

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2006

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) What is the maximum number of athletes that can compete in any outdoor sprinting event?
_____ (1 mark)
- b) What happens if there are more athletes who want to compete?
_____ (1 mark)
- c) i) Mention one style used in the long jump.
_____ (1 mark)
- ii) In the long jump, the athlete takes off on the wrong foot. Mention one way of correcting this.
_____ (1 mark)

2. BADMINTON

- a) What is the word/term used for any point that has to be replayed?
_____ (1 mark)
- b) Every return of a high serve should be hit downward. What type of stroke is the opponent forced to give?
_____ (1 mark)
- c) Mention two critical elements of a player in the ready position.
(i) _____
(ii) _____ (2 marks)

3. BASKETBALL

- a) A player charges an opponent in the act of shooting. What does the referee award the attacking team?
_____ (1 mark)
- b) A player receives a pass and goes in to shoot. What should another player of the team do to prevent an opponent from marking this player?
_____ (1 mark)
- c) Mention two critical elements of the pivot.
i) _____
ii) _____ (2 marks)

4. EDUCATIONAL DANCE

- a) Space awareness includes awareness of levels. What do you understand by low level?
_____ (1 mark)
- b) How can you make a floor pattern in dance more interesting? State 2 ways.
i) _____
ii) _____ (2 marks)
- c) What is meant by 'canon' in dance?
_____ (1 mark)

5. FOOTBALL

- a) How many players can sit on the substitutes' bench during a match?
_____ (1 mark)
- b) If a player wants to beat the opponent on the right, in which direction must the fake be made?
_____ (1 mark)
- c) Teams, which have very good technical players, prefer to play in bigger pitches rather than smaller ones. State one advantage that a bigger pitch can give to a team.

_____ (1 mark)
- d) The coach has already made two substitutions. Later, the goalkeeper is shown a red card and sent off. What technical change does the coach need to make?

_____ (1 mark)

6. GYMNASTICS

- a) Space is one movement factor to be considered when planning a sequence. Mention another.
_____ (marks)

Answer only one question from c) VAULTING OR d) PARALLEL BARS

VAULTING

- b) What is the most common reason for hitting the vaulting apparatus with the knees, when attempting a squat vault?
_____ (1 mark)

OR

PARALLEL BARS

- c) Which move on the parallel bars is considered to be most difficult to perform? Put A, B, or C in the box to show the right answer.

A) handstand

straddle travel (1 mark)

- d) Name two skills which normally follow an arab round off / half-twist?

- i) _____
B) ii) _____
C) shoulder stand _____ (1 mark)

(2)

7. HOCKEY

- a) Mention two critical elements of the push pass.
i) _____
ii) _____ (2 marks)
- b) Mention one instance when a penalty stroke is awarded.

_____ (1 mark)
- c) Mention one way of preventing an attacking team from scoring?

_____ (1 mark)

8. NETBALL

- a) A wing attack (W.A.) and wing defence (W.D.) catch the ball simultaneously and fall within the shooting circle.
What does the referee award and where is the infringement taken from?
_____ (1 mark)
- b) The ball goes out of court and is thrown in by the centre. What should the defending centre do?
_____ (1 mark)
- c) Mention two critical elements of a two-handed catch.
i) _____
ii) _____ (2 marks)

9. RHYTHMIC GYMNASTICS

- a) Mention one rule regarding the use of floor area.
_____ (1 mark)
- b) During the sequence, there must be constant relationship between the gymnast and the implement. What must the gymnast also remember regarding left and right-handed implement work?
_____ (1 mark)
- c) Rolling, swinging, spinning are all types of movement that can be performed using the hoop.
i) What type of movement is the gymnast in the diagram performing?



- _____ (1 mark)
- ii) In which plane is the gymnast working?
_____ (1 mark)

10. SWIMMING

- a) How many arm pulls is the breast stroke swimmer allowed to do underwater after the start?
_____ (1 mark)
- b) Why should the feet stay under water when kicking?
_____ (1 mark)

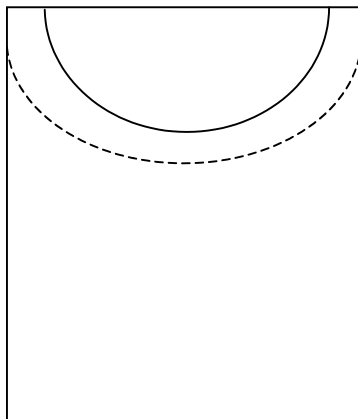
c) What should the swimmer coordinate for an efficient stroke?
_____ (1 mark)

d) Which part of the hand enters the water first in the backstroke?
_____ (1 mark)

11. TEAM HANDBALL

a) How long can a player hold the ball in his hand without either passing, dribbling or shooting.
_____ (1 mark)

b) In the diagram provided below indicate by using crosses (X) the position of the players in a 1-2-3 defence. (1 mark)



c) Mention 2 basic principles in attack.
i) _____
ii) _____ (2 marks)

12. VOLLEYBALL

a) What is the maximum number of substitutions allowed per team per set?
_____ (1 mark)

b) What sort of take off should a spiker use?
_____ (1 mark)

c) What part of the hand should contact the ball when hitting a spike?
_____ (1 mark)

d) Two players move up to the net to block. What should another player of their team do?
_____ (1 mark)

Section B – Health related Fitness

Answer all questions in Section B

1. State two factors which would indicate a lack of general fitness.
i) _____
ii) _____ (2 marks)

2. Give 2 reasons why food is needed by the body.
i) _____
ii) _____ (2 marks)

3. There are two types of amino acids – essential and non-essential amino acids. How are they different?

_____ (1 mark)

4. State two reasons why good flexibility is important to sports people.

_____ (1 mark)

5. Give the definition of coordination.

_____ (1 mark)

6. Give the three steps necessary to check your pulse recovery rate.

_____ (1 mark)

7. State an example of:

- a) Agility in a team game _____ (1 mark)
- b) Reaction time in a swimming race _____ (1 mark)
- c) Power in athletics _____ (1 mark)
- d) Balance in gymnastics _____ (1 mark)

8. Why are regular visits to the dentist important?

_____ (1 mark)

9. How can the coach prepare athletes mentally to perform well?

_____ (1 mark)

10. Name an activity and a somatotype, which is likely to be successful in your chosen activity.

Chosen activity _____ (1 mark)

Somatotype _____ (1 mark)

11. a. What is anaerobic energy?

_____ (1 mark)

b. Mention one activity, which would require this type of energy.

_____ (1 mark)

12. Mention one way in which the build up of lactic acid can be quickly removed by the body.

_____ (1 mark)

Section B - Body Systems and Performance

13. In the table below, fill in the correct term, which best describes the statement.
The first one is done for you.

	Statement	Term
A	These prevent blood flowing back to the heart	Valves
B	Systolic and Diastolic readings. Measured in mmhg.	
C	This mineral combines with oxygen and is carried to the muscles.	
D	Volume of blood pumped in one beat.	

(3 marks)

14. Mention *one* physical change that occurs in the heart as a result of regular exercise.

_____ (1 mark)

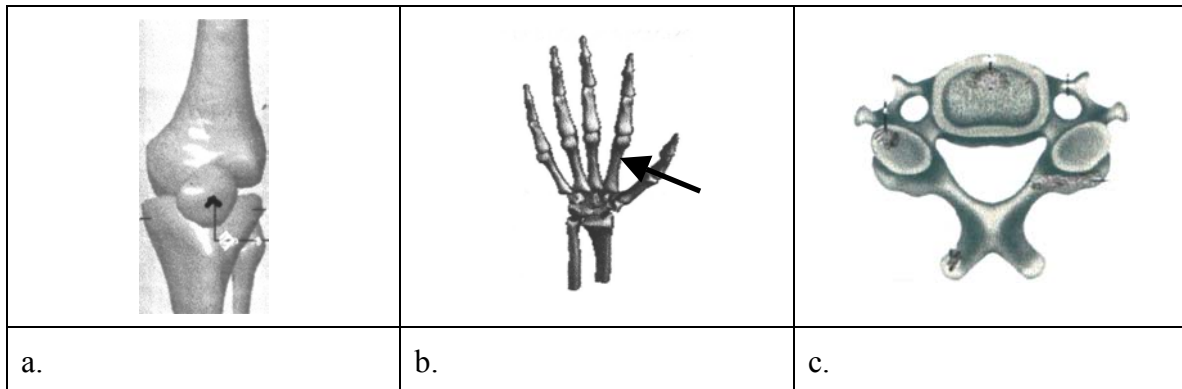
15. What is the function of platelets in blood?

_____ (1 mark)

16. Why are arteries thicker and more elastic than veins?

_____ (1 mark)

17. Identify the bones in the pictures (a and b marked with an arrow) and write their *anatomical* name.



(3 marks)

18. Mention one function of flat bones.

_____ (1 mark)

19. What do we call an injury where an inter-vertebral disc becomes damaged and gets out of place causing much pain? _____ (1 mark)

20. From the various bones of the vertebral column, give an example of a synovial joint.

_____ (1 mark)

Questions 21 to 24

Write a, b, c or d in the box provided to show the right answer.

21. This is called the voice box.

- a. pharynx
- b. trachea
- c. bronchus
- d. larynx

(1 mark)

22. This prevents food from entering the windpipe.

- a. tongue
- b. alveoli
- c. epiglottis
- d. capillaries

(1 mark)

23. Here air is filtered from dust.

- a. air sacs
- b. nasal cavity
- c. lungs
- d. epiglottis

(1 mark)

24. During expiration the diaphragm becomes

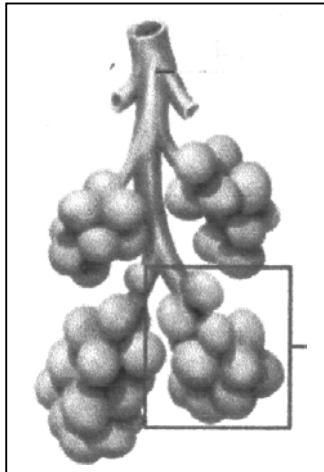
- a. dome shaped
- b. flat shaped
- c. wide shaped
- d. ball shaped

(1 mark)

25. Mention one possible negative effect of smoking on the respiratory system.

_____ (1 mark)

26.



Write what takes place in this part of the respiratory system.

_____ (1 mark)

27. Mention one example of an *involuntary* muscle besides the heart.

_____ (1 mark)

28. Kim notices that she is better in sprinting than at long distance running. What is special about her muscles?

_____ (1 mark)

29. How are muscles attached to bones?

_____ (1 mark)

30. Mention one major muscle from the *upper body*, used during the action of rowing.

_____ (1 mark)

31. One muscle flexes the arm while another muscle extends it.
 What do we call this opposing action of muscles?
 _____ (1 mark)

32. How does warm-up, especially stretching, increase the muscle tone?
 _____ (1 mark)

33. A Basketball coach uses the system of circuit training to train his/her athletes.
 In the table below, show how the coach may use circuit training to apply the Principles of Training.

	Principle	How Principle is applied during Circuit Training
a.	overload	
b.	specificity	
c.	progression	

(3 marks)

34. Underline which of the following is **not** a principle of training.
 duration, time, frequency, endurance, reversibility (1 mark)

35. A warm-up usually consists of light jogging and some stretching exercises.
 i. What is the purpose of jogging?
 _____ (1 mark)

ii. What is the purpose of stretching?
 _____ (1 mark)

36. Beside specific game skills, what else can be practised during the 'skill' phase of a training session? _____ (1 mark)

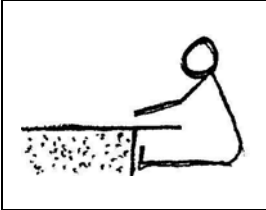
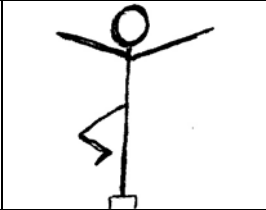

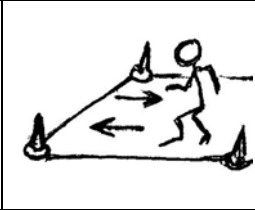
37. Mention one exercise or practice, which serves as *cool down*.
 _____ (1 mark)

38. Which *training method* is best used for developing the fitness component shown below.

	Fitness Component	Training Method best used
a.	Muscular strength	
b.	Skill or general fitness	
c.	Aerobic fitness	
d.	Speed	

(4 marks)

39. Under each of the diagrams, write which fitness component is being tested.

			
a.	b.	c.	d.

(4 marks)

Section C Sports in Society

- Mention one advantage of the radio over television as a form of media.
_____ (1 mark)
- The following 8 teams have been drawn to play each other in 2 separate groups.

Group A

Milan
Manchester United
Real Madrid
Porto

Group B

Juventus
Chelsea
Barcellona
Ajax

- What type of competition are the above teams participating in?
_____ (1 mark)
 - The winner and runner up of Group A play the runner up and winner of Group B respectively. What format does the competition assume at this phase?
_____ (1 mark)
 - What happens to the winner in this part of the competition?
_____ (1 mark)
- Mention one advantage for the home team.
_____ (1 mark)
 - Some spectators have been reported to behave badly and create incidents during organised sports activities. What term is used to describe such behaviour?
_____ (1 mark)
 - The Olympic Games are now being run at a profit. Mention 2 (two) sources of profit.
 - _____
 - _____ (2 marks)
 - Mention one prohibited method that athletes use to dope themselves.
_____ (1 mark)
 - Mention one reason why doping control is essential
_____ (1 mark)