

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2007

Educational Assessment Unit – Education Division

FORM 3

PHYSICAL EDUCATION

TIME : 1 hr 30 mins

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) i) Mention one throwing event.

_____ (1)

ii) Mention one style that can be used in the above throwing event.

_____ (1)

b) Beside relays, name two sprinting events that have a staggered start.

i) _____ ii) _____ (1)

c) Mention one important element needed for a good push off the starting blocks.

_____ (1)

d) Which jump is performed:

i) to measure distance? _____ (1)

ii) to measure height? _____ (1)

2. BADMINTON

a) What part of the hand gives the racket support in hitting a backhand?

_____ (1)

b) What is a “matchpoint”?

_____ (1)

c) What is a “double hit”?

_____ (1)

d) Fill in the table below using the appropriate word from the ones provided:

follow through, return, rally

	Description	Word
i.	Any exchange back and forth across the net	
ii.	Smooth continuation of a stroke	
iii.	Hitting an opponent’s shots back over the net	

(3)

3. BASKETBALL

a) Which is the pivot foot in:

i) one-two stop _____

ii) jump stop _____ (1)

b) i) Mention one situation when a “foul” is given.

_____ (1)

ii) What happens when a player commits the 5th foul.

_____ (1)

c) i) Explain the ‘give-and-go’ tactic in basketball.

_____ (2)

ii) How many players does it involve?

_____ (1)

4. EDUCATIONAL DANCE

- a) Fill in the following table by choosing the appropriate motion factor listed below:

time, weight, space, flow

	Term	Motion Factor
i.	Levels	
ii.	Free	
iii	Light	
iii.	Slow	

(2)

- b) What is the difference between:

i) a hop _____

ii) a leap _____ (1)

- c) Mention two aspects of space in dance.

i) _____ (1)

ii) _____ (1)

- d) Mention two “body shapes” which may be used in dance.

i) _____

ii) _____ (1)

5. FOOTBALL

- a) When catching a ball, the goalkeeper needs to place his hands in the form of a letter. Which is this letter?

_____ (1)

- b) Mention one reason why height is an important aspect of the physique of a goalkeeper.

_____ (1)

c) i) Mention one reason why a penalty kick is awarded.

_____ (1)

ii) In which part of the goal is the player recommended to kick the ball from the penalty spot.

_____ (1)

d) Mention one reason why a fake is performed.

_____ (1)

e) Mention one instance when a goal can be scored from a restart.

_____ (1)

6. GYMNASTICS

a) A simple forward roll usually follows a handstand. Mention another possible skill out of the handstand.

_____ (1)

b) Mention two coaching tips that would help a gymnast improve a poor handstand.

i) _____ (1)

ii) _____ (1)

c) Mention two elements which contribute towards a good floor pattern.

i) _____

ii) _____ (1)

d) How long should a sequence be?

_____ (1)

VAULTING

e) Name one floor skill that may be transferred to vaulting.

_____ (1)

7. HOCKEY

a) What is the function of:

i) the left hand when holding a hockey stick?

_____ (1)

ii) the right hand when holding a hockey stick?

_____ (1)

b) What is the umpire's decision if the defending team unintentionally plays the ball over their own back line?

_____ (1)

c) Mention **one** critical element of the speed dribble.

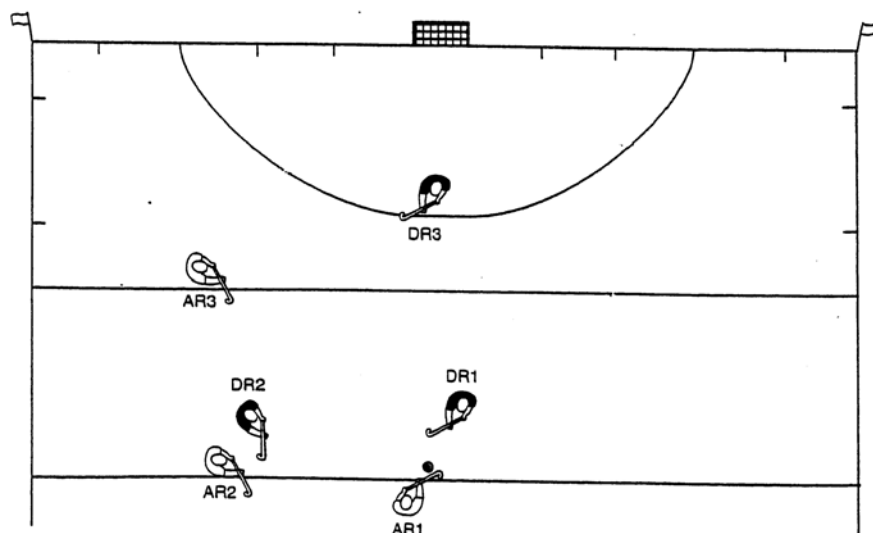
_____ (1)

d) Refer to the diagram below.

The coach instructed AR3 to make a blind side run.

i) indicate by using a continuous line (—) the path AR3 takes.

ii) AR1 passes to AR3 in the new position. Indicate by using a dotted line (-----) the path of the pass.



(2)

8. NETBALL

- a) Which players are allowed in the centre third before the whistle for start of game?
_____ (1)
- b) What does the rule regarding the centre pass state?
_____ (1)
- c) What is the most important factor when giving any pass?
_____ (1)
- d) Mention two appropriate situations when the “obstruction” rule is applied.
- i) _____ (1)
- ii) _____ (1)
- e) The centre (C) of Team A is always giving the centre pass to the Wing Attack (W.A.).
What should the centre (C) of Team B do in this case?
_____ (1)

9. RHYTHMIC GYMNASTICS

- a) The ball, ribbon and hoop are three of the five implements used in rhythmic gymnastics.
Mention the other two implements.
- i) _____
- ii) _____ (1)
- b) How long should a routine last?
_____ (1)
- c) What is meant by “stepping out”?
_____ (1)
- d) Choose an implement _____
- i) Name one implement skill for your chosen implement.
_____ (1)

ii) Give two critical elements of this skill.

_____ (1)

_____ (1)

10. SWIMMING

a) Which four aspects of technique are common to all swimming strokes?

The first one has been done for you.

i) Body position

ii) _____ (1)

iii) _____ (1)

iv) _____ (1)

b) Mention two critical elements regarding the arm action in the freestyle/front crawl.

i) _____ (1)

ii) _____ (1)

c) Mention one instance when a swimmer may be disqualified during a race.

_____ (1)

11. TEAM HANDBALL

a) How many steps can a handball player perform with the ball in his hands before he shoots?

_____ (1)

b) What happens if:

i) the attacker scores from outside the goaler's area but lands inside it?

_____ (1)

ii) the attacker steps inside the goaler's area, shoots from inside it and scores?

_____ (1)

c) What is the goalkeeper:

i) allowed to do?

_____ (1)

ii) not allowed to do?

_____ (1)

d) Mention **one** critical element of the wrist pass.

_____ (1)

12. VOLLEYBALL

a) How many sets are there in a game?

_____ (1)

b) Give **one** situation when the ball is considered 'OUT'.

_____ (1)

c) Give **two** critical elements of the dig pass.

i) _____ (1)

ii) _____ (1)

d) Which is the last pass in a three touch **attack** pattern of play?

_____ (1)

e) Where should the service be aimed to put the opposing team in difficulty?

_____ (1)

Section B – Health Related Fitness (30 marks)

Answer all questions in Section B.

For questions 1-6 write a, b, c, d in the box provided to show the right answer.

1. Excessive drinking may cause:

- a) frequent sore throats
- b) damage to the immune system
- c) shortness of breath
- d) lack of muscle tone

2. An environmental factor which effects health is:

- a) balanced diet
- b) lifting correctly
- c) correct footwear
- d) polluted air

3. Showering regularly may result in:

- a) athlete's foot
- b) prevention of infection
- c) ingrown toe nails
- d) body odour

4. Foods with a high fat content contain:

- a) fat-soluble vitamins
- b) fat-soluble minerals
- c) fat-soluble carbohydrates
- d) fat-soluble proteins

5. Carbohydrates are divided into two groups:

- a) sugars and sucrose
- b) glucose and sucrose
- c) simple and complex
- d) glycogen and polyunsaturates

6. Vitamins are important:

- a) to make enzymes and hormones
- b) to help release energy
- c) to prevent dehydration
- d) to help with digestion



7. Which is the nutrient which helps muscle growth?

_____ (1)

8. Paul has just finished the marathon race. When should he take his first large meal?

_____ (1)

9. Which are the two considerations to take into account when planning an exercise schedule?

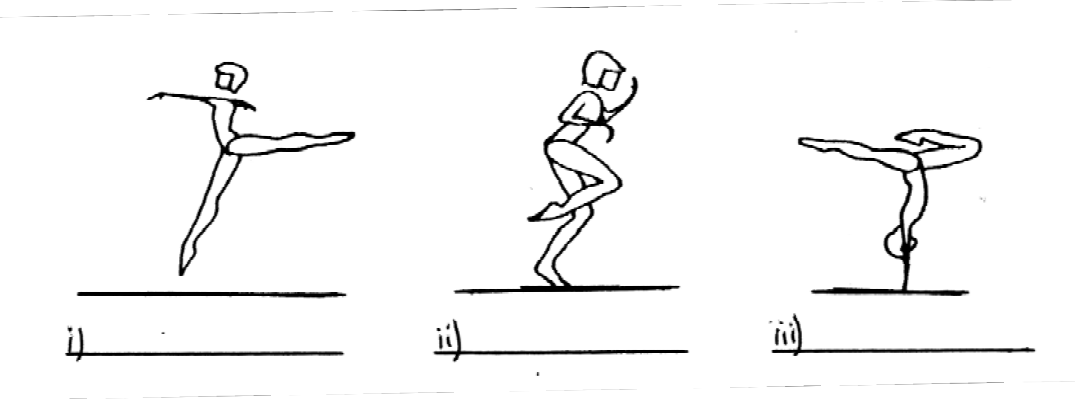
_____ (1)

10. What fitness component is improved by:

- i) jogging continuously for 3km _____
- ii) doing stretching routines _____
- iii) doing 20 curl ups without stopping _____
- iv) pull ups _____

(2)

11. There are three types of muscular strength. Name the type of strength used in these three diagrams.



(3)

12. List an exercise which improves flexibility:

i) in the lower body _____ (1)

ii) in the upper body _____ (1)

13. Give the definition of:

i) muscular endurance _____

ii) cardiovascular endurance _____
_____ (1)

14. Mention **one** activity which requires:

i) anaerobic energy _____

ii) aerobic energy _____ (1)

15. Karl lacks power in the take-off phase of the long jump. What does he need to work on to improve his power?

_____ (1)

16. Fill in the table below using the appropriate term provided:

reaction time, experience, testosterone, somatotype, body fat.

	Statement	Term
i.	This is determined genetically	
ii.	This decreases with age	
iii.	This builds greater muscle mass	

(3)

17. In the table below list one of the effects which can result from the following factors. An example has been done for you.

	Factor	Effect
i.	Lack of sleep	Lack of concentration
ii.	Fatigue	
iii.	Over-anxiety	
iv.	Psyching up	

(3)

18. Choose an activity.

Activity _____

Mention **two** safety precautions, regarding use of equipment in this activity.

i) _____ (1)

ii) _____ (1)

19. What do you call a fracture where the bones are broken but the skin is not?

_____ (1)

20. What injury is most common with:

i) volleyball players _____ (1)

ii) tennis players _____ (1)

Body Systems (32 marks)

1. Besides giving shape to the body, mention two other functions of the skeleton.

i) _____ (1)

ii) _____ (1)

2. Look at the diagram on the right and answer all questions about it.

i) Write the names of the bones labelled A, B, C, D.

A _____ (1)

B _____ (1)

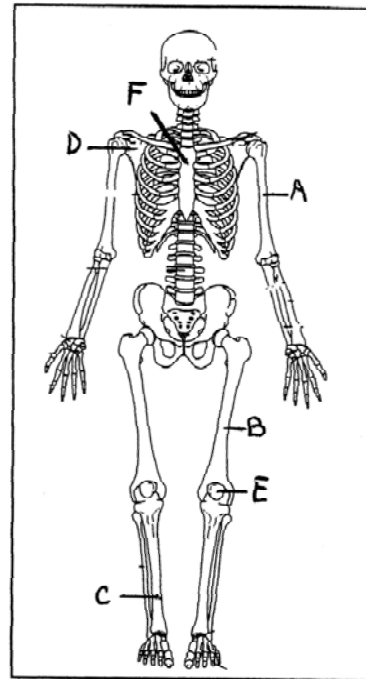
C _____ (1)

D _____ (1)

ii) Two of the bones are labelled E and F.
What type of bones are these?

E _____ (1)

F _____ (1)

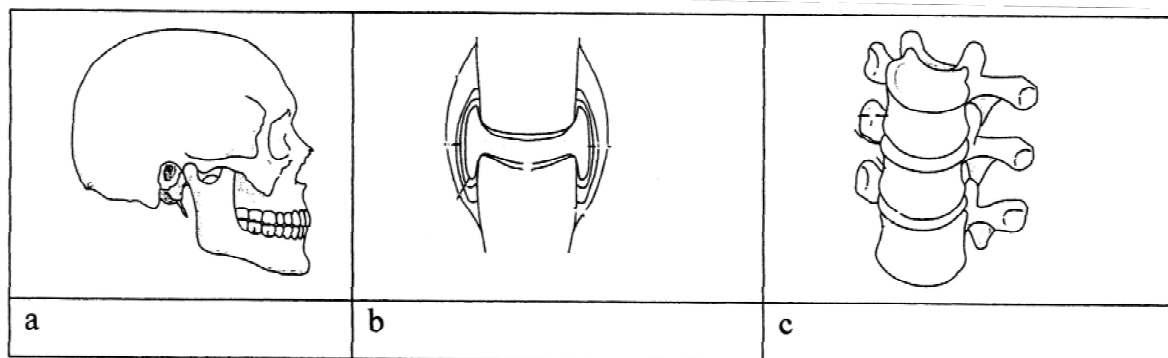


3. What are joints?

_____ (1)

4. The three diagrams below show three different types of joints.

Which type of joint is a non-moveable joint? Write non-moveable under it.

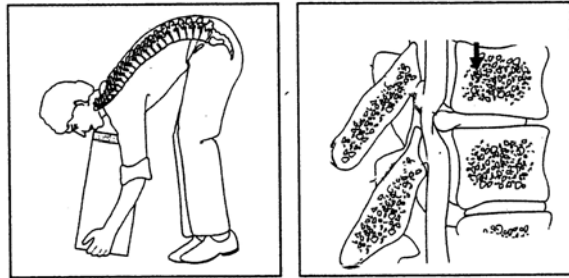


(1)

5. Write a sentence which describes synovial joints.

_____ (1)

6. Look at the two diagrams and state:



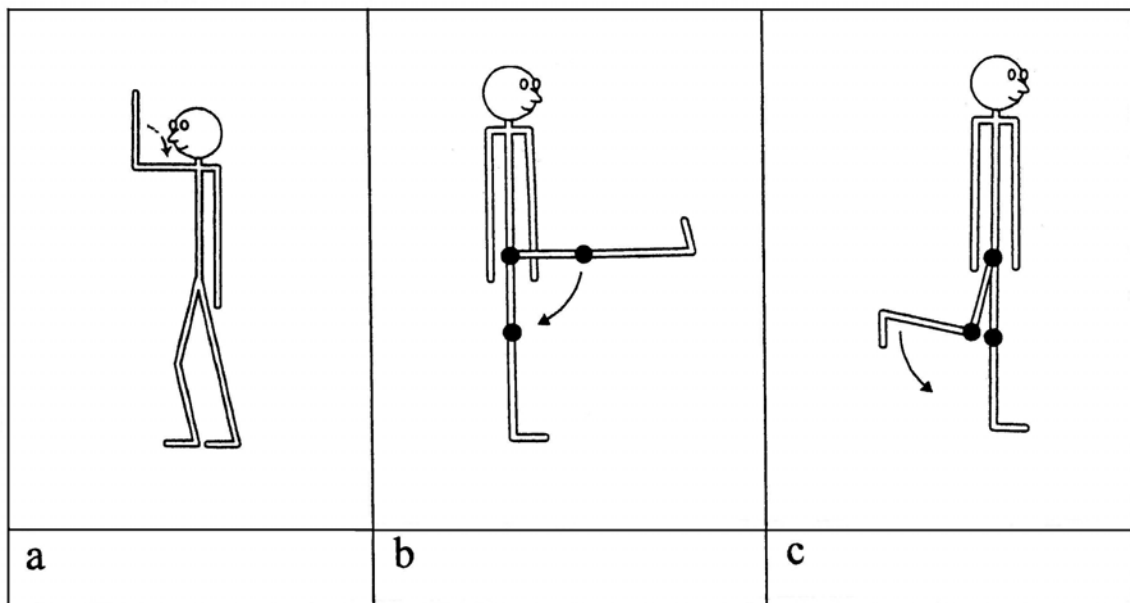
i) Why is the person not lifting properly?

_____ (1)

ii) What is being damaged?

_____ (1)

7. Look at the three diagrams and state what type of movement is taking place.



(3)

8. What is the main property of a muscle?

_____ (1)

9. Why are voluntary muscles also called skeletal muscles?

_____ (1)

10. Voluntary muscle is one type of muscle. What are the two other types of muscle?

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

11. Look at the diagram and answer all questions about it.

a) Write the names of the muscles labelled A, B, C, D.

A _____ (1)

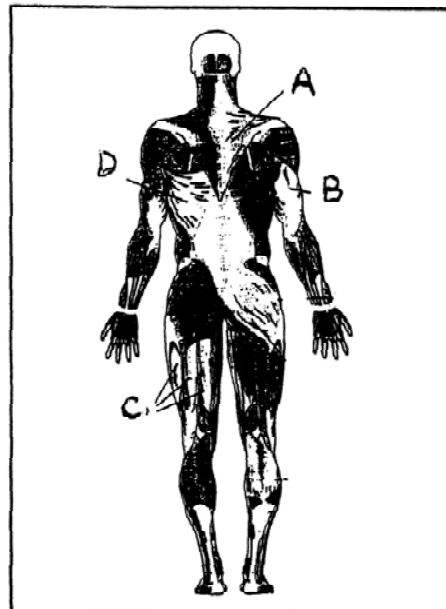
B _____ (1)

C _____ (1)

D _____ (1)

b) Where is the origin of the muscle marked B?

_____ (1)



12. Write the antagonist muscle near its agonist.

Agonist muscle	Antagonist muscle
Hamstring	
Biceps	

(2)

13. What do we call the tissue which attaches muscles to bones?

_____ (1)

14. Mention how the two types of muscle fibres are more suitable for certain types of events. You may give examples of such events.

i) _____ (1)

ii) _____ (1)

15. When we wake up in the morning, we feel rather weak and our movement is slow. Explain this in terms of muscle tone.

_____ (2)