

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2009

Directorate for Quality and Standards in Education

Educational Assessment Unit

FORM 3

PHYSICAL EDUCATION

TIME: 1½ hours

TOTAL MARK 80

Name: _____

Class: _____

For office use only			
A		B	Total (80 marks)
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 to 12.

Answer all parts of the chosen question.

A. SKILL ACQUISITION

- a) Mention one role of the P.E.teacher.

_____ (1)

- b) Why is coordination necessary to acquire basic skills?

_____ (1)

1. ATHLETICS

- a) i) What special apparatus is used for the start of the 100m?

_____ (1)

- ii) What command is given for the start of the 100m?

_____ (1)

- b) i) Give one reason why the speed at take-off in the long jump is important.

- ii) Mention one way how bounding drills can improve the long jump.

_____ (1)

- c) i) Mention one throwing event.

_____ (1)

- ii) Suggest one exercise which can be used to improve the above throwing event.

_____ (1)

2. BADMINTON

- a) i) How many games must a player win in order to win a match?

_____ (1)

- ii) How many points must be scored to win a game?

_____ (1)

- b) Refer to the diagram below. Indicate by an X the position of the shuttle when giving a forehand clear.



(1)

- c) i) Give one advantage of using a high serve.

_____ (1)

- ii) Give two critical elements of the high serve.

_____ (2)

3. BASKETBALL

a. Explain the following terms:

i) travelling_____ (1)

ii) double dribble_____ (1)

b. Which is the appropriate pass to give when:

i) team mate is close_____ (1)

ii) team mate is far away_____ (1)

c. Two critical elements of the jump shot are feet shoulder-width apart and follow through.

Mention another two.

i)_____

ii)_____ (2)

4. EDUCATIONAL DANCE

a. There are seven basic locomotor patterns. Mention four.

i)_____

ii)_____

iii)_____

iv)_____ (2)

b. State the effort actions the following movements are working on:

i) moving as fast as possible_____

ii) moving in curved lines_____

iii) moving as lightly as possible_____

iv) moving and stopping_____ (2)

c. You are watching a dance routine. Mention two qualities you would look for in the dancer.

i)_____

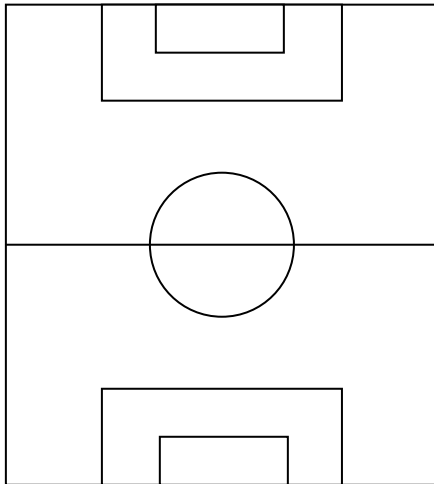
ii)_____ (2)

5. FOOTBALL

- a) Mention two reasons why passing is a very important aspect of the game.

 _____ (2)

- b) i) In the diagram below, draw your favourite system of play.



(1)

- ii) Mention one reason why this system is effective.

_____ (1)

- c) In which of the following instances does the referee decide that the game can still be played?

Circle the correct answer/s

- i) the other team has one player less
 ii) corner flag post is missing
 iii) there is no technical area

(2)

6. GYMNASTICS

- a) Give an example of a flexibility exercise particularly suited for a gymnast to improve:

i) the lower body parts. _____

ii) the upper body part. _____ (2)

- b) From the following, write the two most important factors needed in performing the headstand.

Flexibility and strength, Strength and balance, balance and rhythm.

_____ (1)

c) Give one critical element of the backward roll regarding the use of:

i) the head: _____

ii) the hands: _____ (1)

d) What should a gymnast do exactly before starting and after finishing the sequence?

_____ (1)

e) Name:

i) A Horizontal/Linear Vault _____

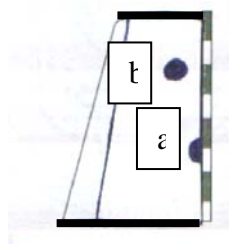
ii) A Rotational Vault _____ (1)

7. FIELD HOCKEY

a) Mention two critical elements of the Indian dribble

_____ (2)

b)



i) In which case a or b is the ball considered a goal? _____ (1)

ii) Give a reason for your answer.

_____ (1)

c) Mention two types of team defence tactics.

_____ (2)

8. NETBALL

a. On the diagram provided mark:

i) the third lines

ii) the shooting semicircle

iii) the centre circle



(1)

b. Shade the area where the Centre can play.

(1)

c. Why is defending your opponent important?

d. Give two critical elements of a good pivot.

i) _____

ii) _____ (2)

e. Who is the player who should ideally receive the centre pass?

_____ (1)

9. RHYTHMIC GYMNASTICS

a) State two ways of expressing the time factor in your sequence.

i) _____

ii) _____ (1)

b) Flexibility is a required attribute by a rhythmic gymnast. Mention another two.

i) _____

ii) _____ (2)

c) What must the body show during a balance?

_____ (1)

d) Mention two types of jumps where the take off is on one foot and the landing is on the other.

i) _____ ii) _____ (1)

e) With regards to the use of music, mention two faults for which points may be deducted.

i) _____

ii) _____ (1)

10. SWIMMING

a) Name a stroke which is symmetrical in movement.

_____ (1)

b) During the back stroke/ crawl, the feet should stay under the water when kicking.
State why.

_____ (1)

c) Give another two critical elements of the leg action during the back stroke.

i) _____

ii) _____ (1)

d) i) Where should the swimmer's face be when breathing out during the front crawl?

ii) Describe how the swimmer should/breathe out.

_____ (2)

e) State why a swimmer may be disqualified at the start of a breast stroke race.

_____ (1)

11. TEAM HANDBALL

a) i) Circle the correct answer to describe from where a penalty is taken:

A) 7m throw

B) 9m throw

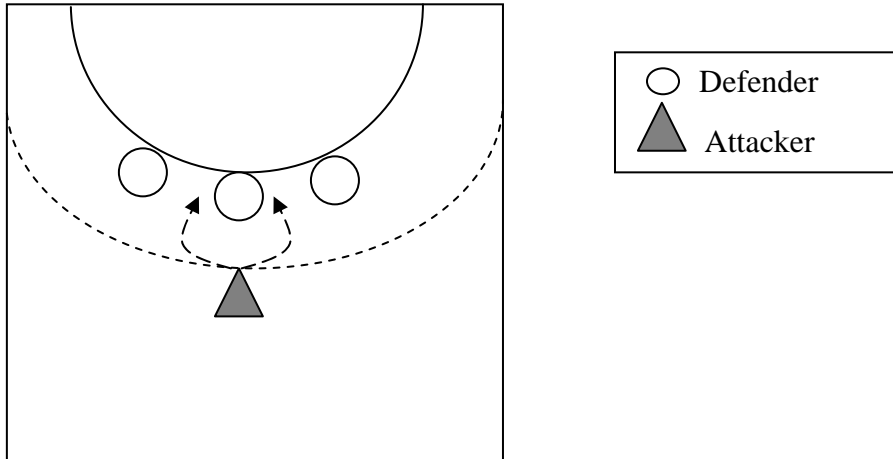
C) 11m throw

(1)

ii) Mention one reason why a penalty is awarded in handball.

_____ (1)

- b) In the following diagram the attacker is attacking the spaces between two defenders who are placed on the 6-m line. Give 2 reasons why the attacker acts in that way.



- i) _____
 ii) _____ (2)

- c) In shooting, accuracy is more important than a powerful shot. Mention two types of shots you recommend to beat the goalkeeper while emphasising accuracy.

 _____ (2)

12. VOLLEYBALL

- a) i) Players can attack and defend. Give the name of the player who can only play as defence.

- ii) Why is this player not allowed to be team captain?

_____ (2)

- b) From a service, the first pass of the receiving team is a dig. Which are the likely next two passes?

- i) _____ ii) _____ (2)

- c) Transference of weight, and follow through are two critical elements of any service. Give another two critical elements of the underhand serve.

i) _____

ii) _____

d) i) How many time-outs are allowed by the coach per set?

ii) How long is each time-out?

_____ (1)

Section B - Health Related Fitness (28 marks)

1. Fill in the table below using the appropriate term.

	Description	Term
i	Healthy physical activity	
ii	Precautions to avoid injuries	
iii	A state of complete physical, social and mental well-being	
iv	Ability to meet the demands of everyday life	

(2)

2. Why is it important to take part in sport? Give two:

a) social reasons i) _____

ii) _____

b) psychological reasons i) _____

ii) _____ (2)

3. State why it is important to shower regularly.

i) _____

ii) _____ (1)

4. Fill in the following table.

	Description	Term
i	These are needed for growth and repair	
ii		Water
iii		Fibre
iv	These can be either fat-soluble or water-soluble	

(4)

12. Which type of muscle fibre is best suited for activities requiring:

- i) speed and power _____
 ii) endurance _____

13. Shaun has a muscular body, wide shoulders and narrow hips. Mention a sport which is best suited to this body type.

_____ (1)

14. Fill in the table below.

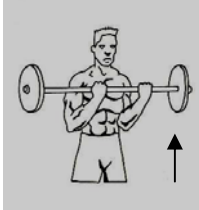
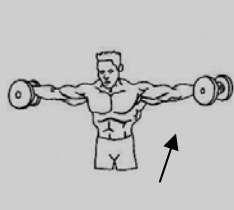
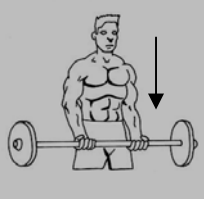
	Term	Definition
i	VO ₂ maximum	
ii	Anaerobic energy	
iii	Lactic acid system	
iv	Pulse rate	

(4)

Body Systems and performance (32 marks)

Answer all questions. Answer all parts of each question.

1. Look at the diagrams in the table and write what type of action is taking place in each case.

		
(i)	(ii)	(iii)

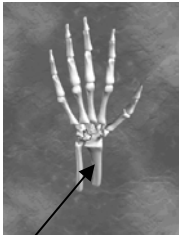
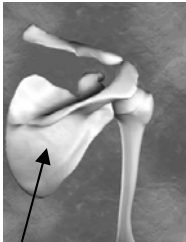
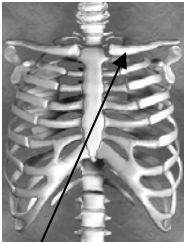

(3)

2. Long bones are made up of a number of layers. Name *two* of these layers.

- (i) _____ (ii) _____

(2)

3. Give the anatomical name of the bones shown in the table.

			
(i)	(ii)	(iii)	(iv)

(4)

4. Besides helping with movement, the skeleton has other functions. Mention *two* of these functions.

(i) _____ (ii) _____

5. Which type of synovial joint allows movement in all directions?

_____ (1)

6. Which type of joint allows flexion and extension movements only?

_____ (1)

7. Name one region of the vertebral column.

_____ (1)

8. What do we mean when we say that one has good muscle tone?

_____ (1)

9. What is the function of tendons?

_____ (1)

10. Which *type* of muscles keep certain body functions working even during sleep?

_____ (1)

11. What happens when the following muscles contract?

	Muscle contracting	What happens
i	abdominals	
ii	triceps	
iii	Latissimus dorsi	

(3)

12. Which is the antagonistic muscle to the hamstring?

_____ (1)

13. Mention one characteristic of slow twitch muscle fibres.

_____ (1)

14. Where is the origin of the triceps muscle?

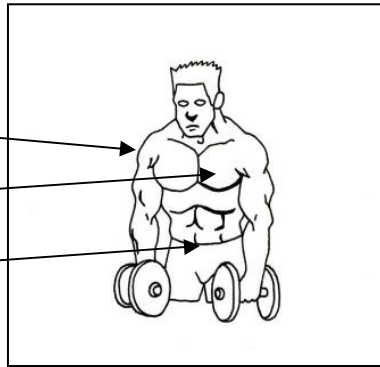
_____ (1)

15. Write the anatomical name of the muscles shown in the table.

(i) _____

(ii) _____

(iii) _____



(3)

16. What is posture?

_____ (1)

17. Give an example of how to maintain a good posture.

_____ (1)

18. Age is one factor which affects performance.

(i) Mention one **negative** effect of age on performance

_____ (1)

(ii) Mention one **positive** effect of age on performance.

_____ (1)

19. Mention two psychological factors which can have a negative effect on performance.

(i) _____ (1)

(ii) _____ (1)