

**JUNIOR LYCEUM ANNUAL EXAMINATIONS 2008**  
 DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION  
 Educational Assessment Unit

**FORM 3**

**PHYSICAL EDUCATION**

**TIME : 1 hr 30 min**

**TOTAL MARK 80**

Name: \_\_\_\_\_

Class: \_\_\_\_\_

<b>For Office Use Only</b>			
<b>A</b>	<b>B</b>		<b>Total (80 marks)</b>
Skill Acquisition, Movement and Physical Activities (20 marks)	Health Related Fitness (28 marks)	Body Systems and Performance (32 marks)	

**Section A – Skill Acquisition, Movement and Physical Activities (20 marks)**

**Answer question A (Skill Acquisition) and choose THREE questions from 1-12.**

**Answer all parts of the chosen questions.**

**A. SKILL ACQUISITION**

Fill in the table below using the appropriate term from the ones provided.

*positive acceleration, linear progress, reinforcement, plateauing, negative acceleration*

	<b>Definition</b>	<b>Term</b>
i)	A new skill is learnt quickly, then progress slows down	
ii)	Progress remains at same level for some time	
iii)	Progress is fairly level and constant	
iv)	Learning a skill is difficult at first, then progress quickens	

(2)

**1. ATHLETICS**

a) i) How long is a standard track? \_\_\_\_\_

ii) How many lanes are there in a standard outdoor track? \_\_\_\_\_ (1)

iii) 16 athletes are to participate in a 100m race. What is the event to select the finalists called? \_\_\_\_\_ (1)

- b) Mention **two** critical elements of the run up in the long jump.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (2)
- c) i) Indicate the best angle of release of the shot putter. \_\_\_\_\_ (1)
- ii) Mention **one** way of introducing the shot putt before introducing the actual shot.
- \_\_\_\_\_ (1)

## 2. BADMINTON

- a) Mention **two** faults during play.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (2)
- b) Which is the best stroke to use to return:
- i) a high shuttle in midcourt \_\_\_\_\_
- ii) a high shuttle in the forecourt \_\_\_\_\_ (2)
- c) Which is the stroke which usually finishes a rally?
- \_\_\_\_\_ (1)
- d) In a singles match where are the strokes normally directed to?
- \_\_\_\_\_ (1)

## 3. BASKETBALL

- a) Mention two **ball handling** violations most common in basketball.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)
- b) John's bounce pass lacks force. State one way of correcting it.
- \_\_\_\_\_ (1)
- c) Explain what is meant by defensive rebound.
- \_\_\_\_\_ (1)

- d) A player shields a team mate in order to be able to receive a pass or shoot. What is the term used for this tactic?

\_\_\_\_\_ (1)

- e) State what is meant by 'give and go'.

\_\_\_\_\_ (2)

#### 4. EDUCATIONAL DANCE

- a) Contrast is very often used in dance compositions. Write the contrast of the following movements.

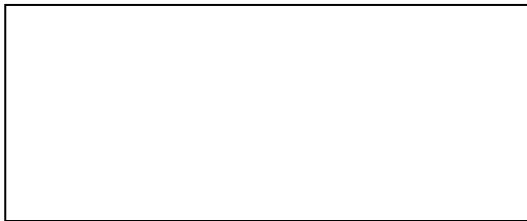
i) Open: \_\_\_\_\_

ii) Bound: \_\_\_\_\_

iii) Accelerate: \_\_\_\_\_

iv) Light: \_\_\_\_\_ (2)

- b) Draw a simple floor pattern which includes three pathways.



(1)

- c) Define these basic movements. The first one has been done for you.

i) Walking: transference of weight from one foot to the other.

ii) Leaping: \_\_\_\_\_

iii) Hopping: \_\_\_\_\_ (1)

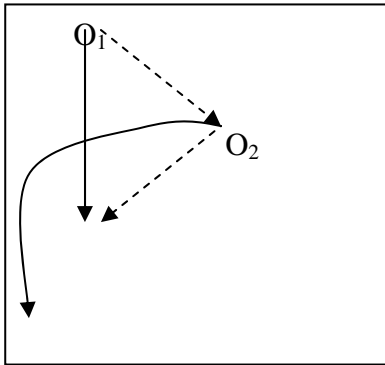
- d) State **two** qualities a dancer should develop to improve performance.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

## 5. FOOTBALL

a) O<sub>1</sub> and O<sub>2</sub> are practising the following passing movements.



Pass ----->

Movement without the ball —————>

i) What do we call the combination between O<sub>1</sub> and O<sub>2</sub>?

\_\_\_\_\_ (1)

ii) What do we call the 'off the ball run' performed by O<sub>2</sub>?

\_\_\_\_\_ (1)

b) O<sub>1</sub> has two options to whom to pass the ball - O<sub>2</sub> who is marked by X or O<sub>3</sub>. Give **two** reasons why O<sub>1</sub> should pass to O<sub>3</sub>.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

c) i) The goalkeeper saves a shot and the ball goes over the endline. What decision should the referee take?

\_\_\_\_\_ (1)

ii) What decision does the referee take if a goal is scored directly from this restart?

\_\_\_\_\_ (1)

## 6. GYMNASTICS

a) State **two** rules which apply to a floor sequence.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

b) Mention **two** space factors which should be included in a floor sequence.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

c) What is meant by "linking movements"?

\_\_\_\_\_ (1)

d) While performing leaps and jumps a gymnast should show elevation. What else must a gymnast show?

\_\_\_\_\_ (1)

e) On which parts of the body should the weight be taken when arriving on the box for the head spring?

\_\_\_\_\_ (1)

f) When does the post-flight begin in a vault?

\_\_\_\_\_ (1)

## 7. FIELD HOCKEY

a) Indicate **two** critical elements of trapping a ball

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

b) What is the umpire's decision if:

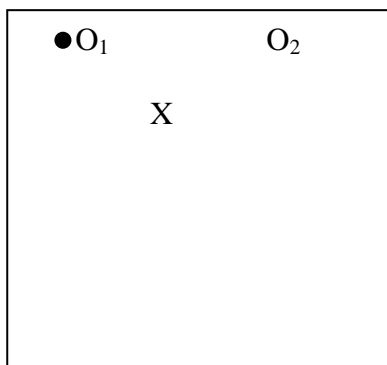
i) the ball hits the foot of the defender unintentionally inside the 'D'.

\_\_\_\_\_ (1)

ii) a player intentionally prevents a goal scoring opportunity inside the 'D'.

\_\_\_\_\_ (1)

c)  $O_1$  and  $O_2$  are playing in a 2 against 1 situation against X.



● refers to the ball

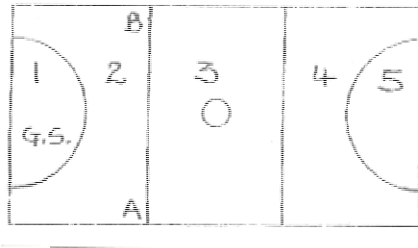
Indicate **two** options how  $O_1$  and  $O_2$  can beat X and arrive on the other side.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

## 8. NETBALL

- a) Refer to the diagram. Numbers indicate the playing areas.  
**A** and **B** and **Goal Shooter (G.S)** are all players in the same team.

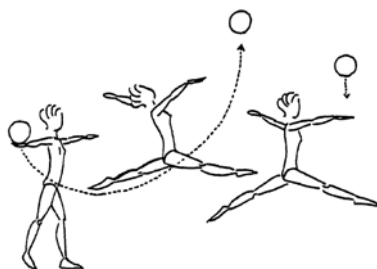


- i) State the playing position of **A** and **B** \_\_\_\_\_
- ii) The playing areas of **A** and **B** \_\_\_\_\_ (1)
- b) Give **two** critical elements of a two-handed catch.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (2)
- c) When is a “toss up” given in netball?  
 \_\_\_\_\_ (1)
- d) Define:
- i) defence: \_\_\_\_\_
- ii) attack: \_\_\_\_\_ (2)

## 9. RHYTHMIC GYMNASTICS

- a) Name the level at which these skills are performed:
- i) a stag jump: \_\_\_\_\_
- ii) an arabesque: \_\_\_\_\_ (1)
- b) State what the gymnast should do if during the sequence:
- i) the music goes wrong \_\_\_\_\_
- ii) the implement falls outside the floor area \_\_\_\_\_  
 \_\_\_\_\_ (2)

c) Look at the diagram.



i) Which body skill is the gymnast performing? \_\_\_\_\_

ii) Give one critical element regarding the throwing of the implement.

\_\_\_\_\_

iii) At which plane is the gymnast performing? \_\_\_\_\_ (3)

## 10. SWIMMING

a) For which stroke is a starting block not used?

\_\_\_\_\_ (1)

b) During the breast stroke, the swimmer is bobbing up and down. State the error the swimmer is doing.

\_\_\_\_\_ (1)

c) Why should a swimmer keep the feet under water when kicking?

\_\_\_\_\_ (1)

d) What is the proper head action for breathing when swimming the front crawl?

\_\_\_\_\_ (1)

e) When turning, what is the first thing you should do?

\_\_\_\_\_ (1)

f) Which parts of the body most often get cramps?

\_\_\_\_\_ (1)

## 11. TEAM HANDBALL

a) i) A player receives a pass from his team mate. How long can the player hold the ball before the referee signals an infringement?

\_\_\_\_\_ (1)

ii) Name one action the player can perform upon receiving the ball.

\_\_\_\_\_ (1)

b) Mention **two** critical elements of catching the ball above the waist.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

c) What do the following markings indicate:

i) 6 m line \_\_\_\_\_

ii) 7 m line \_\_\_\_\_ (2)

## 12. VOLLEYBALL

a) Teams A and B reach 14-14 in the 5th set. What happens next?

\_\_\_\_\_ (1)

b) What is meant by “double touch”?

\_\_\_\_\_ (1)

c) You may use diagrams to illustrate your answer.

Describe the path of the ball when a player hits:

i) a spike/smash: \_\_\_\_\_

ii) a dig: \_\_\_\_\_ (2)

d) What action will increase the accuracy of the service?

\_\_\_\_\_ (1)

e) What is the most frequent use of the set up?

\_\_\_\_\_ (1)

## Section B - Health Related Fitness (28 marks)

**Answer all questions in this section.**

1. Consider the following sports activities. Mention **one** safety precaution specifically related to each activity.

i) gymnastics \_\_\_\_\_

ii) football \_\_\_\_\_

iii) swimming \_\_\_\_\_ (3)



2. State **two** psychological aspects of health.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

3. What is an immunization programme?

\_\_\_\_\_ (1)

4. State **two** practices for the prevention of infection.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

5. Why is it important to eat a variety of food?

\_\_\_\_\_ (1)

6. Name the five nutrients.

i) \_\_\_\_\_

ii) \_\_\_\_\_

iii) \_\_\_\_\_

iv) \_\_\_\_\_

v) \_\_\_\_\_ (1)

7. Mention a substance which:

i) prevents dehydration \_\_\_\_\_

ii) helps digestive system \_\_\_\_\_ (1)

8. Fill in the table below.

	<b>Nutrient</b>	<b>Definition</b>
i)		These are made from building blocks called amino acids
ii)		These are called trace elements
iii)		These include glucose, sucrose, fructose
iv)		These are saturates, monosaturates and polyunsaturates

(4)

9. Why is it not advisable to eat and train immediately after?

\_\_\_\_\_ (1)

10. State the cause of:

- i) obesity \_\_\_\_\_
- ii) anorexia \_\_\_\_\_ (1)

11. Luke wants to improve his daily exercise habits. Give him **two** suggestions.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

12. Choose **two** activities and name a **specific** fitness component related to each activity.

- i) Activity \_\_\_\_\_ Fitness Component \_\_\_\_\_
- ii) Activity \_\_\_\_\_ Fitness Component \_\_\_\_\_ (2)

13. Mention a sporting situation when each of the following is clearly seen:

- i) dynamic strength \_\_\_\_\_
- ii) explosive strength \_\_\_\_\_
- iii) static strength \_\_\_\_\_ (3)

14. State **two** advantages of flexibility for an athlete.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (2)

15. Where does flexibility occur?

\_\_\_\_\_ (1)

16. Chiara is training to improve her speed in the 100m sprint. What **two** major factors does she have to consider?

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (2)

17. Power is the combination of speed and strength. What is agility?

\_\_\_\_\_ (1)

**Body Systems (32 marks)**

**Answer all questions in this section.**

**Answer all parts of each question.**

1. What is the main property of a muscle?

\_\_\_\_\_ (1)

2. Besides causing movement, mention **two** other secondary functions of muscles.

i) \_\_\_\_\_ (1)

ii) \_\_\_\_\_ (1)

3. In the table below, name the three types of muscles and give an example of each type.

	<b>Type</b>	<b>Example</b>
i.		
ii.		
iii.		

(3)

4. What are tendons?

\_\_\_\_\_ (1)

5. Look at the diagram on your right and label the muscles indicated by arrows.

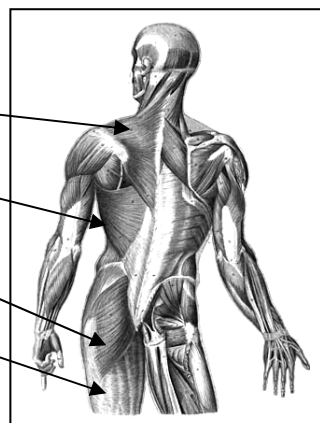
**Use anatomical names.**

i) \_\_\_\_\_

ii) \_\_\_\_\_

iii) \_\_\_\_\_

iv) \_\_\_\_\_



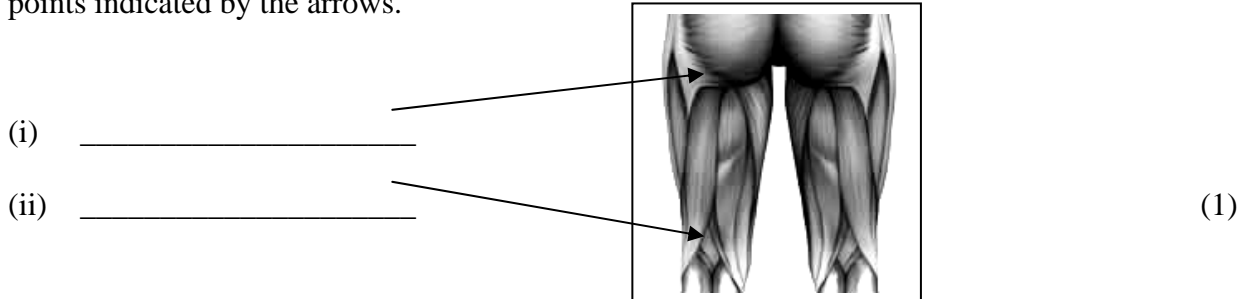
(4)

6. Muscles which act on joints work in pairs and against each other. What is the technical name for this action?

\_\_\_\_\_ (1)

7. Which type of muscle fibre is most suited for each of these two sports? (1)
- (i) shot putt \_\_\_\_\_ (1)
- (ii) 5000m race \_\_\_\_\_ (1)

8. Look at the diagram of the hamstring muscle. Label the points indicated by the arrows. (1)



9. What do we call that type of muscle contraction where there is tension but no movement? (1)

\_\_\_\_\_ (1)

10. Mention one long term effect of regular exercise on muscles. (1)

\_\_\_\_\_ (1)

11. Look at the table below and write the anatomical name next to the common name. (3)

	Common name	Anatomical name
i.	Breast bone	
ii.	Hip bone	
iii.	Collar bone	

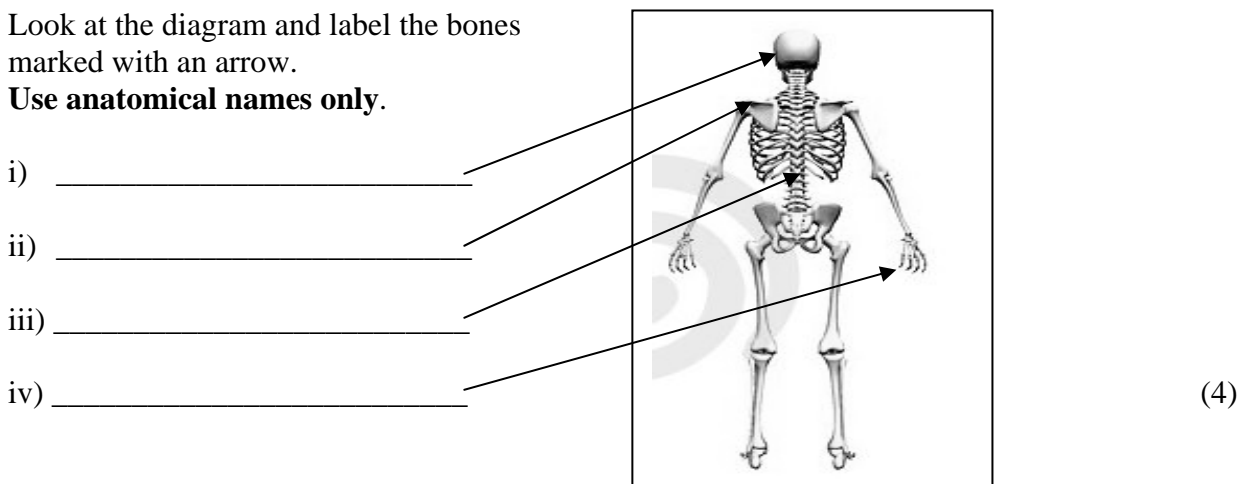
12. What is the main function of the layer of cartilage found at the head of a long bone? (3)

\_\_\_\_\_ (1)

13. What is the function of red bone marrow? (1)

\_\_\_\_\_ (1)

14. Look at the diagram and label the bones marked with an arrow. Use anatomical names only. (4)



15. Mention **two** types of synovial joints and give an example of each.

Type:

Example:

(i) \_\_\_\_\_ (1)

(ii) \_\_\_\_\_ (1)

16. What is 'good posture'?

\_\_\_\_\_ (1)

17. What movement occurs when the angle at a joint decreases?

\_\_\_\_\_ (1)

18. Mention **two** functions of the spinal column not related to movement.

i) \_\_\_\_\_ (1)

ii) \_\_\_\_\_ (1)