

# JUNIOR LYCEUM ANNUAL EXAMINATIONS 2009

Directorate for Quality and Standards in Education

Educational Assessment Unit

**FORM 5**

**PHYSICAL EDUCATION**

**TIME: 1½ hours**

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

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

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

Answer question 1 (Skill Acquisition) and choose **THREE** questions from 2 to 13 in Section A.  
Answer all parts of the chosen question.

### 1. SKILL ACQUISITION

- a) Skills can either be open or closed. Place these sporting activities in the skill continuum below – handstand, 3v3 basketball



- b) People improve at different rates in skill acquisition. How does the improvement occur in:

- i. Positive acceleration

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

- ii. Linear progress

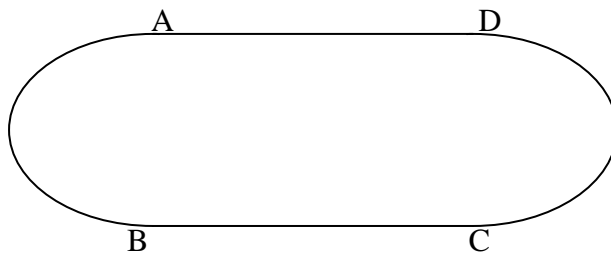
\_\_\_\_\_  
\_\_\_\_\_ (1)

### 2. ATHLETICS

- a) Describe the last 2 strides of the run up in the long jump.

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

- b) Refer to the outline of an international outdoor athletic track shown below. The points marked A, B, C, D. Write the letter which indicates the start of:
- the 100m \_\_\_\_\_
  - the 400m \_\_\_\_\_



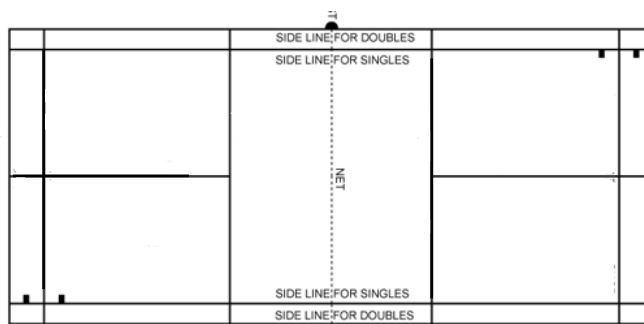
(1)

- c) Give two critical elements of how an athlete holds the discus before releasing it.

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

### 3. BADMINTON

- a) On the diagram below shade one possible singles receiving area.



(1)

- b) Where on court should a player move to when in the 'ready position'?

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

- c) Define the following terms used in Badminton.

- match point: \_\_\_\_\_
- love-all: \_\_\_\_\_
- smash: \_\_\_\_\_
- return: \_\_\_\_\_

(2)

#### 4. BASKETBALL

- a) A player has jumped for the ball and landed on the right foot with the intention of doing a lay up shot. State the footwork from now on.

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

- b) Explain the 'backcourt' rule.

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

- c) i) State the difference between zone defence and man-to-man defence.

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

- ii) State one advantage of zone defence.

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

#### 5. EDUCATIONAL DANCE

- a) Mention four ways of travelling in dance, on a part of the body excluding feet only.

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

(2)

- b) Define:

- i) Time: \_\_\_\_\_  
ii) Weight: \_\_\_\_\_  
iii) Space: \_\_\_\_\_  
iv) Flow: \_\_\_\_\_

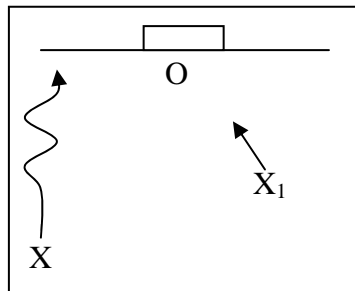
(2)



## 6. FOOTBALL

- a) A player received the ball in a regular position after coming in from an offside position. What decisions should the referee take?

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

- b) In the diagram below X is running with the ball and is going towards the end line. He intends to pass the ball to  $X_1$  who is running to meet the pass. Name the pass that X is going to give?



 Running with the ball  
 Running without the ball

\_\_\_\_\_

(1)

- c) Mention one reason why teams use a zone defence.

\_\_\_\_\_

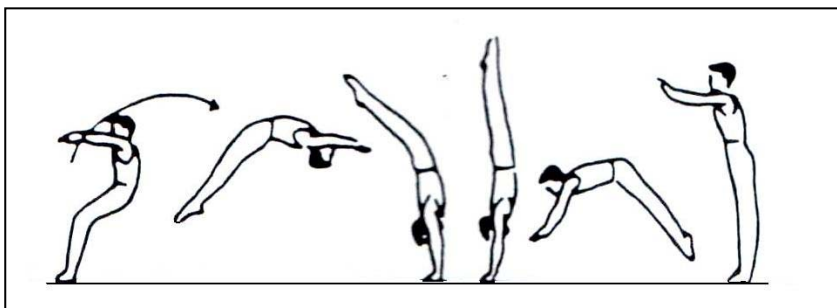
\_\_\_\_\_ (1)

- d) Mention one role of the goalkeeper.

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

## 7. GYMNASTICS

- a) Look at the diagram below.



- i) Name the skill shown. \_\_\_\_\_

- ii) Which skill is usually performed before this skill? \_\_\_\_\_ (1)

- b) A gymnast moves in and out of balances smoothly. What does this show?

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

c) Petra is overbalancing while practicing the handstand. Explain one safety tip you would recommend to her.

\_\_\_\_\_

d) Mention the rule regarding the use of the hands during the strike/thrust while vaulting?

\_\_\_\_\_

(1)

## 8. HOCKEY

a) A player of the defending team intentionally sends the ball over his own goal line. What decision does the referee take?

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

b) Mention two critical elements for ball control while dribbling.

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

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

c) Mention a system of play that hockey teams can use to play offensively.

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

## 9. NETBALL

a) State two rules which must be observed when giving a 'throw in'.

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

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

b) i) When is a 'pivot' necessary?

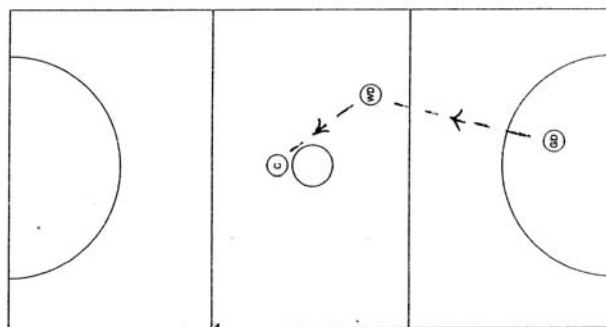
\_\_\_\_\_ (1)

ii) State two critical elements of the pivot.

\_\_\_\_\_

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

c) On the diagram below draw the path of the next pass the attacking centre should give.



(1)

## 10. RHYTHMIC GYMNASTICS

a) What does the term "aesthetic" mean when referring to a gymnastic movement?

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

b) Mention two ways of expressing the space factor in your sequence.

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

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

c) Which area of space around the body is a gymnast using if she is working at:

i) the sagittal/wheel plane? \_\_\_\_\_

ii) the transverse/table plane? \_\_\_\_\_ (1)

d) State the rule regarding the use of the mat area during a sequence.

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

## 11. SWIMMING

a) Explain in detail, the start position for the backstroke, before the starting signal.

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

b) John is showing a lazy leg action during the front crawl /freestyle. Recommend John two exercises in the pool to improve the leg action.

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

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

c) Give the definition of co-ordination when referring to any swimming stroke.

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

d) Name two safety precautions a beginner should take when using the pool.

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

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

## 12. TEAM HANDBALL

a) Mention one difference between the set shot and the jump shot.

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

b) Explain two advantages of using the 6-0 zone defence.

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

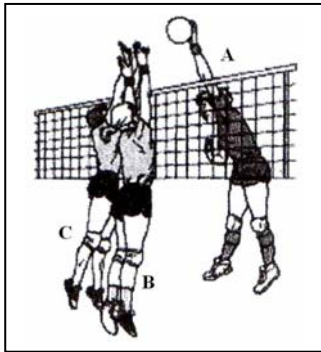
ii) \_\_\_\_\_ (2)

- c) Mention one instance when a player is given a 2 minute suspension.

\_\_\_\_\_

### 13. VOLLEYBALL

- a) Look at the diagram below, and answer the following questions:



- i) State the name of the skill performed by Player A.

\_\_\_\_\_

- ii) State the front positions on court from where this skill is performed.

\_\_\_\_\_

- iii) State the name of the skill most probably used to pass to Player A for her to be able to perform this attacking skill.

\_\_\_\_\_

- iv) State the name of the skill performed by Players B and C.

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

- b) What is the last phase of any service? Give a full answer.

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

- c) What is the umpire's decision when a server hits the net, but the ball goes over to the other side of the court?

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

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

1. Give an example of an exercise of 'active stretching'.

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

2. Smoking, alcohol and drugs can affect your health. Mention four other factors which also affect health.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_ (2)

3. Why is skill-related fitness also called sport-related fitness?

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

4. Name two types of people who should take things easy when they start an exercise programme.

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

5. Give two examples of how a person can get more exercise by changing bad habits.

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

6. Name four factors that can affect fitness.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_ (2)

7. Why does the body need essential amino acids regularly?

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

8. Mention two ways in which water is lost from the body.

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

9. What is the difference between strength and power?

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



10. Fill in the table below. The first one has been done for you.

	Body Type	Description	Sport
i)	Ectomorph	thin	Marathon runner
ii)			Sumo wrestler
iii)		muscular	

(2)

11. Describe how the following factors affect performance.

- i) Cold or flu: \_\_\_\_\_
- ii) Lack of sleep: \_\_\_\_\_
- iii) Tension: \_\_\_\_\_
- iv) Motivation: \_\_\_\_\_ (2)

12. What fitness component is improved when using dynamic strength for a long time.

(1)

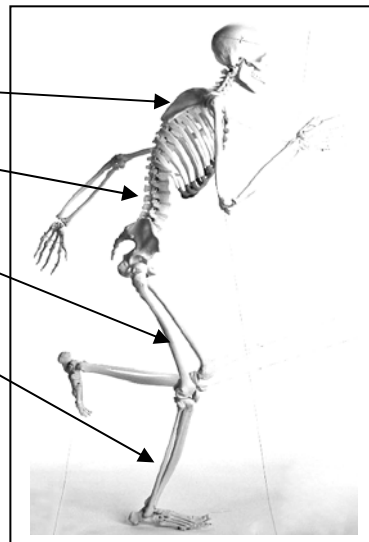
### Body Systems and Performance (36 marks)

Answer all questions in this section.

Answer all parts of each question.

1. Write the anatomical name of the parts labeled,

- A \_\_\_\_\_
- B \_\_\_\_\_
- C \_\_\_\_\_
- D \_\_\_\_\_



(2)

2. Why are 'synovial' joints called so?

(1)

3. What type of tissue keeps a joint within a certain range of movement?

4. The vertebral column has to be strong but at the same time flexible. How are these two functions achieved?

(i) strength: \_\_\_\_\_  
 (ii) flexibility: \_\_\_\_\_ (1)

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

(a) What is the name of this muscle?

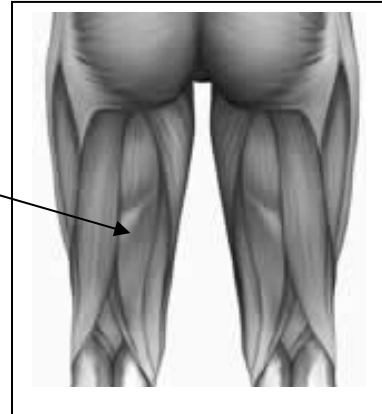
\_\_\_\_\_

(b) Where is the insertion of this muscle?

\_\_\_\_\_

(c) What movement takes place when this muscle contracts?

\_\_\_\_\_



(3)

6. Which muscle contracts to reverse the action described in column A?

	Column A	Muscle
i	Knee is bent	
ii	Back straightens up	

(2)

7. Answer the questions about the diagram on the right.

(i) Give the name of the blood vessel entering A.

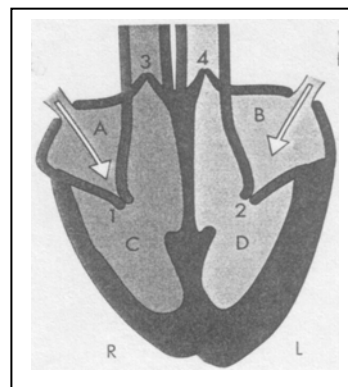
\_\_\_\_\_

(ii) Where does blood go from C?

\_\_\_\_\_

(iii) Which blood vessel connects at 4?

\_\_\_\_\_



(3)

8. Give one reason why regular aerobic exercises lower the resting heart rate.

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

9. What is the aerobic training zone for a person with a maximum heart rate

of 200bpm?

---

10. The air we breathe contains about 21% of oxygen. What percentage of this oxygen is used during normal breathing?

---

 (1)

11. Food (glucose) = energy + lactic acid. What does this formula represent?

---

 (1)

12. Which muscle is associated with breathing?

---

 (1)

13. Mention one property of alveoli and capillaries which permits gas exchange.

---

 (1)

14. Explain the principle of 'Specificity'. You may refer to a specific type of sport.

---

 (2)  


---

15. In many sports, one has to change direction quickly.

Mention one test which measures this fitness component.

---

 (1)

16. Mention one test which uses the pulse rate to measure cardiovascular endurance.

---

 (1)

17. What type of fitness component is tested by a dynamometer?

---

 (1)

18. Mention one way how a coach or teacher can use fitness tests results.

---

 (1)

19. Mention one advantage of using 'circuit training' as a training method.

20. (i) Why is weight training not advisable for persons under 16 years of age?

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

(ii) What type of fitness is developed by using low weight loads and many repetitions?

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

21. A good training session has a part dedicated to fitness.

(i) Describe one way of making this part more interesting and less boring.

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

(ii) How can one do general stretching exercises in some order so that most major muscles are exercised?

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

22. (i) What type of drugs are often abused of in power events?

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

(ii) How do these drugs give an unfair advantage?

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

(iii) Mention one side effect of these drugs.

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

23. The picture on the right shows an X-ray of an injury sustained during a contact sport activity.

(i) What type of injury is shown in the x-ray?

\_\_\_\_\_

(ii) Mention one way how this could have occurred.

\_\_\_\_\_

(iii) How should such an injury be treated on the spot?

\_\_\_\_\_ (3)



## Section C Sports in Society (12 marks)

1. Give an example of how women are discriminated in sport.

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

2. Eight teams are competing in a handball round-robin competition. The format is illustrated below.

### Group 1

A v B 21-16

C v D 11-10

A v C 15-13

B v D 27-22

A v D 21-14

B v C 19-18

### Group 2

E v F 17-15

G v H 20-21

E v G 15-14

F v H 21-25

E v H 22-27

F v G 18-22

- a. List the two teams which

i. Qualify from Group A \_\_\_\_\_

ii. Qualify from Group B \_\_\_\_\_ (1)

- b. What is the phase when these 4 teams are competing against each other called?

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

- c. Mention one advantage of a round-robin competition.

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

3. The private sector provides various sporting facilities.

- a. What is the main reason why it provides such facilities?

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

- b. Who can utilise facilities provided by the private sector?

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

4. Mention one function of the Kunsill Malti għall-Isport.

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

5. Mention one reason why leisure time has increased in recent years.

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

6. Mention one benefit that television can give to sports.

7. a. Mention two types of sponsorship which an individual or team can receive from his / her sponsor.

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

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

- b. Mention one sponsorship that is considered unacceptable and therefore cannot sponsor sports.

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