

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2007

Educational Assessment Unit – Education Division

FORM 5

PHYSICAL EDUCATION

TIME : 1 hr 30 mins

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) There are eight athletes in a 100metre sprint. The athlete in lane two makes a false start. At the next start, the athlete in lane four makes a false start. What happens?

_____ (1)

- b) As part of the long jump training, an athlete heads a suspended ball. State two ways how this exercise helps the athlete to improve the jumping style.

i) _____ (1)

ii) _____ (1)

- c) Mention one instance when the putt is a ‘no throw.’

_____ (1)

2. BADMINTON

- a) State one rule regarding the serve/service in badminton.

_____ (1)

- b) Mention one point to consider when in the “ready position.”

_____ (1)

c) Name two tactics a good badminton player may show on court.

i) _____ (1)

ii) _____ (1)

3. BASKETBALL

a) What is the referee's decision when a player is fouled?

i) in the act of shooting? _____ (1)

ii) when not in the act of shooting? _____ (1)

b) Explain:

i) one-two stop _____

ii) jump stop _____ (1)

c) Why is it important to 'move the ball' (pass the ball continuously) when attacking?

_____ (1)

4. EDUCATIONAL DANCE

a) A basic stepping pattern in dance is called 'travelling.' Mention two ways of travelling.

i) _____

ii) _____ (1)

b) Suggest what the following dance movements express to a spectator:

i) Light, continuous free walk _____ (1)

ii) Strong, interrupted walk _____ (1)

c) Mention two elements that should be considered when planning a dance routine.

i) _____

ii) _____ (1)

5. FOOTBALL

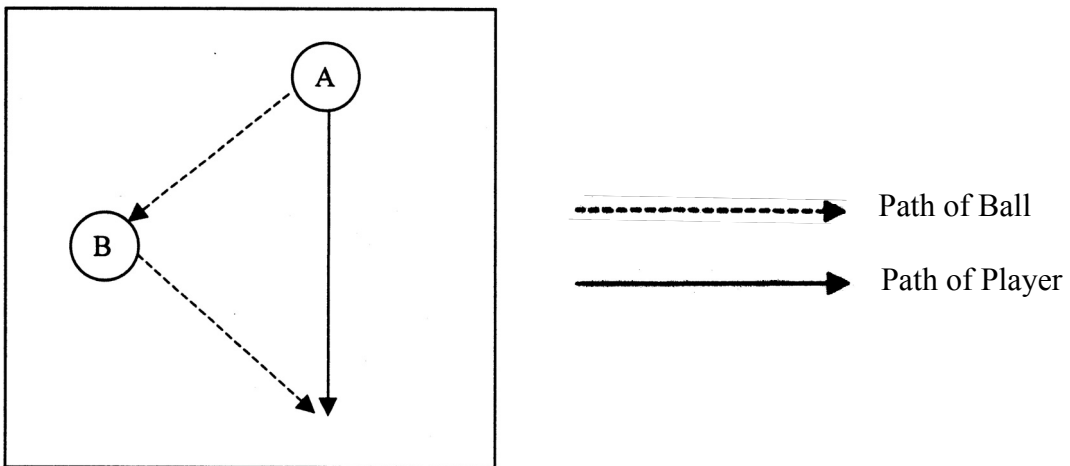
- a) What are the referee's decisions when the goalkeeper fouls a player who has a goal scoring opportunity in the penalty area?

_____ (1)

- b) A player needs to play a 30-metre pass. What kind of pass is most suitable?

_____ (1)

- c) In the diagram below, A passes to B who returns the ball to A. What is the technical term to describe this combination?



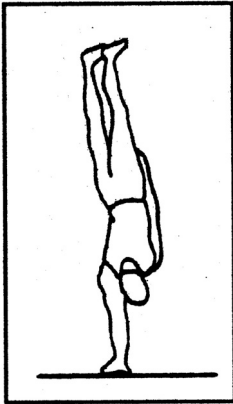
_____ (1)

- d) What strategy is more popular and is replacing the man-to-man marking in defence?

_____ (1)

6. GYMNASTICS

- a) Strength is one of the components that is required to hold the position shown below.



Name another important component.

_____ (1)

- b) Mention one reason why flexibility is important in gymnastics.

_____ (1)

- c) Name one floor skill which shows flight.

_____ (1)

VAULTING

- d) Explain why a rotational vault is more difficult to perform than a horizontal/linear vault.

_____ (1)

7. HOCKEY

- a) Why is a coin tossed before the start of a match?

_____ (1)

- b) The coach told John that he needed to control the ball with the reverse stick. What did the coach mean?

_____ (1)

c) Mention two advantages of the 3-2-2-3 system.

i) _____ (1)

ii) _____ (1)

8. NETBALL

a) What happens if the attempt to shoot at goal is unsuccessful and:

i) the ball rebounds into court? _____

ii) ball goes out of court? _____ (1)

b) Explain the “feint and dodge” tactic in netball.

_____ (1)

c) What is an appropriate pass for an attacking player to use:

i) when marked by her opponent who is much taller than her?

_____ (1)

ii) when her opponent is defending very closely?

_____ (1)

9. RHYTHMIC GYMNASTICS

a) Choose an implement _____

i) Name one basic skill for your chosen implement.

_____ (1)

ii) State how this skill might be developed into a more difficult or complex skill.

_____ (1)

b) Mention one fault that may occur in a routine.

_____ (1)

c) Mention **two body** movement skills which contribute towards a good routine.

i) _____

ii) _____ (1)

10. SWIMMING

a) i) Name the stroke where the swimmer breathes laterally (sideways).

_____ (1)

ii) On which side should the swimmer breathe?

_____ (1)

b) Mention one **fault** regarding the use of arms in the backstroke.

_____ (1)

c) State the rule regarding touching the end of the pool in finishing a breaststroke race.

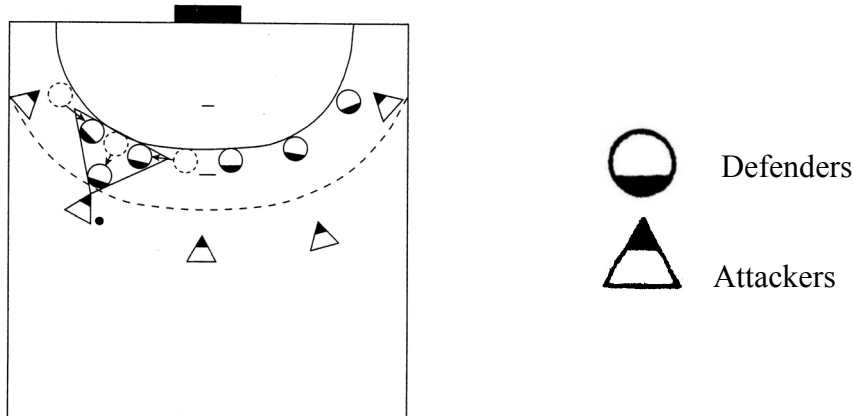
_____ (1)

11. TEAM HANDBALL

a) What does the 7-metre line represent?

_____ (1)

b) In the diagram below, the defenders moved to form a defensive triangle. Mention one advantage that is derived from such a move.



_____ (1)

c) Mention two critical elements that are important while shooting in a game.

i) _____ (1)

ii) _____ (1)

12. VOLLEYBALL

a) Mention one of the umpire's decisions when a server hits the ball outside the opponents' half court.

_____ (1)

b) List two coaching points you would give to a player who is hitting a very low volley.

i) _____ (1)

ii) _____ (1)

- c) The opponents are very weak in blocking. Mention one type of attack the other team may use to put their opponents in difficulty.

_____ (1)

SECTION B – HEALTH RELATED FITNESS (18 marks)

Answer all questions in this Section.

1. Mention **one** health risk which may be caused by dietary imbalance.

_____ (1)

2. What is meant by ‘basal metabolic rate’?

_____ (1)

3. What should you do to prevent ‘ingrown toe nails’?

_____ (1)

4. Mention **two** environmental factors which may affect your health.

i) _____

ii) _____ (1)

5. Katia is exercising and her body temperature increases. Mention **two** other **visible** effects of exercise.

i) _____ (1)

ii) _____ (1)

6. State what is meant by:

i) General fitness: _____ (1)

ii) Specific fitness: _____ (1)

7. Complete the following table.

The first one has been done for you.

	Component of Fitness	Description	Example of Component
(i)	Explosive Strength	Muscular strength used in one short sharp movement	Service in tennis
(ii)	Flexibility		
(iii)	Cardiovascular Endurance		

(4)

8. Look at the list below and state which part of the activity requires 'power'.

	Activity	Power required for:
	e.g. High Jump	Take off
(i)	Badminton	
(ii)	Volleyball	
(iii)	Handball	
(iv)	Gymnastics	

(2)

9. A mesomorph is best suited for swimming. Explain why this is so.

_____ (1)

10. **Strength** is one gender difference between males and females. Mention another **two**.

i) _____

ii) _____ (1)

11. Mention **two** psychological and **two** physiological factors which affect performance.

a) psychological factors (i) _____
(ii) _____ (1)

b) physiological factors (i) _____
(ii) _____ (1)

BODY SYSTEMS AND PERFORMANCE (40 marks)

1. The skeletal system gives us our body shape, helps to produce blood and makes movement possible. What other function do bones have?

_____ (1)

2. Give the anatomical name of a flat bone at the upper back of our body.

_____ (1)

3. Fill in the table:

In the empty space, write the word which best describes the statement. The first one is given as an example.

	Statement	Word
a	White smooth cartilage covering surface of bones	Hyaline Cartilage
b	A tissue which produces synovial fluid	
c	Bands of fibre which keep joints in place	

(2)

4. The vertebral column protects the spinal cord, keeps the body upright, helps with movement and produces blood. What other function does it serve?

_____ (1)

5. What technical name is given to movement where a limb (arm or leg) moves towards the body?

_____ (1)

6. What type of muscle is 'skeletal muscle'?

_____ (1)

7. In the table below, write which muscle is responsible for the action.

	Action	Muscle
(i)	Rising on your tiptoes	
(ii)	Pull your arms across your chest	

(2)

8. Which part of the muscle is attached to bones at the origin and insertion?

_____ (1)

9. Muscles usually work in pairs and opposite each other (antagonistic action). Explain why.

_____ (1)

10. Even when a muscle is relaxed, a small number of its fibres remain under tension (contracted). What do we call this?

_____ (1)

11. Mention one substance found in plasma.

_____ (1)

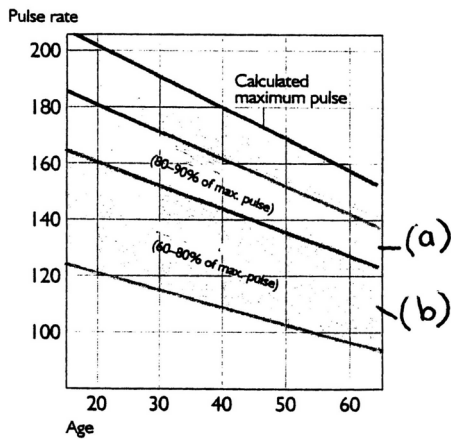
12. Give one reason why blood pressure increases during exercise.

_____ (1)

13. The pulse may be felt on four main regions in the body. Where is the best place to feel the pulse when it is very weak?

_____ (1)

14. What do we call the areas marked (a) and (b) shown in the diagram?



(a) _____ (1)

(b) _____ (1)

15. What is the maximum pulse rate for a 40-year old?

_____ (1)

16. In the alveoli, gaseous exchange takes place. What is gaseous exchange?

_____ (1)

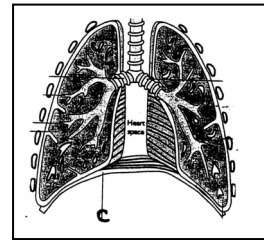
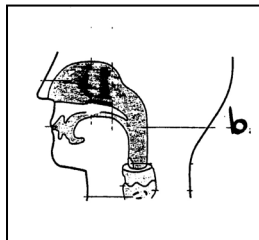
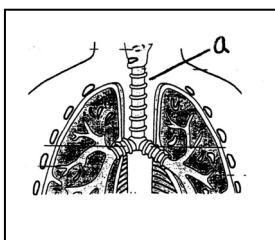
17. A person has stopped breathing and a first-aider gives him/her artificial respiration by blowing air into his/her lungs. How is it possible if we breath in oxygen and breath out carbon dioxide?

_____ (1)

18. Mention one reason why it is better to breathe in through the nose rather than through the mouth.

_____ (1)

19. Name the parts shown in the diagrams below.



(a) _____ (1)

(b) _____ (1)

(c) _____ (1)

20. Give one reason why a coach, teacher or trainer should know the principles of training.

_____ (1)

21. Training has to be based on the requirements of a particular sport or physical activity. What principle of training is being applied in this case?

_____ (1)

22. An athlete has been training regularly to increase the level of fitness, but finds that he/she is making no progress. What principle of training must be applied in order to see an improvement in fitness?

_____ (1)

23. Maya plans to train very hard for a number of years in order to increase her fitness. After that, she plans to stop training and enjoy the level of fitness achieved. What principle of training is Maya forgetting?

_____ (1)

24. In the table below, write the training method which best describes the statement.

	Statement	Training Method
a	Jogging at a steady pace over a long distance.	
b	Sprinting over short distances with a short rest in between.	
c	Doing exercises/skills at various stations.	
d	Doing resistance work using free weights or machines.	

(4)

25. A good training session should start with a warm up and end with a cool down. Mention **three** activities which should make up the main part of the training.

(i) _____ (ii) _____ (iii) _____ (3)

26. Mention **two** different tests for aerobic endurance.

i) _____

ii) _____ (2)

27. Mention one way of preventing injuries in contact games.

_____ (1)

28. In an injury where bruising occurs, ice is applied. Mention two ways how ice helps to reduce bruising.

i) _____ (1)

ii) _____ (1)

SECTION C – SPORTS IN SOCIETY (10 marks)

1. What does GSSE stand for?

_____ (1)

2. Which international body is the Malta Olympic Committee affiliated to?

_____ (1)

3. Mention two major problems which have characterised modern Olympic Games.

i) _____ (1)

ii) _____ (1)

4. Mention two conflicts between the media and sport.

i) _____ (1)

ii) _____ (1)

5. State one reason why the following drugs/doping methods are taken and one possible side effect. The first one has been done.

	Doping Methods	Taken To	Side effect
(i)	Diuretics	Reduce weight	Muscle cramps
(ii)	Stimulants		
(iii)	Blood doping		

(4)