

JUNIOR LYCEUM SCHOOL ANNUAL EXAMINATIONS 20

Directorate for Quality and Standards in Education

Educational Assessment Unit

FORM 4

PHYSICAL EDUCATION

TIME: 1½ hours

Name: _____

Class: _____

Section A Movement and Physical Activities (18 marks)

Answer **THREE** questions from 1 to 12 in Section A.

Answer all parts of the chosen question.

1. ATHLETICS

- a) i) Which sprinting event is considered to be the most strenuous?

_____ (1)

- ii) How do athletes line up at the start of this event?

_____ (1)

- b) Explain the hang technique in the long jump.

_____ (2)

- c) i) Indicate the angle of release of the shot _____ (1)

- ii) The shot lacks height upon release. Mention one way how this can be corrected.

_____ (1)

2. BADMINTON

- a) Mention two points which are important to produce a good powerful stroke.

i) _____

ii) _____ (2)

Name two tactics that an attacking player should use.

i) _____

ii) _____ (2)

c) Mention two instances when points are scored.

- i) _____
- ii) _____

3. BASKETBALL

a) i) Give two critical elements of a good pivot.

 _____ (2)

ii) State one rule of the pivot.

_____ (1)

b) Mention two advantages of attempting a 3-point shot.

- i) _____
- ii) _____ (2)

c) State the rule regarding the 3-point shot.

_____ (1)

4. EDUCATIONAL DANCE

a) List two ways of how training improves a dancer.

- i) _____
- ii) _____ (2)

b) Fill in the table below using the appropriate words provided below.

Directions, locomotor patterns, axial movements, rhythm

	Description	Word
i	Ways of moving from one place to the other	
ii	Movements that take place in personal space	
iii	A pattern of beats	
iv	Moving forwards, backwards, sideways	

(2)

c) Your dance theme is “Walking on the Beach”.

State two ways of using the effort actions of space and time to make the dance more interesting.

Space: i) _____

ii) _____ (1)

Time: i) _____

ii) _____ (1)

5. FOOTBALL

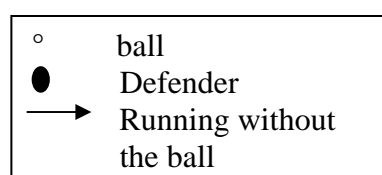
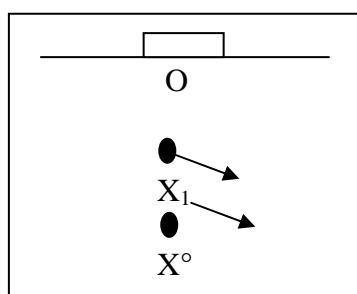
- a) i) What is the term used to describe the restart of a match after a goal has been scored?

_____ (1)

- ii) Mention another instance when the above occurs during the course of a football match.

_____ (1)

- b) X is in possession of the ball and is marked by a defender ●. X_1 is as well marked by a defender ●. X_1 decides to move and draws the defender with him. Mention two benefits that such a move can give to X.



_____ (2)

- c) Mention two critical elements of heading the ball in attack.

_____ (2)

(2)

6. GYMNASTICS

- a) Look at the picture below. State two qualities the gymnast is showing.



i) _____

ii) _____

(2)

- b) Which is the forward skill which requires a strong push from the shoulders?

_____ (1)

c) Name two safety rules a gymnast should follow when learning a new advanced skill.

- i) _____
- ii) _____ (2)

d) At which stage of the vault does the pre-flight take place?

After the _____ and before _____ (1)

7. FIELD HOCKEY

a) i) Mention one reason why the hockey stick needs to be kept close to the ground.

_____ (1)

ii) Explain a stationary trap.

_____ (1)

b) i) Explain when a ball is out of play.

_____ (1)

ii) How is play restarted after the ball has been out of play?

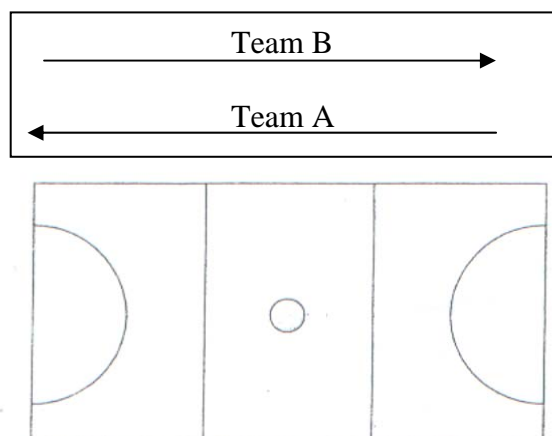
_____ (1)

c) In the 5-2-3 system there are 5 defenders. One of them is a libero. There are 2 sets of other positions. What are they?

_____ (2)

8. NETBALL

a) On the diagram below mark the position of players of each team.



(2)

b) Give two critical elements of the defence/marketing position in netball.

i) _____

c) Which is the order of players receiving the ball in a 3-1-3 tactic?

$$\text{G.K.} \quad \underline{\hspace{1cm}} \quad \underline{\hspace{1cm}} \quad \underline{\hspace{1cm}} \quad \underline{\hspace{1cm}} \quad \underline{\hspace{1cm}} \quad \underline{\hspace{1cm}} \quad (2)$$

9. RHYTHMIC GYMNASTICS

a) Give two reasons why a Rhythmic gymnast needs to develop strength?

$$\text{ii)} \quad (2)$$

b) Throwing and catching are two skills common to all implements. For each implement below, mention two skills which are not common to both.

i) Hoop: _____ i) Ribbon: _____

$$\text{ii)} \qquad \qquad \qquad \text{ii)} \qquad \qquad \qquad (2)$$

c) What type of movement is performed at the transverse/table plane?

d) Implement measurements must be according to rules. State another rule regarding the use of implements during a sequence.

10. SWIMMING

a) Write the appropriate stroke besides its description. All four strokes must be named.

DESCRIPTION	STROKE
i) This is a symmetrical stroke	
ii) This is considered as the fastest stroke	
iii) This is considered as the most difficult stroke	
iv) This stroke uses six inverted flutter kicks	

(2)

b) What should the body do on reaching out for the pull phase during:

i) the freestyle stroke. _____

ii) the backstroke. _____ (2)

c) State when inhalation occurs during the breast stroke.

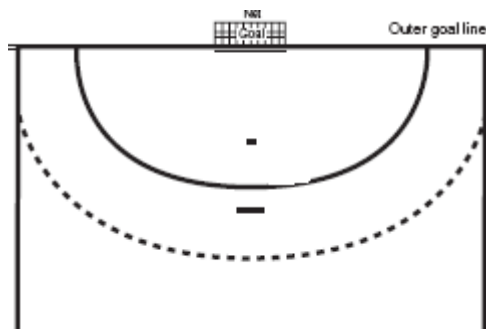
d) Name two rules a swimmer should follow during a back stroke race, after the start signal has been given.

i) _____

ii) _____ (1)

11. TEAM HANDBALL

a)



In the adjacent diagram mark with an arrow:

- i) the 7-metre line
- ii) the free throw line
- iii) the goal line
- iv) goal area line

(2)

b) Mention two critical elements of the dribble.

_____ (2)

c) Identify two moments when a fast break can occur.

(2)

12. VOLLEYBALL

a) Write the appropriate pass besides its description. Each pass must only be mentioned once.

DESCRIPTION	PASS
i) Ball is contacted with the forearms	
ii) Ball is contacted at highest point above head	
iii) Ball is contacted over the net without touching net	
iv) Ball is contacted above head, hands in inverted heart position	

(2)

b) How is the ball contacted when giving an:

i) underhand serve _____

ii) overhead serve _____ (1)

c) Which is the best position on court for the setter?

d) What is the most likely response of the defensive team receiving a spike?

_____ (1)

e) i) When does the referee give technical time-outs?

ii) How long is each time out?

_____ (1)

Body Systems and Performance (62 marks)

Answer all questions in this section. Answer all parts of each question.

1. Look at the table below and name the parts described.

	Description	Name of Part
i	Upper chambers of the heart	
ii	Lower chambers of the heart	
iii	The main artery	
iv	The smallest blood vessels	
v	Part of the blood which fights infections	

(5)

2. The circulatory system is actually divided into two systems.

What are the names of these two systems?

(i) _____ (1)

(ii) _____ (1)

3. Why are arteries thicker and more elastic than veins?

_____ (1)

4. Besides their thickness, how are veins different from arteries?

_____ (1)

5. Mention three functions of the circulatory system.

(i) _____ (1)

(ii) _____ (1)

(iii) _____ (1)

6. Blood gets its colour from red blood cells.

Mention three other substances found in blood.

- (i) _____ (1)
 (ii) _____ (1)
 (iii) _____ (1)

7. Mention two positive effects on the circulatory system as a result of regular exercise.

- (i) _____ (1)
 (ii) _____ (1)

8. Mention a point in the upper body where a 'weak' pulse may be felt.

_____ (1)

9. Mention one other point where the pulse is normally felt.

_____ (1)

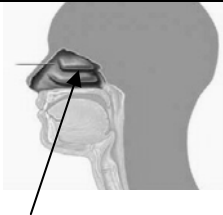
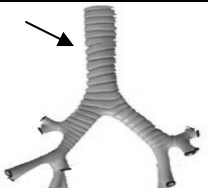
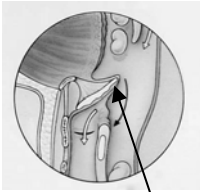
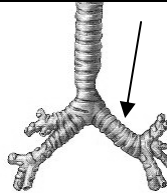
10. Give one reason why someone starting a training programme needs to know his/her 'maximum pulse'.

_____ (1)

11. What are the % ranges of the 'Aerobic Training Zone' in relation to the maximum pulse?

_____ (2)

12. Look at the table below and write the names of the parts shown.

			
i)	ii)	iii)	iv)

13. Write the function of each of these respiratory components.

	Component	Function
i	alveoli	
ii	diaphragm	
iii	epiglottis	
iv	larynx	

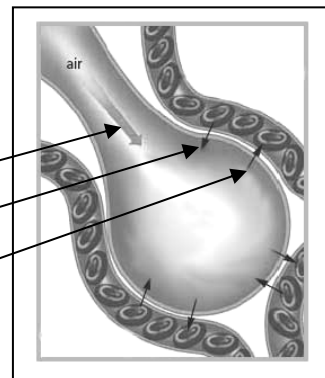
(4)

14. Describe the action of inhalation(breathing in), using the terms: **diaphragm, trachea, nasal passage, lung volume.**

(3)

15. Look at the diagram of an alveola and explain what takes place at the points indicated by an arrow.

- (i) _____
- (ii) _____
- (iii) _____



(3)

16. Mention three ways of how inhaled air is different from exhaled air.

- (i) _____ (1)
- (ii) _____ (1)
- (iii) _____ (1)

17. During exercise, respiration can be one of two types. What do we call these two types of respiration?

- (i) _____ (ii) _____ (2)

18. Mention one visible sign of oxygen debt?

(1)

19. Mention **three** ways how the Principles of Training may be applied during a fitness circuit training session.

- (i) _____ (1)
(ii) _____ (1)
(iii) _____ (1)

20. Fartlek may be used to develop aerobic or anaerobic fitness. How can this be done?

- (i) aerobic: _____ (1)
(ii) anaerobic: _____ (1)

21. Which are the two essential elements of a good warm-up?

- (i) _____ (1)
(ii) _____ (1)

22. Which parts of the body are tested in the 'sit and reach test'?

_____ (1)

23. a. Mention one test which measures dynamic strength.

_____ (1)

b. Mention one test which measures explosive strength.

_____ (1)

24. When does a performer reach his/her limit in the 'Bleep Test'?

_____ (1)

25. For how long (time), does a performer step up and down in the Harvard Step Test?

_____ (1)

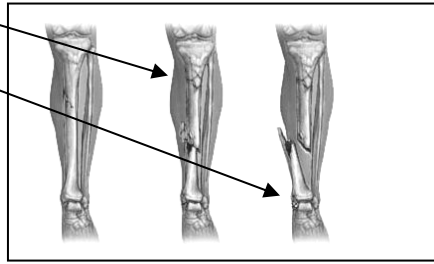
26. Fill in the missing section of the table below.

	Class of Drugs or Doping Method	Effect
i	Narcotics	
ii		Increase muscle size
iii	Blood doping	

(3)

27. Look at the diagram and state what type of fracture is indicated.

- (i) _____
 (ii) _____



(2)

28. In which type of tissue do sprains occur?

_____ (1)

29. Mention two types of environmental conditions which have a negative effect on health or physical performance.

i _____ (1)

ii _____ (1)