

2. BADMINTON

- a. In a singles match on which side of the service court should the server be when:
- i) the score is even _____
 - ii) the score is odd _____ (1)
- b. What happens when the score is 20-all?
_____ (1)
- c. State one difference between a forehand stroke and a backhand stroke. Do not take the grip into consideration.
_____ (1)
- d. What is the best type of stroke to use in the following situations:
- i) when shuttle is below net height? _____
 - ii) when shuttle is close to net height? _____
 - iii) when defending against a smash? _____ (3)

3. BASKETBALL

- a. Mention two **time** violations common in basketball.
- i) _____
 - ii) _____ (1)
- b. When shooting a player consistently gives a short shot. State:
- i) a possible reason for this _____
 - ii) one way of correcting it _____ (2)
- c. Why is a fast break used?
_____ (1)
- d. Explain the 'pick and roll' tactic.
_____ (1)
- e. Why is it important to move the ball fast when in the attacking zone?
_____ (1)

4. EDUCATIONAL DANCE

a. In dance what does **ABA** mean?

_____ (1)

b. Suggest two ways in which a dancer can explore the movement of “turning”.

i) _____

ii) _____ (2)

c. Give suitable terms to show your understanding of:

space: _____

pathways: _____

directions: _____ (3)

5. FOOTBALL

a. John dribbles with his head down. Mention two reasons why this is not recommended.

i) _____

ii) _____ (2)

b. Indicate by putting (X) next to the statement when a field player, apart from the goalkeeper, is shown a red card.

| | | |
|-----|--|--|
| i | Saving a ball with the hands in the penalty area | |
| ii | Handling the ball in the middle of the field | |
| iii | Spitting at an opponent | |
| iv | Shooting the ball in goal after the referee has already stopped play | |

(2)

c. Many teams opt to play with one striker such as 4-2-3-1, 4-3-2-1. Give two reasons why they choose to do so.

i) _____

ii) _____ (2)

6. GYMNASTICS

- a. When planning a sequence a gymnast should consider space. Mention another two factors a gymnast should consider.
- i) _____
- ii) _____ (1)
- b. Mention two **body elements** that contribute towards a good performance.
- i) _____
- ii) _____ (2)
- c. What is meant by harmony in performance?
- _____ (1)
- d. In which instance will a gymnast receive no points for a vault?
- _____ (1)
- e. What is the usual take-off and landing combination from the spring board on to the landing mat?
- _____ (1)

7. HOCKEY

- a. Mention two situations when a penalty corner is awarded.
- i) _____
- ii) _____ (2)
- b. Mention two critical elements of receiving a ground ball.
- i) _____
- ii) _____ (2)
- c. A team may opt to use possession attack. Mention two characteristics of this style of play.
- i) _____
- ii) _____ (2)

8. NETBALL

- a. Netball is a “non-contact game”. Explain this term.

_____ (1)

- b. Give two critical elements of shooting.

i) _____

ii) _____ (2)

- c. When is it best to use the running pass?

_____ (1)

- d. The captain winning the toss has two choices. What are these?

i) _____

ii) _____ (1)

- e. Suggest where the centre should move to after giving a centre pass.

_____ (1)

9. RHYTHMIC GYMNASTICS

- a. Name the motion factor involved in:

i) changing of speed: _____

ii) changing of levels: _____ (2)

- b. Name one instance when points are deducted:

i) regarding the use of music: _____

ii) regarding the use of the floor area: _____ (1)

- c. Petra is swinging the implement in the vertical area in front of her body.

i) At which plane is she working? _____

ii) Besides swinging, mention another skill that may be performed at this plane
_____ (2)

- d. What is meant by the term harmony in Rhythmic Gymnastics?

_____ (1)

10. SWIMMING

a. The forward start is used for three of the four strokes. Name the three strokes.

i) _____

ii) _____

iii) _____ (1)

b. State the usual timing of the arm to the leg cycle in the front crawl.

_____ (1)

c. In performing the back stroke, the swimmer is low in the water.

i) State one reason for this common error.

_____ (1)

ii) Give one coaching tip to correct this error.

_____ (1)

d. Which parts of the body should touch the wall or pad during the turn for the breast stroke?

_____ (1)

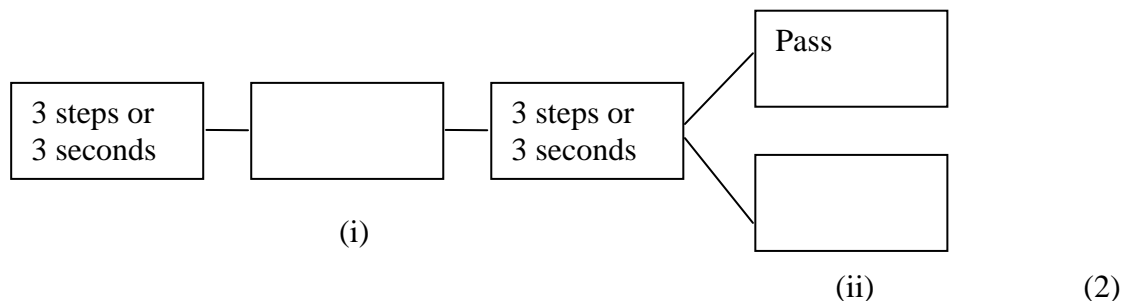
e. Which stroke is the:

i) slowest? _____

ii) most tiring? _____ (1)

11. TEAM HANDBALL

a. Complete the chart by filling in the diagram below.



b. Mention two important options to consider when shooting.

i) _____

ii) _____ (2)

c. Mention two critical elements required for faking.

i) _____

ii) _____ (2)

12. VOLLEYBALL

a. Name one instance when a team is awarded a retake.

_____ (1)

b. State two of the responsibilities of the team captain during the match.

i) _____

ii) _____ (1)

c. Give one example of how the service can be varied to make it more effective.

_____ (1)

d. What is the advantage of using the slide step to move sideways?

_____ (1)

e. Which is the best defence against the smash/spike?

_____ (1)

f. Name one advantage of having a libero in the team.

_____ (1)

Section B – Body Systems and Performance (62 marks)

Answer all questions in this Section.

Answer all parts of each question.

1. a) Look at the two diagrams below. Which fitness component is being measured?

i)



ii)



i) _____

ii) _____

(2)

b) i) Mention a test that is used to measure body composition.

_____ (1)

ii) Explain a test that measures agility. (You may use diagrams to illustrate your explanation).

_____ (2)

2. Body composition indicates the percentage of body fat in the body. Mention two positions where readings can be taken with the skinfold calipers.

i) _____

ii) _____ (2)

3. Mention one way of avoiding injuries through fair play.

_____ (1)

4. Paul has an overuse injury. Mention one reason how this may have occurred.

_____ (1)

5. Dianne and Carla fell down badly and sustained fractures. Diane had an open fracture while Carla had a complicated fracture.

i) Who should receive treatment first? _____ (1)

ii) Give one reason for your answer? _____ (1)

6. a) John arrived late for his football training. His team mates were in the fitness phase. His coach told him to do the first part of training to prepare himself for the fitness phase.

i) What is the first part of the training session called? _____ (1)

ii) Indicate an approximate heart rate for the end of this phase _____ (1)

b) John joined his team mates to perform the following exercise: run for 15 seconds, jog for 15 seconds. He performed this routine for 6 minutes.

i) What kind of training method is this? _____ (1)

ii) Suggest one way of how the coach can use the principle of overload to improve the team's performance in the following fitness session.

_____ (1)

iii) Suggest John's heart rate at the end of the cool down period.

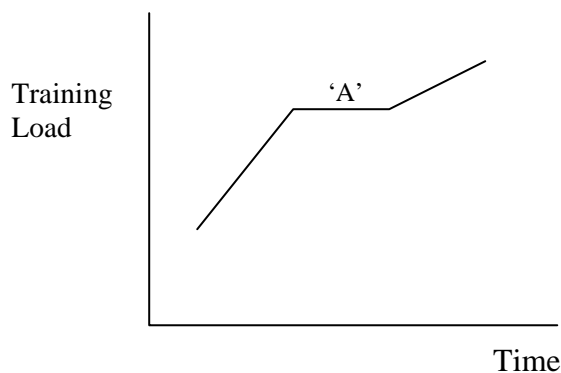
_____ (1)

7. Michaela is a 100m sprinter.

a. Mention a fitness exercise that is best suited to her sport.

_____ (1)

b. The graph below shows Michaela's improvement in training in the last year.



i) Which principle of training needs to be applied so that the load increases slowly in intensity?

_____ (1)

ii) What phase is the period marked with an 'A' called?

_____ (1)

8. The Circulatory system serves to pump blood round the whole body.

i) What is the main purpose of this function?

_____ (1)

ii) Mention one other function of the circulatory system.

_____ (1)

9. Which are the main components of the circulatory system?

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

10. i) Which of the blood vessels has to be able to withstand most pressure?

_____ (1)

ii) Why is this?

_____ (1)

11. Eating junk food has a negative effect on blood pressure.

Give one reason for this _____ (1)

12. John is a healthy 25-year old man.

i) What should his average blood pressure read (2 readings)

_____ (1)

ii) What is John's maximum heart rate?

_____ (1)

iii) With exercise the size of the heart increases. Mention a positive effect as a result of this.

_____ (1)

13. The circulatory system is divided into two parts: the Pulmonary system and the Systemic circulation. What happens in the Pulmonary system?

_____ (2)

14. Blood enters and leaves the heart in two stages. Describe these two stages making reference to the chambers of the heart.

i) _____ (1)

ii) _____ (1)

15. Blood is composed of two types of cells and two other substances.

i) What are the other two substances? _____, _____ (2)

ii) Besides supplying oxygen to muscles, mention one other function of blood.
 _____ (1)

16. Regular exercise has a beneficial effect on the circulatory system.

Mention three positive changes that occur in the circulatory system as a result of this.

i) _____ (1)

ii) _____ (1)

iii) _____ (1)

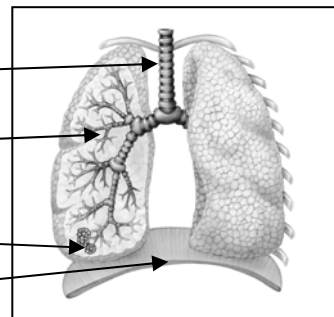
17. Look at the diagram on your right and label the parts indicated by arrows.

i) _____

ii) _____

iii) _____

iv) _____



(4)

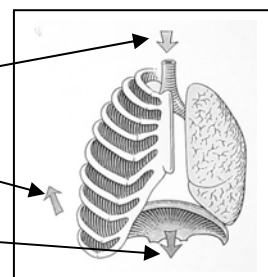
18. Look at the diagram on your right and explain what is happening at the points indicated by the arrows.

i) _____

ii) _____

iii) _____

iv) What is this action called? _____



(4)

19. Smoking is a harmful habit. Mention one toxic substance found in tobacco and state what effect this has on the respiratory system.

i) Substance: _____

ii) Effect: _____ (1)

20. The trachea is a vital airway which needs to remain open. How is this achieved?

_____ (1)

21. Explain gas exchange in terms of: alveoli, capillaries, oxygen and carbon dioxide.

You may use diagrams to illustrate your answer.

 _____ (3)

22. An athlete works at maximal intensity for about 30 seconds.

i) What type of respiration is taking place? _____ (1)

ii) If the athlete has exceeded his/her limit of VO_2 max, what is he/she experiencing?

_____ (1)

23. Continue this simple formula to show what takes place during aerobic respiration.

Glucose + _____ = _____ + _____ + water (3)

24. Regular exercise improves the respiratory system. Mention two effects observed at rest and two effects observed during or after intense exercise.

| | | Effect 1 | Effect 2 |
|----|----------------------------------|----------|----------|
| i | At rest | | |
| ii | During or after intense exercise | | |

(4)