

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2006

Educational Assessment Unit - Education Division

FORM 3

PHYSICAL EDUCATION

TIME: 1h 30min

TOTAL MARKS 80

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) The 100m is considered as a sprinting event. Name another sprinting event.

_____ (1 mark)

- (b) What special equipment can be used in sprinting events?

_____ (1 mark)

- (c) Look at the diagram

Which style of high jump is the athlete performing?



_____ (1 mark)

- (d) Mention one tactic used in the 800m.

_____ (1 mark)

- (e) What should be the angle of release of the shot?

_____ (1 mark)

- (f) Your partner released the shot and you noticed that it lacked height. Suggest one possible way of correcting this.

_____ (1 mark)

2. BADMINTON

(a) How many points make up a singles badminton match? Specify men or ladies.

_____ (1 mark)

(b) If a shuttlecock lands on the boundary lines, is it in or out?

_____ (1 mark)

(c) Give two critical elements of the overhead drop shot.

i) _____

ii) _____

(2 marks)

(d) Your service is poor and your opponent easily returns it. State two ways of improving this service.

i) _____

ii) _____

(2 marks)

3. BASKETBALL

(a) What do the words “give” and “go” stand for?

i. Give _____

ii. Go _____ (1 mark)

(b) Give two critical elements of the “one-hand set shot.”

i) _____

ii) _____

(2 marks)

(c) A player is losing control of the ball when he/she is shooting. How can this error be corrected?

_____ (1 mark)

(d) How is the game started from the centre circle?

_____ (1 mark)

(e) A player steps while still holding the ball. What is the referee’s decision?

_____ (1 mark)

4. EDUCATIONAL DANCE

(a) The two extreme ends of time are:

i) _____ (1 mark)

ii) _____ (1 mark)

(b) In dance there are six basic actions. One of them is travelling. Mention another two.

i) _____

ii) _____

(2 marks)

(c) Mention two benefits of dance.

i) _____

ii) _____

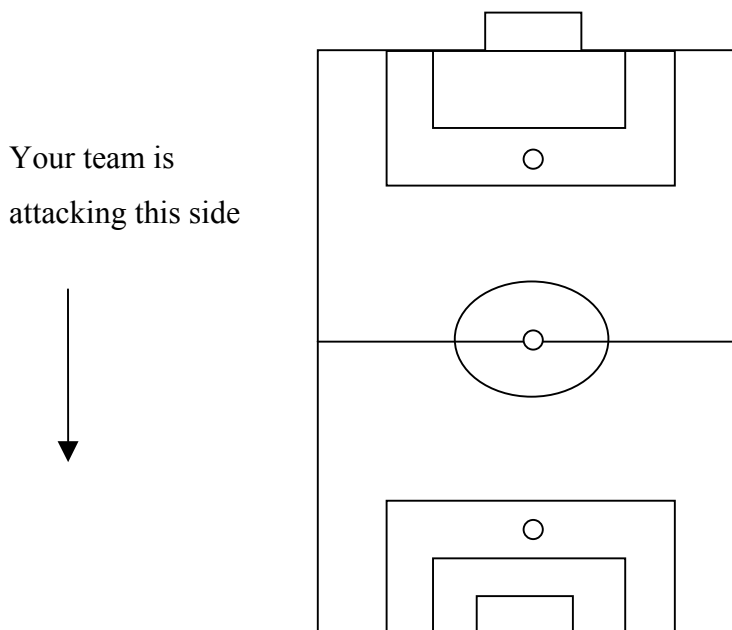
(2 marks)

5. FOOTBALL

(a) Teams can choose to apply different systems of play. Mention a possible system of play.

_____ (1 mark)

(b) On the pitch provided in the diagram below, mark with an X the position of the players in the system you identified in (a) above.



(1 mark)

(c) An attacker shoots a ball which hits the crossbar and goes beyond the touchline.

How is play restarted?

_____ (1 mark)

(d) A player performs a foul close to the penalty area. What does the goalkeeper ask his teammates to set up?

_____ (1 mark)

(e) What two elements need to be considered when heading a ball in defence?

i) _____

ii) _____

(2 marks)

6. GYMNASTICS

(a) Which skill uses three body parts in the form of a tripod?

_____ (1 mark)

(b) Describe the difference between box split and a split. You may use diagrams to illustrate your answer.

(1 mark)

(c) On performing a forward roll, the gymnast goes sideways. State:

(i) one error the gymnast is making

_____ (1 mark)

(ii) what the gymnast should do to correct this error.

_____ (1 mark)

Answer only one question from (d) VAULTING or (e) PARALLEL BARS

EITHER

VAULTING

(d) i. A gymnast has landed very badly. What should the gymnast do to break the fall?

_____ (1 mark)

ii. How far should the springboard be placed away from the box / horse / table?

_____ (1 mark)

OR

PARALLEL BARS

(e) i. What skill should a gymnast be able to do before trying to travel on the bars?

_____ (1 mark)

ii. When performing the forward roll between the parallel bars, on which part of the body is the roll performed to avoid falling?

_____ (1 mark)

7. HOCKEY

(a) Which hand should grip the stick at the top?

_____ (1 mark)

(b) Mention one type of save that the goalkeeper can perform.

_____ (1 mark)

(c) Mention a system of play used in hockey.

_____ (1 mark)

(d) What is the role of the sweeper in defence?

_____ (1 mark)

(e) What is the dribble in the diagram below called?



_____ (1 mark)

(f) Mention one reason why this kind of dribble is used.

_____ (1 mark)

8. NETBALL

(a) i) How is the game restarted after a goal?

_____ (1 mark)

ii) Which team takes the ball?

_____ (1 mark)

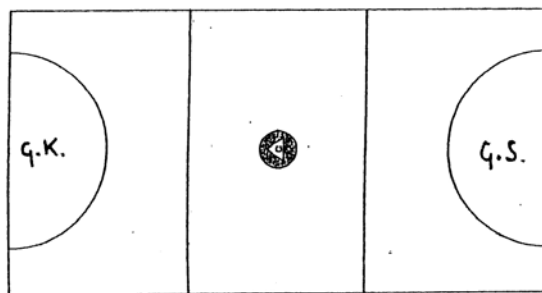
(b) Give two critical elements of a static shot.

i) _____

ii) _____

(2 marks)

(c) On the diagram below fill in the positions of the missing players at the centre pass.



(2 marks)

9. RHYTHMIC GYMNASTICS

(a) Mention two rules which are common to all implements.

i) _____

ii) _____

(2 marks)

(b) What influences the mood and rhythm of a sequence?

_____ (1 mark)

(c) Give one example of what is meant by the term 'harmony between body and implement'.

_____ (1 mark)

(d) Besides throwing and catching, snaking and circling are two basic skills in a ribbon sequence. Name another basic skill.

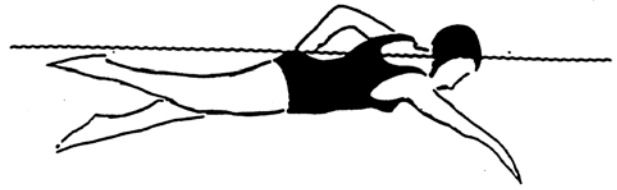
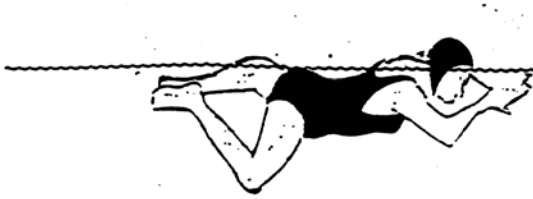
_____ (1 mark)

(e) A body wave is a ripple from the feet upwards. Which part of the body features most in the body wave?

_____ (1 mark)

10. SWIMMING

(a) Name the two strokes shown below.



i. _____

ii. _____

(2 marks)

(b) What should a swimmer do when feeling very tired while swimming?

_____ (1 mark)

(c) In the backstroke, from which part of the body should the kick begin?

_____ (1 mark)

(d) the swimmer gets water in his/her nose:

i. State one reason why this happens.

_____ (1 mark)

ii. State one correction you would recommend.

_____ (1 mark)

11. TEAM HANDBALL

(a) Which two actions is the goalkeeper allowed to do? Circle the two correct answers.

- A. Receive a pass from a court player while still inside the goal area.
- B. Block the ball with any part of the body while inside the goal area.
- C. Leave the goal area at any time.

(2 marks)

(b) A player can dribble the ball. What is the player allowed to do before and after the dribble?

i) _____

ii) _____

(2 marks)

(c) Mention one skill that a player is allowed to do after dribbling.

_____ (1 mark)

(d) What kind of pass is the player in the diagram below giving?



_____ (1 mark)

12. VOLLEYBALL

(a) When can a team request a time-out?

_____ (1 mark)

(b) Mention one foot fault while serving.

_____ (1 mark)

(c) The spike is performed with one hand. Mention another skill which is:

i. performed with one hand

_____ (1 mark)

ii. performed with two hands

_____ (1 mark)

(d) Which pass would you use if you want to give your teammate enough time to get in position for another pass?

_____ (1 mark)

(e) Which service is considered to be the most difficult to receive?

_____ (1 mark)

Section B - Health Related Fitness (24 marks)

Answer all questions in Section B

In questions 1 to 4 write A, B, C or D in the box provided to show the right answer.

1. Passive smoking means:

- A smoking indoors
- B smoking less cigarettes
- C inhaling other people's smoke
- D smoking while relaxed

(1 mark)

2. Being healthy includes:

- A eating a balanced diet
- B eating as much as you want
- C eating only one meal a day
- D eating more food in the evening

(1 mark)

3. Fats contain substances called fatty acids. One type is:

- A sucrose
- B polyunsaturates
- C glycogen
- D calories

(1 mark)

4. There are factors which have a damaging effect on fitness. One of them is:

- A sex
- B age
- C somatotype
- D illness

(1 mark)

5. State one way of avoiding body odour (smell).

_____ (1 mark)

6. Every person needs to drink about 2 litres of water everyday. Mention one instance when a person needs to drink more.

_____ (1 mark)

7. Carbohydrates are divided into two groups. These two groups are:

i) _____ ii) _____

(1 mark)

8. During exercise a person may experience a feeling of tiredness in the muscles. Mention another two physical effects.

i) _____

ii) _____

(1 mark)

9. Choose a physical activity. State two **specific** factors of fitness you need for the activity chosen.

Chosen activity _____

Specific factors of fitness i) _____

ii) _____ (1 mark)

10. Strength training may form part of a training session. What type of strength training is more important for a middle distance runner?

_____ (1 mark)

11. Over-tight muscles can cause aches and pains. What type of exercise would you recommend to help overcome this problem?

_____ (1 mark)

12. At the start of the season, a trainer emphasises general fitness.

What type of fitness should be emphasised later on?

_____ (1 mark)

13. Mention one advantage that an athlete with high VO_2 maximum has over others with a lower VO_2 max.

_____ (1 mark)

14. Name the zone that describes the level to which your pulse should be raised and maintained (kept) to improve your cardiovascular endurance.

_____ (1 mark)

15. In the 100m sprint race reaction time is very important. Why?
 _____ (1 mark)

16. Power is a combination of speed and strength. Name another fitness factor which contributes towards the acquisition of power.
 _____ (1 mark)

17. Starting weight-training before mid-teens could cause problems. Why?
 _____ (1 mark)

18. Complete the table below:

| Somatotype | Characteristics | Best suited sport |
|-------------------|------------------------|--------------------------|
| Mesomorph | | |

(2 marks)

19. State **two** advantages males have over females when participating in certain physical activities/sports.

i) _____

ii) _____ (1 mark)

20. Look at the words below and put them under the right headings.

The first one has been done for you.

Fatigue, tension, introvert, motivation, illness, lack of sleep

| Physiological factors | Psychological factors |
|------------------------------|------------------------------|
| fatigue | motivation |
| | |
| | |
| | |
| | |

(2 marks)

21. Fatigue is one of the most common physiological effects.

i) What causes fatigue?

ii) How does fatigue affect performance?

_____ (2 marks)

Section B – Body Systems and Performance (38 marks)

Answer all questions in this section.

1. A bone is made up of a number of layers. Mention one of them.

_____ (1 mark)

2. One function of the skeletal system is the protection of vital organs.

Write the anatomical name of the bones which protect these organs.

| | Vital Organ | Protected by these bones |
|-----|--------------------|---------------------------------|
| i | Brain | |
| ii | Heart & lungs | |
| iii | Spinal Cord | |

(3 marks)

3. Write the common name of these bones.

| | Anatomical name | Common name |
|-----|------------------------|--------------------|
| i | carpals | |
| ii | patella | |
| iii | scapula | |

(3 marks)

4. Give an anatomical example of:

(i) a short bone _____ (1 mark)

(ii) an irregular bone _____ (1 mark)

5. The spinal column has to perform opposing functions. It has to be strong but at the same time flexible.

(i) How does it achieve strength?

_____ (1 mark)

(ii) How does it achieve flexibility?

_____ (1 mark)

6. Which types of joints are of great importance in Sport?

_____ (1 mark)

7. In the table below, which **type of joint** produces the matching movement?

| | Type of Movement | Type of Joint |
|-----|--|---------------|
| i | Two bones rotate round each other | |
| ii | Two bones open and close | |
| iii | One round shaped bone rotates inside another | |

(3 marks)

8. In the table below, give an example of each type of muscle.

| | Muscle Type | Example |
|-----|-------------|---------|
| i | voluntary | |
| ii | involuntary | |
| iii | cardiac | |

(3 marks)

9. What movement takes place when these muscles contract?

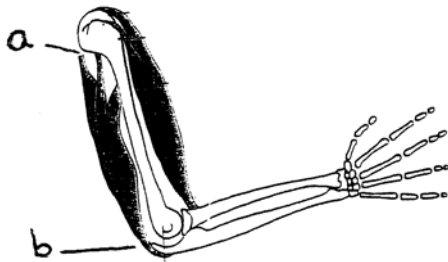
(i) abdominals: _____ (1 mark)

(ii) hamstrings: _____ (1 mark)

(iii) quadriceps: _____ (1 mark)

10. This question is about the origin and insertion of muscles.

Look at the diagram below and write what the letters *a* and *b* show.



a. _____ (1 mark)

b. _____ (1 mark)

11. Muscles are attached to bones by a special tissue. What is this tissue called?

_____ (1 mark)

12. Muscles consist of bundles of muscle fibres.

(i) Which are the **two** types of muscle fibres?

_____ (1 mark)

(ii) Which of these is more suited for endurance activities?

_____ (1 mark)

13. Our muscles are never completely relaxed. They are partially contracted to keep our body in good posture.

What do we call this partial contraction of muscles?

_____ (1 mark)

14. Mention one benefit of having good posture.

_____ (1 mark)

15. A student is lifting a heavy object from the floor. Another student is sitting down using the computer.

Write one advice you would give to each in order to keep a good posture.

(i) student lifting object: _____ (1 mark)

(ii) student at computer: _____ (1 mark)

16. Teacher A is giving a lesson about the long jump and discus. The lesson is being done on the athletics field.

Write down four precautions the teacher must take in order to prevent injuries during the lesson.

(i) _____ (1 mark)

(ii) _____ (1 mark)

(iii) _____ (1 mark)

(iv) _____ (1 mark)

17. Injuries in Sport may occur either suddenly (acute) or over a period of time (chronic).

(i) Give an example of an acute injury.

_____ (1 mark)

(ii) Suggest how acute injuries may be prevented from occurring.

_____ (1 mark)

(iii) Mention two factors which bring about chronic injuries.

_____ (2 marks)