _____ (2)

18. What type of skills are practiced during the 'skill phase' of a training session?

_____ (1)

19. Weight training may be used to increase muscle strength. How are weights used to achieve this?

_____ (1)

20. How may weights be used to increase muscle tone/ muscular endurance?

_____ (1)

21. State two factors to be considered when planning an interval training session.
- i) _____
- ii) _____ (2)
22. Suggest two different ways in which a circuit can be modified (changed) to make the athlete work harder.
- i) _____
- ii) _____ (2)
23. A heavy weight is lifted and held for some time. What type of weight training is this?
- _____ (1)
24. Fill in the table below using the correct test which best describes the statement.
Harvard Step Test, Standing Broad Jump, Sit and Reach Test, Cooper Test

	Statement	Test
a)	This test measures leg power	
b)	This tests aerobic capacity	
c)	This tests the recovery rate	

(3)

25. Mention two body measurements used to determine the level of fitness.
- i) _____
- ii) _____ (2)
26. Give the definition of 'agility'.
- _____ (1)
27. Fill in the following table with the word provided:
strain, fractures, concussion, sprain, bruises, cramp

	Statement	Word
a)	This is the name given to broken bones	
b)	These are caused by collections of blood beneath the skin	
c)	This is caused by overstretching a muscle	
d)	This occurs where there is overstretching or tearing of ligaments	

(4)

Section C – Sports in Society

(6 marks)

Answer all questions in Section C

1. In Malta, who is responsible for the administration of government Sports Facilities and Complexes?
_____ (1)
2. Who represents the I.O.C. in Malta?
_____ (1)
3. Mention one argument (reason), which Pierre de Coubertin stressed for re-starting the Olympic Games.
_____ (1)
4. The Olympic Games are becoming too big, with new sports being added to the programme.
 - i) Mention one positive effect of this development.
_____ (1)
 - ii) Mention one negative effect of this development.
_____ (1)
5. What do we call that type of sport which may be enjoyed by everyone and which puts less emphasis on competition?
_____ (1)