

# JUNIOR LYCEUM ANNUAL EXAMINATIONS 2010

Directorate for Quality and Standards in Education

Educational Assessment Unit

**FORM 4**

**PHYSICAL EDUCATION**

**TIME: 1h 30min**

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

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

## Section A - Movement and Physical Activities (16 marks)

Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 9 in Section A.

Answer all parts of the chosen questions.

### 1. SKILL ACQUISITION

- a) A teacher or coach gives feedback about performance to a student, player or athlete.

Mention one other way how an athlete may get feedback about his/her performance.

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

- b) Besides knowing the rules of the game, a referee/umpire needs to have other qualities.

Mention one of these personal qualities.

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

- c) All sports events are played according to established rules.

Give two good reasons why rules are necessary in sport.

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

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

- d) A coach is responsible for the overall selection and preparation of a team.

What is the role of the Trainer in the team?

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

### 2. ATHLETICS

- a) Write the correct term used to describe:

i) the type of start for the 800m

\_\_\_\_\_

ii) the line where athletes cross to the inner lane.

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

b) Mention one difference in the run up of the fosbury and the scissors jump.

\_\_\_\_\_

c) Name two rules related to the discus throw.

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

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

(2)

### 3. BASKETBALL

a) A player caught the ball. Write, in order of importance, the next move to perform using the words provided.

Dribble, shoot, pass

\_\_\_\_\_

(1)

b) Mention two critical elements of the one-hand jump shot.

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

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

(2)

c) Explain what is meant by:

i) one-two stop \_\_\_\_\_

ii) jump stop \_\_\_\_\_

(1)

### 4. EDUCATIONAL DANCE

a) Choice of stimulus and duration are two points to consider when planning a dance composition.

Mention another two:

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

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

(2)

b) What motion factor is referred to when using these terms?

i) straight, direction, levels \_\_\_\_\_

(1)

ii) strong, light, force \_\_\_\_\_

(1)

### 5. GYMNASTICS

a) State the difference between the cartwheel and the handspring regarding the landing.

i) Cartwheel : Landing is \_\_\_\_\_

ii) Handspring : Landing is \_\_\_\_\_

(1)

b) Explain the following terms:

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

\_\_\_\_\_

ii) Co-ordination: \_\_\_\_\_

c) The gymnast stops to think during a sequence. Give another two examples for which points are deducted during the change from one skill to another.

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

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

d) There are seven phases to a vault: Run-up, take-off, pre-flight, push off, landing.

Which are the two missing phases?

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

## 6. HOCKEY

a) Mention one coaching hint in order to perform the 'flick'.

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

b) Mention one technique used to increase the chances of winning a 'bully'.

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

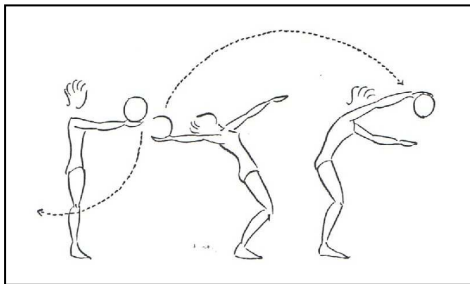
c) Give two instances for which a 'free hit' is awarded.

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

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

## 7. RHYTHMIC GYMNASTICS

a) Look at the picture.



i) Name the body skill the gymnast is performing.

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

ii) At which plane is the gymnast working?

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

b) Which type of movements may be performed at the transverse/table plane?

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

c) Mention two factors which contribute towards a successful sequence.

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

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

## 8. SWIMMING

a) For the backstroke:

i) State the rule regarding the position of the body at the finish of a race.

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

ii) Give two critical elements regarding the leg action.

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

b) For the butterfly stroke:

i) Describe the arm movement during swimming.

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

ii) How many arm pulls per stroke are allowed under water?

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

## 9. VOLLEYBALL

a) Apart from a dig in defence, mention another skill used for defending.

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

b) The service is a closed skill in Volleyball. Mention an open skill used in Volleyball.

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

c) Mention one important critical element, for an attacking player when jumping to spike the ball.

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

d) Number the skills from 1 to 4, according to how they are played during a rally.

dig	service	spike	set

(1)

## Section B - Health Related Fitness (16 marks)

**Answer all parts of the questions in this section.**

1. "Health is one of the fundamental rights of every human being."

What is health as defined by W.H.O?

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

2. Personal hygiene is one factor which influences health. Mention another two.

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

3. State two precautions for the prevention of disease.

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

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

4. Mention one safety measure that should be considered during physical activity, regarding

i) footwear: \_\_\_\_\_

ii) clothing: \_\_\_\_\_ (1)

5. Too much fat in a diet is unhealthy, however fat is also essential for the body.

State two functions of fat.

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

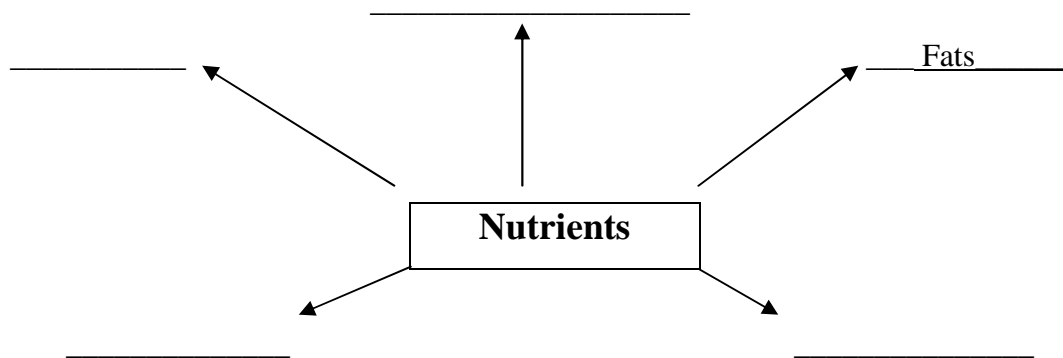
ii) \_\_\_\_\_ (2)

6. Temperature and humidity affect the amount of water lost during exercise.

Mention another two factors.

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

7. Fill in the diagram below. One has been done for you.



(2)

8. Mention one basic difference between fat-soluble and water soluble vitamins.

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

9. What are the amino acids which are supplied by food called?

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

10. Fill in the table below.

	Health Condition	Name of Condition
i	Being extremely thin	
ii	Being extremely fat	

(2)

11. Natalie is aiming for her ideal body weight. Give her the main consideration she should keep in mind.

(1)

12. John is preparing for a triathlon. Give him two reasons for using carbohydrate loading.

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

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

(1)

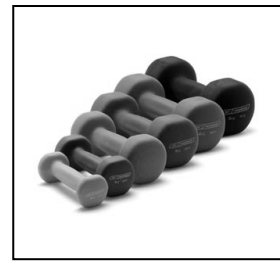
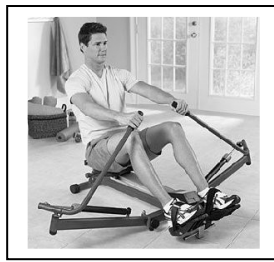
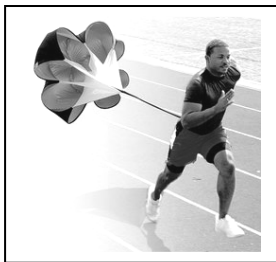
### **Section B: Body Systems and Performance (36 marks)**

**Answer all parts of the questions in this section.**

1. Mention one valid reason why a coach should know the Principles of Training.

(1)

2. Look at the three pictures below and state which principle of training is shown.



i) \_\_\_\_\_ ii) \_\_\_\_\_ iii) \_\_\_\_\_ (3)

3. Describe two ways how one can apply the principle of progression in a fitness programme.

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

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

4. An athlete wants to improve *speed* and *anaerobic endurance*. Which training method is best suited for this? \_\_\_\_\_ (1)

5. Mention two different ways how circuit training may be used to make a Basketball player better.

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

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

6. When planning a fitness circuit training session, how should the order of exercises be designed?

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

7. Describe briefly what Fartlek training consists of.

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

8. In 'weight training', what component of fitness is developed by using light weights and many repetitions? \_\_\_\_\_ (1)

9. Mention one safety rule meant to protect a player, and one safety rule meant to protect an opponent.

i) protects player: \_\_\_\_\_ (1)

ii) protects opponent: \_\_\_\_\_ (1)

10. a) Look at the picture and state what type of injury might result by such an action.



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

b) Mention two actions to treat the injury mentioned.

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

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

11. Drugs are classified according to their effects. Write these drugs under their respective classification. Drugs: **steroids, amphetamines, E.P.O.**

Stimulants	Blood doping	Anabolic Agents
i)	ii)	iii)

(3)

12. Persons who take steroids often experience pain in their joints.

Explain briefly why this happens.

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(2)

13. Name the four parts of the Circulatory System which make up the 'pulmonary system'.

i) \_\_\_\_\_ ii) \_\_\_\_\_  
 iii) \_\_\_\_\_ iv) \_\_\_\_\_

(2)

14. One of the functions of the circulatory system is to regulate the body temperature.

Explain briefly how this takes place.

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(1)

15. Haemophilia is a condition where the blood fails to clot. Which component of blood is missing or not functioning in this condition? \_\_\_\_\_

(1)

16. Give a good reason why the resting heart rate of a trained athlete is lower than normal.

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(1)

17. On which part of the body is the temporal pulse taken?

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(1)

18. Calculate, for a 20-year old athlete:

i) the maximum heart rate \_\_\_\_\_ (1)  
 ii) the aerobic training zone \_\_\_\_\_ (1)



19. In the table below, write the part of the respiratory system which is described.

	Description	Respiratory Part
i)	Contains tiny hairs which filter dust particles	
ii)	Is kept open by cartilage discs	
iii)	Gas exchange takes place here	

(3)

20. Mention three changes that occur in the respiratory system during aerobic exercise.

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

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

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

(3)

### Section C - Sports in Society (12 marks)

Answer all parts of the questions in this section.

1a) What do these initials stand for?

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

(1)

ii) MOC/KOM \_\_\_\_\_

(1)

b) Mention one function of (a i) and (a ii) above.

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

(1)

ii) MOC/KOM \_\_\_\_\_

(1)

2. What is the role of a treasurer in a committee?

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

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

(2)

3. Direct transmission of sports events is one way in which television promotes sports.

Mention two other ways of sports promotion through television.

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

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

(2)

4a) Which type of media do you think is the most influential in promoting a sport?

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

ii) Why? \_\_\_\_\_

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

b) Mention two ways how the media may influence sport negatively.

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

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

(2)

End of Paper