

FORM 3

PHYSICAL EDUCATION

TIME: 1h 30m

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

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

**SECTION A - Skill Acquisition, Movement and Physical Activities [16 marks]**

**Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 6 in Section A.**

**Tick the correct answer.**

**1. Skill Acquisition**

a) Two qualities that a good game official must possess are:

- ☐A Fair and smart.
- ☐B Fair and competent.
- ☐C Fair and strict.
- ☐D Fair and rigid.

[1]

b) What is the main role of a coach?

- ☐A Demotivate and shout with athletes.
- ☐B Wash and prepare the players' kits.
- ☐C Assist and communicate effectively with athletes.
- ☐D Winning at all costs.

[1]

c) Physical education teachers teach their students about:

- ☐A Nutrition and exercise.
- ☐B Healthy lifestyles and fitness.
- ☐C Wellbeing and active lifestyles.
- ☐D All of the above.

[1]

d) Which statement best describes the role of a physical education teacher?

- ☐A Inspires students to become more active and participate in physical activities.
- ☐B Gives a lot of instructions during the lesson.
- ☐C Encourages only those children who demonstrate strong motor skills.
- ☐D Makes students learn the rules of sports.

[1]

## 2. Athletics

- a) In the preparatory phase, a shot putter should rest the shot:
- ☐A On the palm of the hand.
  - ☐B On the base of the fingers.
  - ☐C At the tip of the fingers.
  - ☐D All of the above. [1]
- b) Which of the following is acceptable when starting a race?
- ☐A Keeping the hands flat behind the starting line.
  - ☐B Placing fingers behind the starting line.
  - ☐C Placing thumb behind the starting line and fingers on the starting line.
  - ☐D All of the above. [1]
- c) Where should a 100m sprinter look when hearing the command 'Set'?
- ☐A At the finishing line.
  - ☐B At the starting blocks.
  - ☐C At the ground, slightly ahead.
  - ☐D At the nearest opponent. [1]
- d) Which are the four phases of the long jump?
- ☐A Approach, flight, last two steps, landing.
  - ☐B Run, flight, jump, landing.
  - ☐C Run, take-off, stand, jump.
  - ☐D Approach, take-off, flight, landing. [1]

## 3. Dance

- a) Space is where the body or body parts can move. Which of the following do not describe the space factor?
- ☐A Travelling on the feet from point A to point B.
  - ☐B Reach with your arms while staying on the spot.
  - ☐C Varying the rhythm.
  - ☐D Moving around in a low level. [1]
- b) Which of the following would you not consider when initially planning a dance?
- ☐A Selection of movements.
  - ☐B Choosing a theme.
  - ☐C Length of the dance.
  - ☐D Technique of the jumps. [1]

c) The words which best describe the motion factor of weight are:

- ☐A Fast/slow.
- ☐B Unison/canon.
- ☐C Powerful/soft.
- ☐D Large/small.

[1]

d) Which of the words below is not a range of stimuli?

- ☐A Expression.
- ☐B Tactile.
- ☐C Auditory.
- ☐D Visual.

[1]

#### 4. Games

a) Dribbling, Set Shot, Jump Shot and Wing Shot are all skills played in:

- ☐A Handball.
- ☐B Football.
- ☐C Basketball.
- ☐D Hockey.

[1]

b) A standard football match consists of two \_\_\_\_\_ minute periods.

- ☐A 45.
- ☐B 30.
- ☐C 25.
- ☐D 20.

[1]

c) Which 'games' start with a 'service'?

- ☐A Handball and Football.
- ☐B Volleyball and Badminton.
- ☐C Basketball and Hockey.
- ☐D None of the above.

[1]

d) Only a maximum of 11 players are allowed to be on field or on court during \_\_\_\_\_ .

- ☐A Handball and Basketball.
- ☐B Football.
- ☐C Hockey.
- ☐D Hockey and Football.

[1]

## 5. Gymnastics

- a) Gymnastics differs from other activities because:
- ☐A Few other activities require a spotter.
  - ☐B Few other activities stress balance and agility.
  - ☐C Few other activities stress cardiovascular endurance.
  - ☐D Few other activities stress muscular strength. [1]
- b) In a gymnastics competition, the floor events occur on a square matted area of:
- ☐A 14m by 14m.
  - ☐B 15m by 15m.
  - ☐C 12m by 12m.
  - ☐D 13m by 13m. [1]
- c) Which of the following is **NOT** a basic gymnastic balance position?
- ☐A Arabesque.
  - ☐B Cartwheel.
  - ☐C Shoulder stand.
  - ☐D Head stand. [1]
- d) A successful vault depends on:
- ☐A The speed of the run.
  - ☐B The power the gymnast generates from the legs and shoulder girdle.
  - ☐C The speed of rotation.
  - ☐D All of the above. [1]

## 6. Swimming

- a) Keeping the body streamlined is important in swimming. Why?
- ☐A To keep the legs close to the water surface.
  - ☐B To reduce water resistance.
  - ☐C To breathe better.
  - ☐D To make the stroke look better. [1]
- b) How do the arms move in the front crawl?
- ☐A They pause only before the fingertips enter the water.
  - ☐B They keep moving from the start till the end.
  - ☐C They pause only after lifting the elbow above the water surface.
  - ☐D The arms move faster in the drive. [1]

c) Which of the following kicks is used in the breaststroke?

- ☐A Flutter kick.
- ☐B Frog kick.
- ☐C Dolphin kick.
- ☐D Scissor kick.

[1]

d) In the backstroke, when one arm is above the head ready for entry, the other arm ...

- ☐A Is by the side, just finishing the pull.
- ☐B Is bent and the hand sweeps downwards slightly.
- ☐C Is above the water surface.
- ☐D None of the above.

[1]

### SECTION B - Health Related Fitness [16 marks]

Answer ALL questions in this Section. Answer ALL parts of each question.

1. Mention ONE fitness component which is affected by age.

\_\_\_\_\_ [1]

2. Place the correct fitness component in each column:

[1]

**Flexibility, Strength**

	<b>Fitness Component</b>
a) Advantage men over women.	
b) Advantage women over men.	

3. Endurance can be divided into TWO types. Which are they?

a) \_\_\_\_\_ [1]

b) \_\_\_\_\_ [1]

4. Which type of fitness is required to play a sport at high level?

\_\_\_\_\_ [1]

5. A gymnast needs to improve the following fitness components. Fill in the missing words. One has been done for you: [1]

Strength

F\_\_\_\_\_

B\_\_\_\_\_

C\_\_\_\_\_

P\_\_\_\_\_

6. Which fitness component is shown in the picture? [1]



\_\_\_\_\_

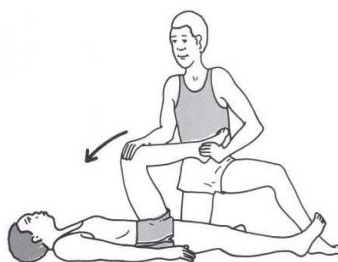
7. Warm up usually consists of **TWO** parts. One of them is stretching. Which is the other one?

\_\_\_\_\_ [1]

8. What type of stretching is shown in the pictures?



**A**



**B**



**C**

a) Picture A - \_\_\_\_\_ [1]

b) Picture B - \_\_\_\_\_ [1]

c) Picture C - \_\_\_\_\_ [1]

9. Which muscles are improved by these exercises?



A



B

a) Picture A - \_\_\_\_\_

[1]

b) Picture B - \_\_\_\_\_

[1]

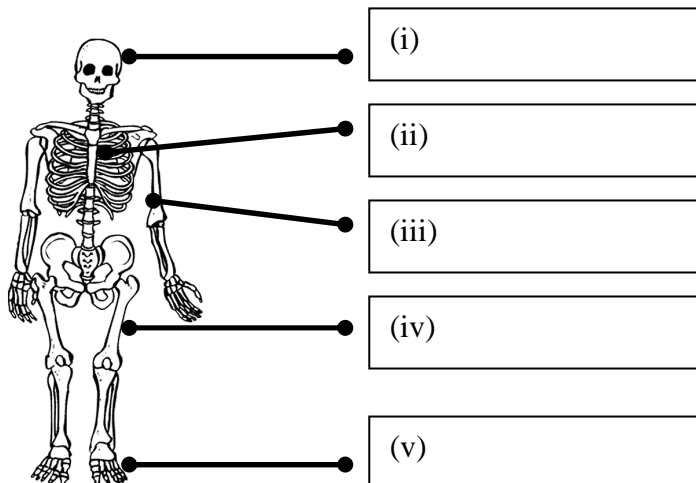
### SECTION C – Body Systems and Performance [36 marks]

Answer ALL questions in this Section. Answer ALL parts of each question.

1. a) Correctly insert the names of the skeletal bones in the boxes provided:

[5]

Femur, Humerus, Skull, Ribs, Metatarsals



b) (i) How many bones are there in the vertebral/spinal column?

\_\_\_\_\_

[1]

(ii) In which part of the vertebral column are the bones stronger and bigger?

\_\_\_\_\_

2. What are synovial joints?

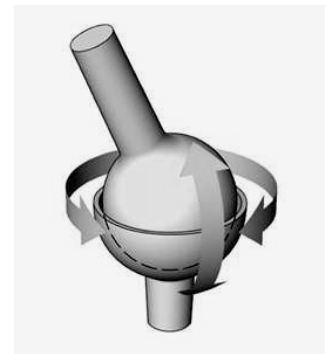
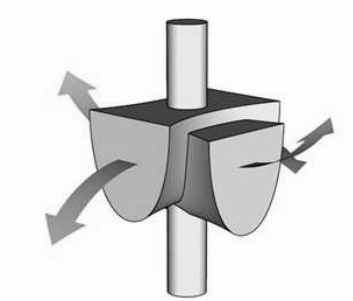
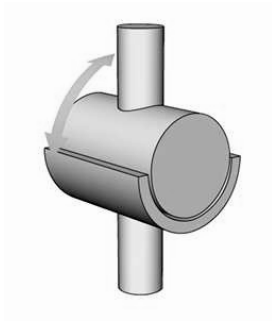
\_\_\_\_\_

[1]

3. Look at the diagrams and write the correct name under each synovial joint in the spaces provided.

[3]

**Ball and Socket, Hinge, Saddle**



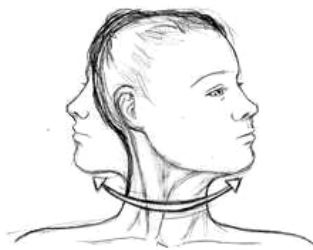
(i) \_\_\_\_\_

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

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

4. What type of movement is shown in the pictures below?

[3]



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

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

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



5. Fill in the table with the correct word:

[3]

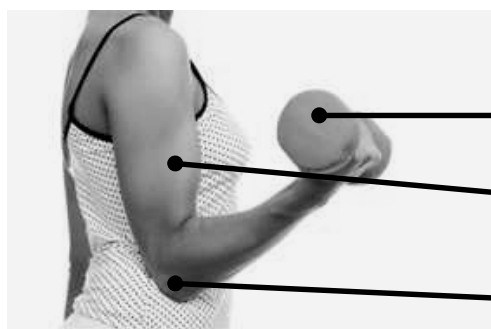
**Cartilage, Tendon, Ligament**

	Description	Synovial Joint Component
a)	Joins muscle to bone, enabling movement	
b)	Joins bone to bone, stabilizing the joint	
c)	Reduces friction and acts as a shock absorber	

6. Label the picture below with the words provided:

[3]

**Fulcrum, Load, Effort**



(i)

(ii)

(iii)

7. Underline the correct word to continue the statement correctly:

[1]

The amount of tension in a muscle is called muscle: **fatigue** , **fibres** , **tone**.

8. Suggest **ONE** way how good posture can improve your health.

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[2]

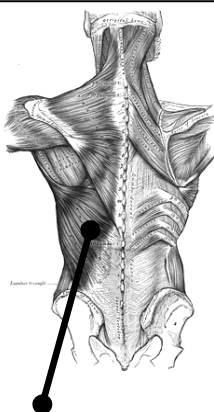
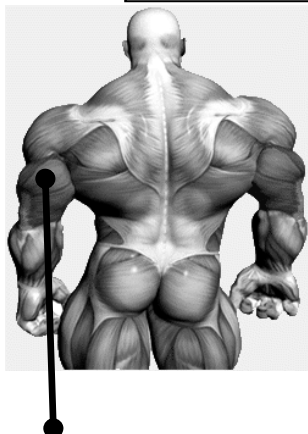
9. Mention **ONE** kind of exercise which should be done during a cool down.

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[1]

10. Write the name of the muscle from the list below in the appropriate spaces: [4]

**Latissimus Dorsi, Gastrocnemius, Triceps, Quadriceps**



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

11. Which fitness test measures agility?

\_\_\_\_\_ [1]

12. Which **TWO** measurements do we need to take to measure the Body Mass Index (B.M.I.)? [2]

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

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

13. Put the correct word in the table below: [5]

**Speed, Skinfold, Hand Grip Dynamometer, Endurance, Flexibility**

	<b>Fitness Component</b>	<b>Fitness Test</b>
a)		Sit and Reach.
b)		Bleep test.
c)	Strength.	
d)	Body Composition.	
e)		30m dash.

**SECTION D – Sports in Society [12 marks]**

**Answer ALL questions in this Section. Answer ALL parts of each question.**

1. What type of competition is the UEFA Champions' League?

\_\_\_\_\_ [1]

2. a) Which type of competition usually lasts for a whole season?

\_\_\_\_\_ [1]

- b) Why is a league competition played on a home and away basis?

\_\_\_\_\_ [1]

3. 3 teams (A, B, C,) are taking part in a triangular tournament.

- a) Continue filling the fixtures:

[1]

A plays \_\_\_\_\_

B plays C

C plays \_\_\_\_\_

- b) What is this competition called?

\_\_\_\_\_ [1]

4. Sports facilities are often found in schools. Mention **ONE** way how the community can make use of such facilities.

\_\_\_\_\_ [1]

5. Mention **TWO** ways how a local council can encourage residents to be active during their leisure time.

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

(ii) \_\_\_\_\_ [2]

6. a) Name **ONE** physical activity which you could do during your leisure time.

\_\_\_\_\_ [1]

b) Mention **ONE** activity which is competing with sports for leisure time activities.

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7. Suggest **TWO** important things which local authorities need to keep in mind when planning for a recreational area.

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

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

[2]