

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2006

Educational Assessment Unit - Education Division

FORM 4

PHYSICAL EDUCATION

TIME: 1h 30min

TOTAL MARK 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) Mention two drills that can improve sprinting technique.

- i) _____
- ii) _____ (2 marks)

(b) Look at the diagram.
Which shot putt technique is the athlete using?

_____ (1 mark)



(c) Mention one middle distance running event.

_____ (1 mark)

(d) In the “fosbury” the jumper takes off from the right foot. From which side should the athlete start the run up?

_____ (1 mark)

(e) How many attempts is a high jumper allowed at a particular height?

_____ (1 mark)

2. BADMINTON

(a) What is a backhand stroke?

_____ (1 mark)

(b) A player finds that his/her overhead clear lacks power. Give **one** way of correcting this error.

_____ (1 mark)

(c) Give **two** examples where a ‘let’ might be given.

- i) _____
- ii) _____ (2 marks)

(d) Mention **two** tactics a player should use in order to be successful in the game.

- i) _____
- ii) _____ (2 marks)

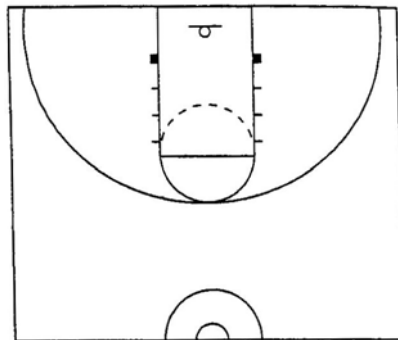
3. BASKETBALL

(a) From where is the game restarted after a basket?
_____ (1 mark)

(b) Give two critical elements of dribbling.
i) _____
ii) _____ (2 marks)

(c) What is a rebound in basketball?
_____ (1 mark)

(d) In the diagram provided below put an 'X' to show a possible formation of attack.



(1 mark)

(e) Explain what is meant by man to man defence.
_____ (1 mark)

4. EDUCATIONAL DANCE

(a) Music in dance is an auditory stimulus. What is a stimulus such as a scarf called?
_____ (1 mark)

(b) i) Define symmetry in dance
_____ (1 mark)

ii) Give one example of contrast in dance
_____ (1 mark)

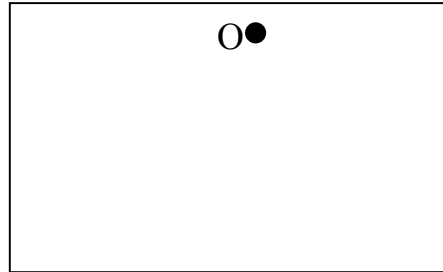
(c) Give two aims of dance training.
i) _____
ii) _____ (2 marks)

(d) There are three different planes within the personal space. Mention one.
_____ (1 mark)

5. FOOTBALL

(a) An attacking player enters the penalty area and has a goal scoring opportunity. He is fouled by a defending player. What two decisions does the referee need to take?
i) _____
ii) _____ (2 marks)

- (b) Football is mostly a passing game. Which part of the foot is usually used for?
- (i) a short pass _____ (1 mark)
- (ii) a long pass _____ (1 mark)
- (c) In the diagram below O represents an attacker, ● represents the ball. Mark with an X the position a defender needs to take in a 1v1 situation.

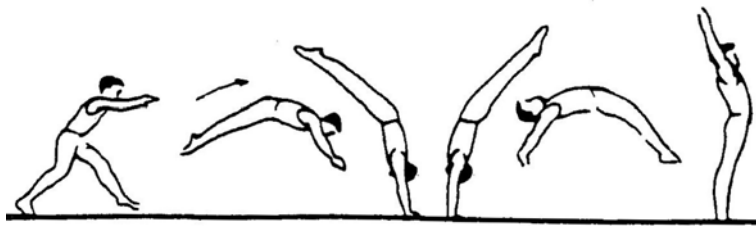


(1 mark)

- (d) A player kicks a high ball before it touches the ground. What is this skill called?
 _____ (1 mark)

6. GYMNASTICS

- (a) From the following factors, choose which is the most important one when participating in gymnastics:
 power, strength, safety, flexibility
 _____ (1 mark)
- (b) Put these skills in order of difficulty, starting with the least difficult forward somersault, forward straddle, handstand to forward roll.
 _____ (1 mark)
- (c) Which skill is shown in the diagram below?



(1 mark)

- (d) A gymnast is balancing in a handstand position. What must s/he do to keep the balance?
 _____ (1 mark)

Answer only one question from e) VAULTING or f) PARALLEL BARS

EITHER

VAULTING

- (e) (I) What is the usual take-off from the springboard on to the apparatus?
 _____ (1 mark)

(ii) How many forward steps is the vaulter allowed after landing without committing a fault?
_____ (1 mark)

OR

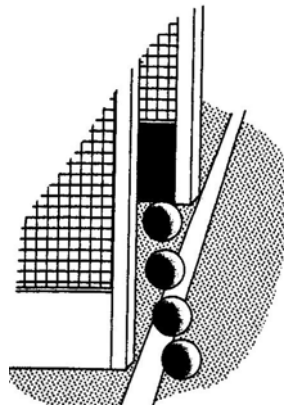
PARALLEL BARS

(f) (i) What probably causes most falls from the bars?
_____ (1 mark)

(ii) How many steps with the hands is the gymnast allowed on the parallel bars?
_____ (1 mark)

7. HOCKEY

(a) In the diagram below, put a circle around the ball that is a valid goal.



(1 mark)

(b) When is the long corner awarded?

_____ (1 mark)

(c) (i) Which card is shown to suspend a player temporarily from the game?
_____ (1 mark)

(ii) How long does this suspension last?
_____ (1 mark)

(d) Mention **two** advantages of spreading out during attack.
(i) _____
(ii) _____ (2 marks)

8. NETBALL

(a) State one rule regarding the centre pass
_____ (1 mark)

(b) Give two critical elements of rebounding.

- i) _____
ii) _____ (2 marks)

(c) i) What is a double defence?

_____ (1 mark)

ii) When is it most often used?

_____ (1 mark)

(d) A shooter lands with one foot in the circle and one outside, shoots and scores. What is the umpire's decision?

_____ (1 mark)

9. RHYTHMIC GYMNASTICS

(a) Name **two** rules relating to the use of music.

- i) _____
ii) _____ (2 marks)

(b) Name **two** critical elements to ensure good elevation when leaping.

- i) _____
ii) _____ (2 marks)

(c) Rhythmic gymnastics contributes towards confidence and elegance. Mention another **two** benefits derived from rhythmic gymnastics.

- i) _____
ii) _____ (2 marks)

10. SWIMMING

(a) What is the most common cause of cramps?

_____ (1 mark)

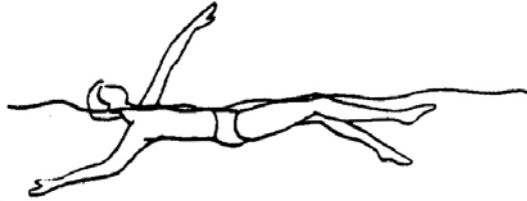
(b) What should be given most importance when learning a stroke?

_____ (1 mark)

(c) What factor is most needed to have an effective stroke: speed or rhythm?

_____ (1 mark)

(d) Look at the diagrams below



A



B

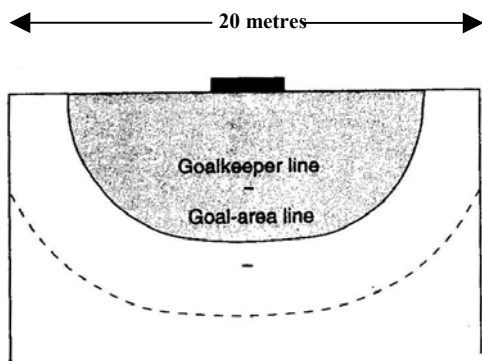
- i) Name the stroke: _____ (1 mark)
- ii) Which diagram shows the swimmer with the correct body position, A or B?
_____ (1 mark)
- iii) What should the other swimmer do to achieve the correct body position?
_____ (1 mark)

11. TEAM HANDBALL

(a) In the pictures below:

(i) what does the dotted line represent?

(ii) what skill is shown?



(i) _____

(ii) _____ (1, 1 marks)

(b) Mention two critical elements required for the wrist pass.

- i) _____
- ii) _____ (2 marks)

(c) Mention **two** ways in which a player can help the team to keep possession of the ball.

- i) _____
- ii) _____ (2 marks)

12. VOLLEYBALL

(a) A team is receiving the service and wins the service and a point. State what happens next.

_____ (1 mark)

- (b) Teams change sides after each set, except for the decider fifth set. After how many points do teams change sides during the fifth set?
_____ (1 mark)
- (c) When should the blocker extend his/her arms upward for the block?
_____ (1 mark)
- (d) What parts of the hands should contact the ball in the set pass?
_____ (1 mark)
- (e) The opposing team has just hit a hard spike. Which pass is it generally best to use in such a case?
_____ (1 mark)
- (f) The server's main aim is to get the ball over the net and within the court. What else should the server aim for?
_____ (1 mark)

Section B – Body Systems and Performance

(56 marks)

Answer all questions in this section

1. Write True (T) or False (F) near each statement.

- (a) Air breathed through the nose is cleaner than through the mouth _____ (1 mark)
- (b) During aerobic respiration, no oxygen is being used. _____ (1 mark)
- (c) The left and right lungs are equal in size. _____ (1 mark)
- (d) The inter-costal muscles help us to breathe in and out. _____ (1 mark)
- (e) The diaphragm is made up of a sheet of cartilage. _____ (1 mark)
- (f) We do not use all the oxygen we breathe in. _____ (1 mark)

In questions 2 to 5 write a, b, c or d in the box to show the right answers.

2. Parts of the ribs are made of cartilage so that:

- (a) the bones do not break
(b) there is less pressure on the lungs.
(c) the ribs can rise and fall.
(d) there is less weight on the chest.

3. The Tidal volume is:

- (a) the number of breaths per minute
(b) the volume of air breathed in and out
(c) the air left in the lungs after breathing
(d) the Max VO_2

4. The trachea is held open by:

- (a) rings of cartilage
(b) strong elastic muscles
(c) thick elastic walls
(d) the pressure from the lungs

5. Internal respiration takes place when:

- (a) oxygen is breathed from the air
(b) oxygen passes down the trachea
(c) oxygen is used by muscles
(d) oxygen passes from blood to tissues

(4 marks)

6. Why do we breathe faster during heavy exercise?
 _____ (1 mark)

7. During exercise our skin (especially our face), becomes red.
 Explain why this happens.
 _____ (1 mark)

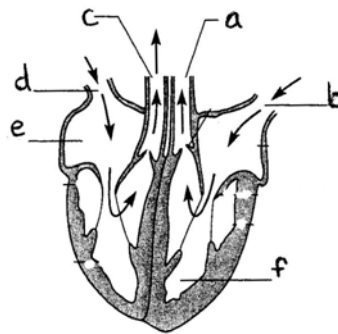
8. During prolonged, heavy exercise we are using more oxygen than we breathe in.
 What do we call this?
 _____ (1 mark)

9. Why are the walls of alveoli very thin?
 _____ (1 mark)

10. Which part of the respiratory system stops food from getting into the wind pipe?
 _____ (1 mark)

11. Look at the diagram of the heart and write what each letter shows.

- (a) _____
- (b) _____
- (c) _____
- (d) _____
- (e) _____
- (f) _____



(6 marks)

12. In the table below, write the terms, which best describe the statement.

	Statement	Term
(a)	These help blood to form clots when bleeding	
(b)	These contain 92% water, protein & nutrients	
(c)	These combine with oxygen and transport it to body	
(d)	These fight disease and bacteria in the body	

(4 marks)

13. What do we call the volume of blood pumped out by the heart in one minute?
 _____ (1 mark)

14. Why are arteries thicker and more elastic than veins?
 _____ (1 mark)

15. Why do veins have valves in them?
 _____ (1 mark)

16. Why are capillaries one cell thick?
_____ (1 mark)
17. Why is the stroke volume of a trained athlete higher than in an unfit person?
_____ (1 mark)
18. Why is the pulmonary artery different from the rest of the arteries?
_____ (1 mark)
19. Why should a coach or trainer know the Principles of Training?
_____ (1 mark)
20. Draw a line under the **2 words** which are considered as Principles of Training.
endurance, skill, progression, alertness, activity, reversibility (2 marks)
21. Suggest one way of increasing the overload of a workout.
_____ (1 mark)
22. When exercising, a stage is reached when it becomes harder to make progress.
What do we call this stage? _____ (1 mark)
23. In Circuit Training, an athlete goes round a number of exercise stations.
What must one remember when arranging the stations?
_____ (1 mark)
24. As part of her training, an athlete runs at approximately 50% effort for 4 km.
(i) What do we call this type of training method? _____ (1 mark)
(ii) What fitness factor does this method develop? _____ (1 mark)
25. A person who was inactive starts training using the Fartlek method.
Mention **one** advantage of this method for such a person.
_____ (1 mark)
26. Which is the best training method for increasing muscle strength quickly?
_____ (1 mark)
27. Stretching is done as part of a training session.
How does stretching help?
(i) during warm-up _____ (1 mark)
(ii) during cool down _____ (1 mark)
28. During pre-season training, what part of the training session is emphasized most?
_____ (1 mark)

29. During the cool down, the body recovers in two ways. What happens during this recovery?
- i) _____ (1 mark)
- ii) _____ (1 mark)
30. The Cooper Test gives a general indication of one's cardiovascular endurance.
Give **two** reasons why it is an ideal test for players of games on the field (eg. football).
- i) _____ (1 mark)
- ii) _____ (1 mark)
31. The 'Bleep Test' is a more accurate way of testing and measuring cardiovascular endurance.
Give a reason for this.
- _____ (1 mark)
32. The Standing Broad Jump and the Sergeant Jump both measure explosive strength (power), of the legs.
Which is the easier to measure?
- _____ (1 mark)
33. Fitness Tests are not used only to test fitness.
Mention **two** other reasons for using fitness tests.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
34. An open or compound fracture is more serious than a simple fracture.
Mention **two** factors, which must be treated in a compound fracture.
- (i) _____ (1 mark)
- (ii) _____ (1 mark)
35. What happens in a severe sprain?
- _____ (1 mark)
36. Give one reason why we should elevate (lift up), an injured limb?
- _____ (1 mark)

Section C – Sports in Society (6 marks)

Answer all questions in this section

1. Which games are often referred to as the friendly games?
- _____ (1 mark)
2. Mention the most important:
- i) tennis tournament _____ (1 mark)
- ii) football tournament _____ (1 mark)

3. What is the motto of the Olympic Games?

_____ (1 mark)

4. The modern Olympic Games started in 1896. In which city were they held?

_____ (1 mark)

5. In the 1980's the boycott phenomenon was very popular. Explain what boycott means.

_____ (1 mark)