

**JUNIOR LYCEUM ANNUAL EXAMINATIONS 2008**

Educational Assessment Unit – Education Division

**FORM 5**

**PHYSICAL EDUCATION**

**TIME : 1 h 30 min**

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

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

<b>For Office Use Only</b>				
<b>A</b>	<b>B</b>		<b>C</b>	<b>Total / 80</b>
Movement and Physical Activities	Health Related Fitness	Body Systems and Performance	Sports in Society	

**Section A – Movement and Physical Activities (12 marks)**

**Choose any THREE questions from 1-12 in Section A.**

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

**1. ATHLETICS**

- a) If the last two strides of the high jumper are too short and the body is leaning forwards, mention two corrections you would suggest.

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

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

- b) Name two critical elements of the sprinting technique. Do not consider the start.

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

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

- c) Mention one infringement of the shot putt after the shot has been released.

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

**2. BADMINTON**

- (a) What is the umpire's decision when during a service the shuttle hits the top of the net and lands in the opponent's correct area?

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

(b) Mention two critical elements of the use of the racket when hitting a drop shot.

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

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

(c) When is it best to use:

i) a short serve \_\_\_\_\_

ii) a long serve \_\_\_\_\_ (2)

### 3. BASKETBALL

(a) Name one instance when a penalty pass is given to the opposing team

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

(b) Mention two critical elements of the overhead pass.

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

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

(c) Give one advantage of using zone defence.

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

### 4. EDUCATIONAL DANCE

(a) Suggest one emotion or mood that each of these body movements suggest to you.

i) tapping fingers \_\_\_\_\_

ii) hands rubbing together \_\_\_\_\_

iii) a slow heavy walk \_\_\_\_\_

iv) leaps and turns \_\_\_\_\_ (2)

(b) Suggest one interesting way of performing the action of “opening”. An example is being given.

**Example:** leading with different body parts.

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

(c) Mention two critical elements of landing from a jump.

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

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

## 5. FOOTBALL

a) Name one instance when a penalty kick is awarded to the opposing team.

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

b) Name two critical elements of the instep pass.

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

c) Give one instance when it is best to use

(i) a wall pass \_\_\_\_\_ (1)

(ii) an overlap \_\_\_\_\_ (1)

## 6. GYMNASTICS

(a) What is the sequence of the body parts touching the floor in the:

(i) handspring \_\_\_\_\_

(ii) aerial cartwheel \_\_\_\_\_ (1)

(b) Write a sequence phrase using:

(i) an inverted balance \_\_\_\_\_

(ii) a rotational skill \_\_\_\_\_ (2)

(c) Write down two critical elements regarding the take-off in vaulting.

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

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

## 7. HOCKEY

(a) Name an instance when a penalty is awarded.

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

(b) Name two critical elements of the hit pass.

\_\_\_\_\_

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

(c) Mention one instance when it is best to use the scoop.

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

### 8. NETBALL

(a) Mention one instance when a penalty pass is given to the opposing team.

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

(b) Mention two critical elements of the bounce pass.

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

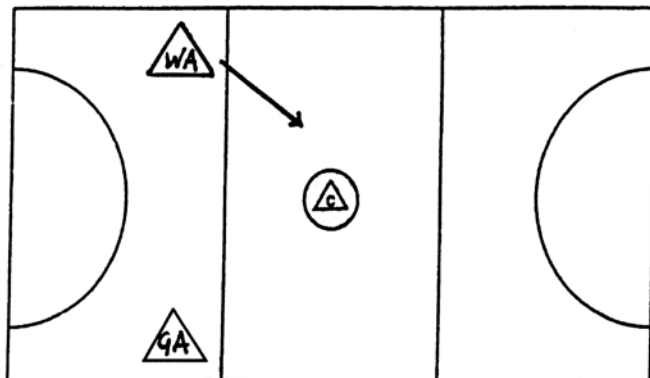
ii) \_\_\_\_\_ (2)

(c) Refer to the diagram on the right.

Wing Attack (W.A.) has moved to the centre third to take the centre pass.

i) On the diagram show where the Goal Attack (G.A.) should ideally go to receive a return pass.

ii) Draw also the path of the ball.



(1)

### 9. RHYTHMIC GYMNASTICS

(a) A wave may be performed on the feet. Name another two body parts on which a wave may be performed.

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

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

(b) Choose an implement. Write a sequence phrase using two basic implement skills.

Chosen implement: \_\_\_\_\_

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

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

(c) What types of movement are performed in the table plane?

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

## 10. SWIMMING

(a) Name one instance when a race is restarted.

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

(b) Streamlining of the body is very important in swimming. Explain why.

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

(c) Describe one critical element of the arm action in the:

(i) pull phase of the front crawl \_\_\_\_\_

(ii) recovery phase of the back stroke \_\_\_\_\_ (2)

## 11. TEAM HANDBALL

(a) Name one instance when a 7-metre throw is awarded.

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

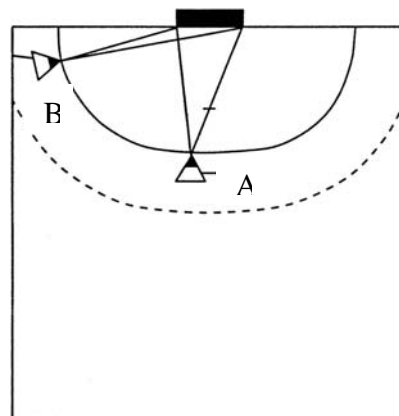
(b) Name two critical elements of the side pass.

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

(c) In the diagram on the right, what shot is best taken from position:

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

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



## 12. VOLLEYBALL

- (a) There are two occasions when the referee calls a technical time out. State when.
- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_ (1)
- (b) One position tall players are suited for is as spikers/smashers. What other position are they best suited for?
- \_\_\_\_\_ (1)
- (c) When is it best to use:
- (i) the spike/smash \_\_\_\_\_
- (ii) the dig \_\_\_\_\_ (2)

### Section B - Health Related Fitness (18 marks)

1. State how each of the following is likely to reduce your sporting performance:
- i) alcohol \_\_\_\_\_
- ii) smoking \_\_\_\_\_ (2)
- 2 i) What is the most common infection of the feet?
- \_\_\_\_\_
- ii) Describe briefly this infection.
- \_\_\_\_\_ (1)
3. Martin is a 3000m runner and gets most of his carbohydrates from pasta.
- i) Which group/type of carbohydrate is this?
- \_\_\_\_\_
- ii) Apart from pasta, what other source of carbohydrate can Martin eat?
- \_\_\_\_\_
- iii) What is the name given to carbohydrate stored in the body for immediate use?
- \_\_\_\_\_

iv) Where are they stored?

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

4. Which of the following conditions is the most harmful? Why?

Overweight, Underweight, Obese

i) Most harmful \_\_\_\_\_

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

5. Fill in the table below. Mention a sport or activity which requires:

	<b>Type of Strength</b>	<b>Sport or Activity</b>
i	Static	
ii	Dynamic	
iii	Explosive	

(2)

6. Walter is very lazy and refuses to engage in physical activity. State two negative effects this can have on his health.

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

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

7. What is the fitness component required for the following activities:

	<b>Activity</b>	<b>Fitness Component</b>
i	Washing the car	
ii	Carrying a heavy bag	
iii	Running to catch a bus	
iv	Rowing a boat	

(2)

8. Fill in the following table:

	<b>Fitness Factor</b>	<b>Definition</b>	<b>Sport-Related Activity</b>
i		Ability to move joints with a full range of movement	
ii	Speed		

(4)

9. Water helps to dissolve body salts. Mention two other functions of water during exercise.

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

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

10. An ectomorph is likely to succeed as a marathon runner. Explain why.

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

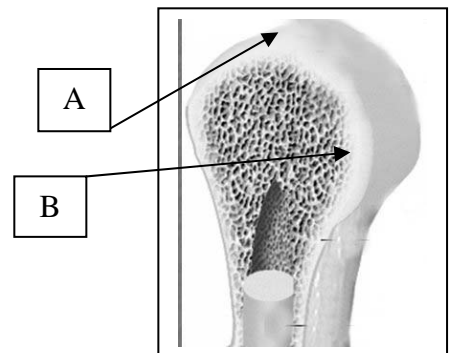
### Body Systems and Performance (40 marks)

11. The diagram on the right shows a cross section of a long bone.

Name the parts labeled A and B

(i) A \_\_\_\_\_

(ii) B \_\_\_\_\_



(2)

12. (i) Mention one type of freely moveable joint. \_\_\_\_\_

(1)

(ii) Give an example of the joint you chose. \_\_\_\_\_

(1)

13. Which group of muscles act as antagonist to the back muscles?

\_\_\_\_\_

(1)

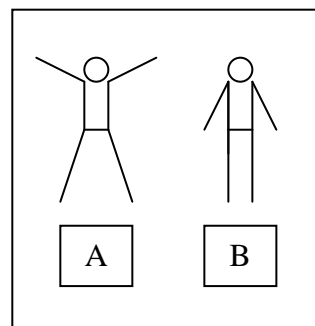
14. What is the main function of ligaments?

\_\_\_\_\_

(1)

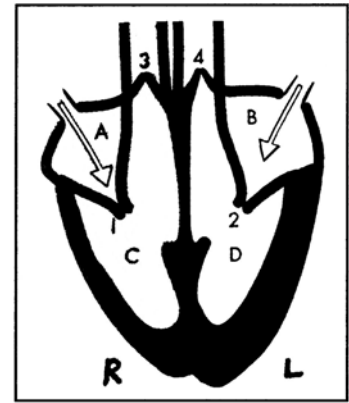
15. What type of body movement do the arms and legs perform in order to come to position B from position A?

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





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



(i) What happens when D contracts?

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

(ii) What makes the pulmonary artery different from the other arteries?

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

(iii) What is the function of '1' and '2'?

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

(iv) Iron is a mineral found in blood. What is its function?

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

(v) Cardiac output is the volume of blood pumped in one minute.

How is this calculated?

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

(vi) Mention one 'dietary' cause of high blood pressure.

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

17. Which part of the Central Nervous System contains long bundles of nerve cells?

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

18. What is the function of involuntary muscles?

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

19. A person rises on his/her toes and holds this position.

What type of muscle contraction is this? \_\_\_\_\_ (1)

20. Which type of muscle is striped and involuntary? \_\_\_\_\_ (1)

21. Which type of muscle fibre can continue contracting and relaxing over a prolonged period of time?

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

22. Mention one problem or condition which can be caused or aggravated by bad posture.

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

23. The arms move to lift a weight towards the body.

Write two technical words to describe the types of muscle contraction.

**Type:** \_\_\_\_\_, **Direction:** \_\_\_\_\_ (1)

24. This question is about respiratory volumes.

In the table below, write the term used to match the statement. The first one is given as an example.

Eg.	Volume of air left in the lungs after breathing out	<b>Residual volume</b>
i	Volume of air breathed in or out with each breath	
ii	Largest volume of air which can be expired after the deepest possible inspiration	

(2)

25. The diagram on the right shows a cross section of an alveola.

Describe in your own words what takes place in this process.

\_\_\_\_\_

\_\_\_\_\_



(1)

26. A stitch is a painful muscle cramp. Which muscle is involved when a stitch occurs?

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

27. What is  $VO_2$  max.?

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

28. All good training sessions have a fitness phase. How is the fitness phase in football different from the fitness phase in gymnastics?

\_\_\_\_\_

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

29. A trained muscle will experience atrophy if training is stopped. Explain this statement.

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

30. The principles of Overload and Progression are related.

(i) How are they related?

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

(ii) What should be done if no progress is seen to take place after a period of regular training?

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

31. Continue the table below by writing the name of the test described and what fitness component is tested.

	<b>Description of test</b>	<b>Name of test</b>	<b>Fitness Component</b>
i	Athlete runs over 20m distances and changes direction at sound from recorder.		
ii	Athlete sits and tries to reach as far as possible beyond his/her toes.		
iii	Athlete stands feet together and jumps forward as far as possible.		
iv	Athlete runs for 12 minutes and tries to cover as much distance as possible.		
v	Athlete steps up and down on a low platform and checks heart beats after stopping.		

(5)

32. Weight training is one of the most widely used methods of training.

(i) How should weights be used to develop dynamic strength?

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

(ii) How should weights be used to develop pure strength?

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

33. In the table below, write the most suitable training method for the activity indicated.

	<b>Type of activity</b>	<b>Best Training Method</b>
i	Cross country training	
ii	Training for speed	
iii	General fitness without weights	

(3)

**Section C - Sports in Society (10 marks)**

1. State two advantages of a knock-out competition.

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(2)

2. Sports clubs have different functions. Mention two of them.

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(2)

3. In which year did the Ancient Olympic Games take place for the first time?

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(1)

4. Mention one measure which controls crowd behaviour.

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(1)

5. Mention one advantage for a team playing home

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(1)

6. Give one reason why the Olympic Games are transmitted free to air.

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(1)

7. Mention two conflicts between the media and sports.

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(2)