

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2005

Educational Assessment Unit - Education Division

FORM 5**PHYSICAL EDUCATION****TIME: 1h 30min**

TOTAL MARK 80

NAME: _____

CLASS: _____

Section A – Movement and Physical Activities (12 marks)**Choose THREE questions from 1-12 in Section A.****Answer all parts of the chosen questions.**

1. ATHLETICS

- (a) In the 100m race, an athlete in lane 3 makes a false start. Following this, another false start is made by an athlete in lane 5. What rule is applied in such a case?

_____ (1 mark)

- (b) Just after leaving the starting blocks, what should an athlete do in order to get the best advantage?

_____ (1 mark)

- (c) Mention one characteristic which applies to field events.

_____ (1 mark)

- (d) Which throw may be both performed using either a linear or a circular/rotational technique?

_____ (1 mark)

2. BADMINTON

- (a) Mention two ways in which an attacking player can win a point in badminton.

(i) _____ (1 mark)

(ii) _____ (1 mark)

- (b) What is a let?

_____ (1 mark)

- (c) Which part of the player's feet is used during play for utmost agility?

_____ (1 mark)

3. BASKETBALL

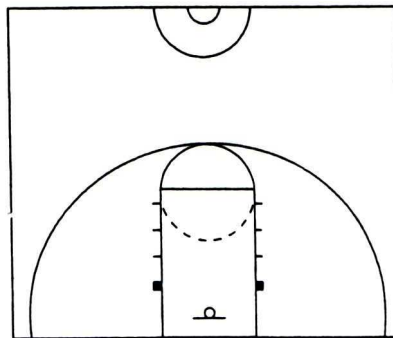
(a) Mention **two** critical elements of the offensive stance. Consider only the lower part of the body.

_____ (1 mark)

(b) Mention one type of **shot** that may be used in a free throw.

_____ (1 mark)

(c) (i) On the diagram below, indicate with Xs the 3-2 open or spread attacking formation.



(1 mark)

(ii) State one advantage of using this tactic.

_____ (1 mark)

4. EDUCATIONAL DANCE

(a) Music is the most popular form of stimulus used in dance. Suggest another stimulus suitable to depict:

(i) flowing movements _____ (1 mark)

(ii) strong, direct movements _____ (1 mark)

(b) State two ways in which **contrast** between two routines is clear.

(i) _____ (1 mark)

(ii) _____ (1 mark)

5. FOOTBALL

(a) A player has stopped a high pass using the block. Mention the main critical element of the block.

_____ (1 mark)

(b) Mention one formation which is usually adopted when playing against a strong attacking team.

_____ (1 mark)

(c) A team may try to play the 'offside' game as part of its defensive strategy. Mention one disadvantage of this strategy.

_____ (1 mark)

(d) How is a tall player best used during an attack?

_____ (1 mark)

6. GYMNASTICS

(a) During a routine the most difficult moves are usually done across the diagonals. Name **two** types of actions which are usually done when not crossing the diagonals.

(i) _____ (1 mark)

(ii) _____ (1 mark)

(b) In the headspring, name the part of the body which is mainly used to 'flick' the body over.

_____ (1 mark)

Answer only question c) VAULTING or d) PARALLEL BARS

(c) VAULTING:

What new equipment has replaced the vaulting horse?

_____ (1 mark)

OR

(d) PARALLEL BARS:

When rolling between the bars, on which part of the body is the roll done not to fall between the bars?

_____ (1 mark)

7. HOCKEY

(a) Give **one** instance when the Bully is performed.

_____ (1 mark)

(b) State **one** reason why triangular passes are better than dribbling the ball.

_____ (1 mark)

(c) Name **one** type of stroke which is allowed when giving a penalty for an intentional foul inside the circle.

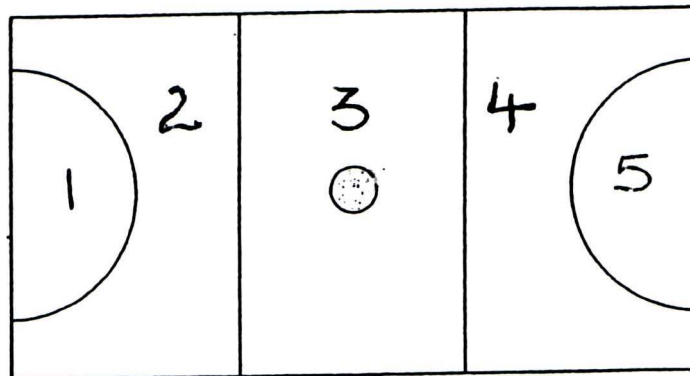
_____ (1 mark)

(d) The drive is a stroke which requires a large force. Name **one** critical element in the application of this stroke.

_____ (1 mark)

8. NETBALL

- (a) Choose **two** playing positions. Indicate their playing areas by using the numbers indicated on the court.



Playing Positions

Playing Areas

- (i) _____ (1 mark)

- (ii) _____ (1 mark)

- (b) Who takes the ball after a goal has been scored?

_____ (1 mark)

- (c) Mention **one** method of dodging your opponent.

_____ (1 mark)

9. RHYTHMIC GYMNASTICS

- (a) Bouncing and rolling are two different ball skills used in a sequence. Mention one linking movement that may be used to join the **two** actions.

_____ (1 mark)

- (b) When throwing the ball up, it is not going high enough to give you time to turn before you catch it. Suggest **two** actions which will make the ball go higher.

(i) _____ (1 mark)

(ii) _____ (1 mark)

- (c) Mention the rule that relates to the finishing position of the ribbon.

_____ (1 mark)

10. SWIMMING

- (a) Mention one instance when a swimmer can be disqualified in an individual swimming event.

_____ (1 mark)

b. Put a number in the space provided to indicate the proper sequence following the backstroke start.

_____ arm pull (1 mark)

_____ start of kicking motion (1 mark)

_____ head positioning (1 mark)

11. TEAM HANDBALL

(a) Describe the locomotor movements of the goalkeeper when guarding the goal post.

_____ (1 mark)

(b) Mention two factors of the fast break attack.

(i) _____ (1 mark)

(ii) _____ (1 mark)

(c) Why is a player disqualified from a game?

_____ (1 mark)

12. VOLLEYBALL

(a) Name **two** rules regarding the libero. Do not refer to the substitution rules.

(i) _____
_____ (1 mark)

(ii) _____
_____ (1 mark)

(b) State the difference between a set pass and a volley pass.
You may illustrate your answer with a diagram.

_____ (1 mark)

(c) Name **one** critical element of a good block.

_____ (1 mark)

Section B – Health Related Fitness (18 marks)

Answer all questions in Section B.

1. Name **two** factors that have a positive influence on health.

(i) _____ (1 mark)

(ii) _____ (1 mark)

2. Give **one** reason why it is important to shower after exercise.

_____ (1 mark)

3. State **one** reason why the body needs fats.
_____ (1 mark)

4. Having a meal just before a competition can lead to under performance.
Give **one** reason for this.
_____ (1 mark)

5. Name **one** exercise aimed to improve:
(i) agility _____ (1 mark)
(ii) speed _____ (1 mark)

6. Complete the table by filling in the type of strength used.
The first **one** has been done for you.

	Activity	Static	Explosive	Dynamic
(i)	Badminton Smash		X	
(ii)	Discus Rotation			
(iii)	Shoulder Stand			
(iv)	Start 100m freestyle			

(3 marks)

7. State two effects caused by the build up of lactic acid.
_____ (1 mark)

8. What is the difference between active and passive stretching?

_____ (1 mark)

9. After exercise the heart rate of an athlete returns quickly to its resting heart rate. What does this indicate?
_____ (1 mark)

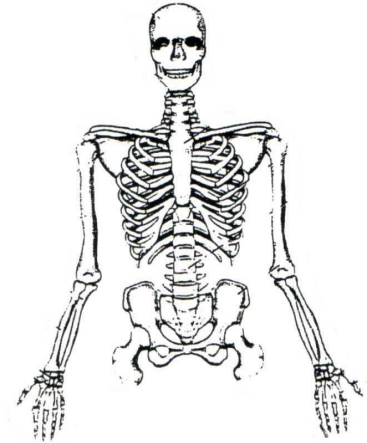
10. Reaction Time, Power, Agility, Speed
Choose the right word which matches the statement.

	Statement	Word
(i)	The exertion of the maximum amount of strength in the shortest time	
(ii)	The ability of the body to change directions quickly.	
(iii)	The ability of moving quickly to a stimulus or signal.	

(3 marks)

11. Sheldon used a scale of 1 to 7 for each of the three main somatotypes. How would you describe the somatotypes of these two persons?
- (i) 2, 3, 6 _____ (1 mark)
- (ii) 2, 6, 3 _____ (1 mark)

Section B – Body systems and Performance (40 marks)



12. (a) Look at the diagram of the skeleton and show with an arrow.
- (i) a flat bone
- (ii) an irregular bone
- (b) Write the anatomical name of the bone you have indicated.
- (i) _____
- (ii) _____ (2 marks)
13. Where do you find joints that start as slightly moveable joints and later harden to become fixed joints? _____ (1 mark)
14. Where do we find the only saddle joint in the body? _____ (1 mark)
15. Which **type** of joint is most likely to become dislocated? _____ (1 mark)
16. Why does the vertebral column have an ‘S’ shape? _____ (1 mark)
17. The nostrils are part of the respiratory system. Name **one** function of the nostrils. _____ (1 mark)
18. What is VO₂ max? _____ (1 mark)
19. In which part of the lung is oxygen exchanged with carbon dioxide? _____ (1 mark)

20. In the table below, match the word with the statement it describes.
Choose from: diaphragm, bronchus, oxygen debt, vital capacity, tidal volume.
The first one has been done for you.

	Statement	Word
A	This is also called the windpipe	Trachea
B	Feeling breathless after hard anaerobic exercise	
C	The flat muscle which controls breathing	
D	The amount of air one breathes in and out normally	

(3 marks)

21. The quadriceps muscle is connected to the hip bone and the knee.
Where is the origin of the quadriceps?

_____ (1 mark)

22. A muscle may contract without producing movement.
What type of contraction is this?

_____ (1 mark)

23. Which strong muscle group protects the intestines?

_____ (1 mark)

24. A muscle contracts to flex a body part.
What do we call the muscle that contracts to bring the body part back to its original position?

_____ (1 mark)

25. Fill in the empty spaces to complete the table below.
The first one has been done for you.

Type of Muscle	Function	Muscle
Voluntary	Extends leg to kick ball	Quadriceps
	Main organ of circulatory system	

(2 marks)

26. What is blood pressure?

_____ (1 mark)

27. Name one factor which helps to lower blood pressure.

_____ (1 mark)

28. Which is the main artery? _____

(1 mark)

29. What makes the pulmonary vein different from the other veins?

_____ (1 mark)

30. Name **one** thing (besides oxygenated blood) which we find in veins but not in arteries.
_____ (1 mark)

31. Blood is pumped from the heart to the rest of the body and back to the heart.
We call this system “the _____” (1 mark)

32. In the table below, fill in the correct term which describes the statement.
Choose from: reversibility, progression, plateauing, overtraining, specificity
The first one has been done for you.

	Statement	Word
A	Making the body work harder than normal	Overload
B	Training the muscles for a certain sport	
C	Increasing training in stages to avoid injury	
D	Inability to progress after reaching a level of fitness	

(3 marks)

33. What do we call that part of a training session where one practices something directly related to his/her sport? _____ (1 mark)

34. Mention two **types** of activities which should be included in a good warm-up.
Do not give examples of exercises.

(i) _____ (1 mark)

(ii) _____ (1 mark)

For questions 35 to 38 put A, B, C, D in the box to show the right answer.

35. This is an aerobic sport

A Long jump

B Archery

C Rowing

D Shot put

(1 mark)

36. A training method which means ‘speed training’.

A Aerobics

B Fartlek

C Power lifting

D Sprinting

(1 mark)

2. Most sports clubs have a nursery. Mention one function of a nursery.
_____ (1 mark)

3. (a) The Ancient Olympic Games started in Greece in 776 BC.
Where in Greece did these Games take place?
_____ (1 mark)

(b) The Modern Olympic Games started in 1896.
Mention **one** purpose for the setting up of these Games?
_____ (1 mark)

4. Name **two** positive ways in which newspapers influence sport.
(i) _____ (1 mark)

(ii) _____ (1 mark)

5. Place the type of drug near its effect. The first one has been done for you.
Choose from: diuretics, peptide hormones, stimulants, creatine, anabolic steroids

	Type of Drug	Effect
(i)	Beta-blockers	calm and control heart rate
(ii)		increase alertness and reduce fatigue
(iii)		help to increase the size of muscles
(iv)		reduce excess body fluid, through urination

(3 marks)