

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2007

Educational Assessment Unit – Education Division

FORM 4

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) Francesca is pace (tempo) training for the 800m race. Suggest two ways how she can achieve this in training.

i) _____ (1)

ii) _____ (1)

- b) i) What should the athlete do when the “on your marks” command is given for the 200m sprint?

_____ (1)

- ii) What are the actions of the starter from the “on your marks command” till the start of the race?

_____ (1)

- c) i) Mention one implement which can be used to replace the discus during the learning stages.

_____ (1)

- ii) What is the correct grip for the discus?

_____ (1)

2. BADMINTON

a) In a singles match, from which side is the first serve given?

_____ (1)

b) The umpire calls “love all.” What does “love” stand for in badminton?

_____ (1)

c) Refer to the diagram below.



From what point should the swing of the racket head begin for the overhead clear?

_____ (1)

d) Mention the stroke an attacking player should give the opponent who is weak at returns from the left side.

_____ (1)

e) Each stroke requires three stages:

i) preparation

ii) _____ (1)

iii) _____ (1)

3. BASKETBALL

a) Explain the following terms:

i) travelling _____ (1)

ii) double dribble _____ (1)

b) Give two critical elements of the offensive stance.

i) _____ (1)

ii) _____ (1)

c) i) Explain the 'pick and roll' tactic in basketball.

_____ (1)

ii) How many attacking players does it involve?

_____ (1)

4. EDUCATIONAL DANCE

a) Give a description of the following motion factors using the appropriate term. An example has been done for you.

Motion Factor	Term
<i>Eg. Space</i>	<i>pathways</i>
i) Space	
ii) Weight	
iii) Flow	
iv) Time	

(2)

b) There are three phases of a jump in dance. They are:

i) preparation

ii) _____ (1)

iii) _____ (1)

c) Mention two nonlocomotor movements which may be used in a dance routine.

i) _____ (1)

ii) _____ (1)

5. FOOTBALL

a) A football match lasts 90 minutes. Give two instances when added-on time is given.

i) _____ (1)

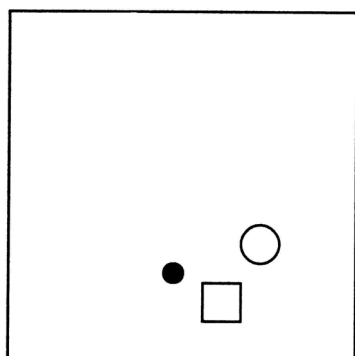
ii) _____ (1)

b) Mention two points that a defending player should consider when clearing a ball.

i) _____ (1)

ii) _____ (1)

c) Refer to the diagram below. John (○) is defending Mark (□). John and Mark are both right-footed players. Mention two reasons why John took the position as indicated.



● ball

i) _____ (1)

ii) _____ (1)

6. GYMNASTICS

a) A gymnast is finding difficulty in performing certain advanced skills. What advice would you give the gymnast when planning a sequence? Why?

i) Advice _____ (1)

ii) Reason _____ (1)

b) Give examples of two appropriate (good) and two inappropriate practices. The first one has been done for you.

PRACTICES		
	Appropriate	Inappropriate
i)	Warming up	Learning the hand-stand before the forward roll
ii)		
iii)		

(2)

c) What is meant by “stepping out” in a floor routine?

_____ (1)

VAULTING

d) Name the points of body contact on the box for :

i) the straddle vault _____

ii) the head spring _____ (1)

7. HOCKEY

a) Mention two rules with regards to the use of the stick.

i) _____ (1)

ii) _____ (1)

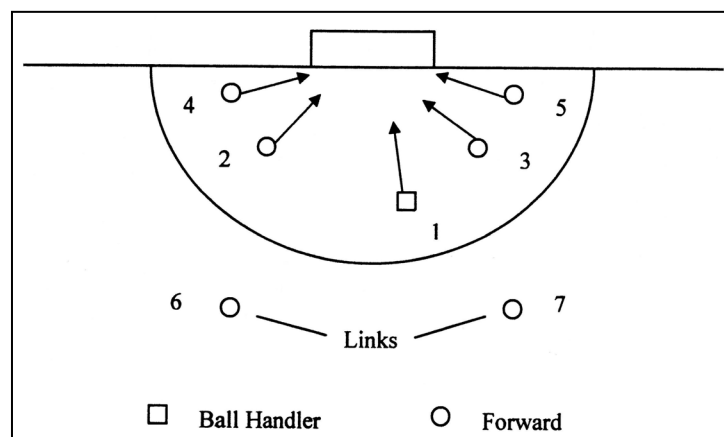
b) i) Mention one stroke which may be given from the penalty spot?

_____ (1)

ii) Identify one reason why a penalty stroke is awarded.

_____ (1)

c) In the figure below, player number 1 is in possession of the ball. Mention two reasons why the players 2, 3, 4 and 5 are in a good position.



i) _____ (1)

ii) _____ (1)

8. NETBALL

a) When is a 'substitution' allowed in netball?

_____ (1)

b) What is meant by "contact" in netball?

_____ (1)

c) What is the role of the captain **immediately before** the start of a match?
_____ (1)

d) Which is the pivot foot from:
i) a single landing? _____ (1)

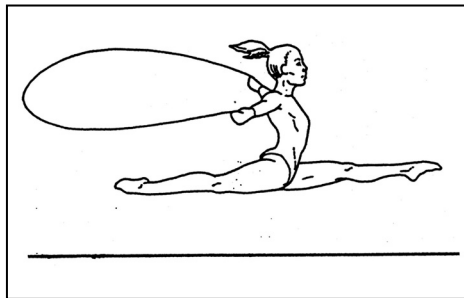
ii) a double landing? _____ (1)

e) A Goal Defence (G.D.) broke the “obstruction” rule in the circle and so has to stand at the side of the Goal Attack (G.A.) who can shoot. What would be wise for the Goal Keeper (G.K.) to do?
_____ (1)

9. RHYTHMIC GYMNASTICS

a) Give one rule relating to dresswear in rhythmic gymnastics.
_____ (1)

b)



i) Name the body skill shown in the diagram.
_____ (1)

ii) Name one quality that should be shown in this skill.
_____ (1)

c) All implements may be thrown and caught. For your chosen implement, state two other skills which may be performed.

Chosen implement: _____

Skills: i) _____

ii) _____ (2)

d) Mention one of the planes a gymnast may work in.
_____ (1)

10. SWIMMING

a) A freestyle/front crawl swimmer is:

- i) using a straight arm recovery;
- ii) kicking with knees bent.

What coaching tips would you give for i) and ii) above.

i) _____ (1)

ii) _____ (1)

b) Why is it a good idea for a swimmer to wear goggles?

_____ (1)

c) What is meant by **timing/rhythm** in any swimming stroke?

_____ (1)

d) At which phase of the turn should a swimmer breathe out?

_____ (1)

e) State the rule regarding the finish of the backstroke race.

_____ (1)

11. TEAM HANDBALL

a) Mention two actions that the goalkeeper is permitted to do.

i) _____ (1)

ii) _____ (1)

b) Mention two reasons why a jump shot is used.

i) _____ (1)

ii) _____ (1)

c) Diane is not playing the ball to the player in the best position at the right time while attacking. Mention two coaching tips she should be given.

i) _____ (1)

ii) _____ (1)

12. VOLLEYBALL

a) What is meant by “double contact?”

_____ (1)

b) How is the fifth set decided?

_____ (1)

c) Give two critical elements of the spike.

i) _____ (1)

ii) _____ (1)

d) Give one instance when a coach would substitute a player with the libero. This question does not refer to rules.

_____ (1)

e) Give one instance when you consider it appropriate for a coach to call a time-out.

_____ (1)

Section B – Body Systems and Performance (56 marks)

Answer all questions in this section.

1. Look at the diagram and answer all the questions.

a) Mention two functions of the circulatory system.

i) _____ (1)

ii) _____ (1)

b) Label the parts marked (i, ii, iii, iv, v)

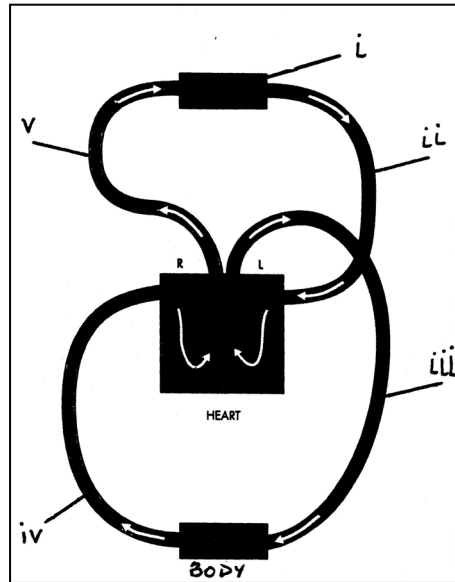
i) _____ (1)

ii) _____ (1)

iii) _____ (1)

iv) _____ (1)

v) _____ (1)



c) What do we call the upper part of the system (i, ii, Heart, v)?

_____ (1)

d) What do we call the lower part of the system (Heart, iv, body, iii)?

_____ (1)

2. The heart is composed of a special type of tissue. What is this tissue called?

_____ (1)

3. The heart consists of two upper and two lower chambers. What are they called?

i) upper chambers _____ (1)

ii) lower chambers _____ (1)

4. Blood is made up of a number of substances.

What do we call the substance which helps clotting during an injury?

_____ (1)

5. Blood delivers and removes certain substances to/from muscles.

Mention one substance delivered and one substance removed.

i) delivered _____ (1)

ii) removed _____ (1)

6. Why do veins have valves in them when arteries do not?

_____ (1)

7. i) What are the smallest blood vessels called?

_____ (1)

ii) Why are they so thin (one cell thick)?

_____ (1)

8. a) Define 'blood pressure.'

_____ (1)

b) What are the two readings of blood pressure called?

i) _____ ii) _____ (2)

9. Mention one way of keeping blood pressure within a healthy level.

_____ (1)

10. How high should the pulse rate be when training in the 'aerobic zone'?

_____ (1)

11. Look at the diagram and answer all questions.

a) Label the parts marked (i) to (v).

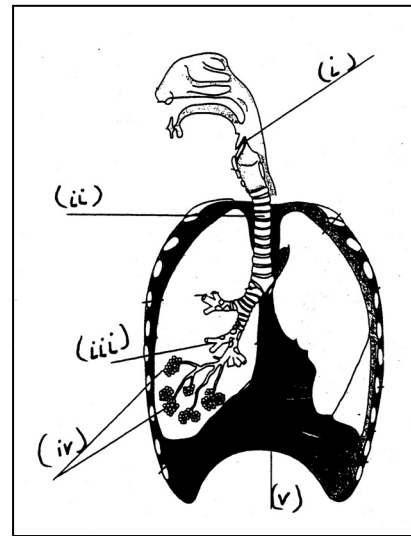
i) _____ (1)

ii) _____ (1)

iii) _____ (1)

iv) _____ (1)

v) _____ (1)



b) What is the function of (i)?

_____ (1)

12. i) How many times a minute do we breathe in at rest?

_____ (1)

ii) What is the term used to define the maximum amount of oxygen breathed in per minute?

_____ (1)

13. Marika is a gymnast.

Suggest a flexibility test she can perform to test this fitness component.

_____ (1)

14. Francesco is a handball player. His coach set him the following fitness tests.

By completing the table below, state the fitness component that each measures.

Test	Fitness Component Measured
i) Bleep Test	
ii) Vertical Jump	
iii) 30m Sprint	
iv) Readings taken with skinfold calipers	

(4)

15. Mention two reasons why a warm up is required.

i) _____ (1)

ii) _____ (1)

16. Vanessa stretches twice in her training session. She stretches during the warm up phase. When is the other time that stretching is usually performed?

_____ (1)

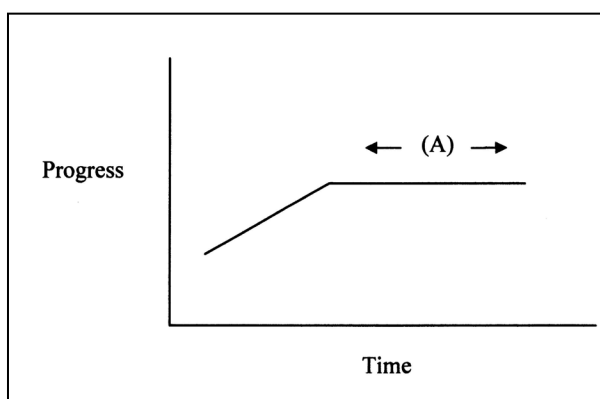
17. Give an example of a skill practiced in the skill phase during a basketball session.

_____ (1)

18 a) Michael is a promising sprinter. Suggest one activity he needs to do that is specific to his sport.

_____ (1)

- b) In the graph below, the coach charted Michael's improvement. What is the term used to describe the period labeled (A) in the diagram?



_____ (1)

- c i) What principle of training may need to be applied so that Michael continues to improve?

_____ (1)

- ii) Michael can improve by including one or more of the principles of training identified below. Which principle describes the following statements?

Statements	Principles of Training
Michael trains for 70 seconds rather than 120 seconds.	
Michael includes an extra session per week.	
Michael practices the same runs at a faster time.	

(3)

- d) Michael is overtraining. Mention two consequences of overtraining.

i) _____

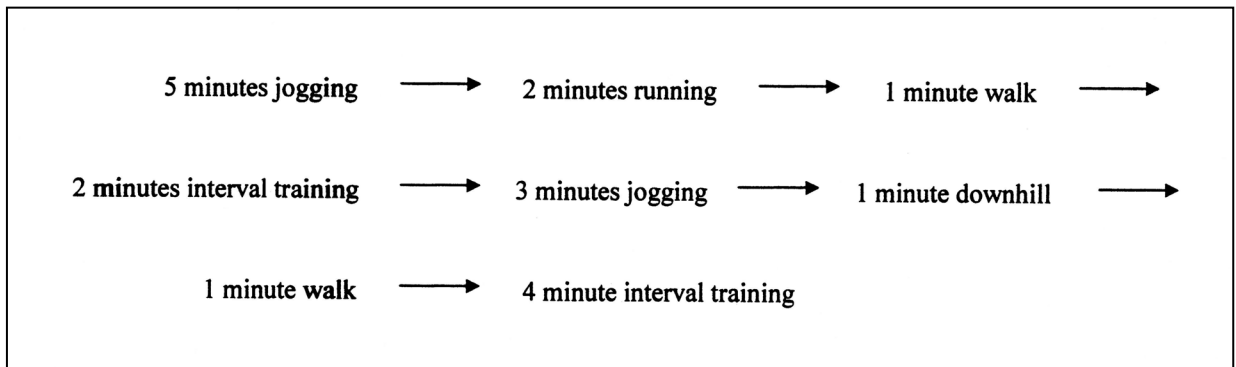
ii) _____ (1)

19. Ben is a long distance runner. Mention two training methods that he can use to improve his VO_2 max.

i) _____ (1)

ii) _____ (1)

20. Jack is a hockey player. His coach chose to use the following method during his last session.



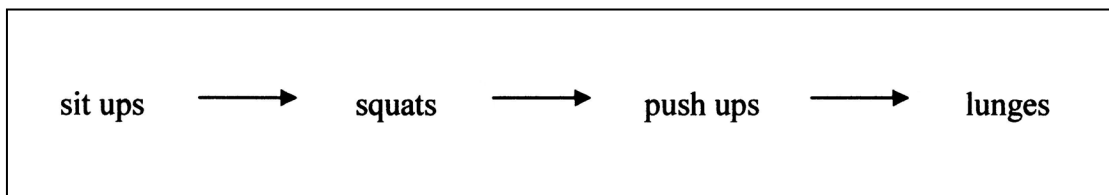
i) What type of training method is this?

_____ (1)

ii) Mention another sport for which this method is suitable.

_____ (1)

21. What kind of circuit is the following?



_____ (1)

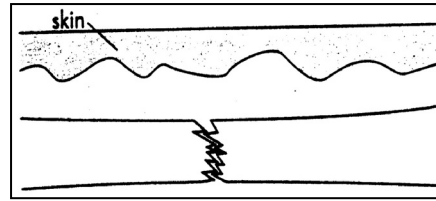
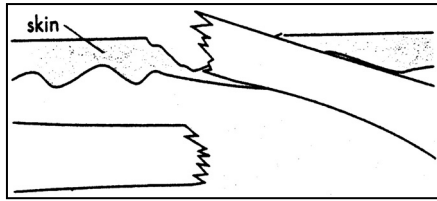
22 a) John lifted a 20 kg dumbbell for 12 times. He stopped and rested. He repeated this for 3 times. Explain this in terms of sets and repetitions.

_____ (1)

b) How can John apply the principle of progression in the above example?

_____ (1)

23 a) Label the following types of fracture.



i) _____ ii) _____ (1)

b) Mention one way of treating a fracture.

_____ (1)

Section C – Sports in Society (6 marks)

1. Mention one event that was organized during the earliest Olympic Games (776 BC).

_____ (1)

2. The Ancient Olympic Games were stopped in 394 AD. Mention one reason why Emperor Theodosius stopped these games.

_____ (1)

3. The modern Olympic Games started again in 1896.

a) In which city were they first organized?

_____ (1)

b) What is the motto of the modern Olympic Games?

_____ (1)

4. Give one example of how politics can interfere with international sports.

_____ (1)

5. Nowadays the Olympic Games are run at a profit. Mention one way of how this profit is generated.

_____ (1)