

FORM 3 **PHYSICAL EDUCATION (OPTION)** **TIME: 1h 30min**

Name: _____

Class: _____

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DISTRIBUTION OF MARKS

| Section A | Section B | Section C | Section D | TOTAL MARK THEORY PAPER (80%) |
|-----------|-----------|-----------|-----------|-------------------------------------|
| 16 | 16 | 36 | 12 | |
| | | | | |

| 40% THEORY PAPER | 45% PRACTICAL (CHOOSE 3) | | | | 15% PORTFOLIO | 100% FINAL SCORE |
|------------------------|--------------------------------|----------------|--------------------|-------------------|--------------------|---------------------|
| | ATHLETICS (15%) | GAMES (15%) | GYM/DANCE (15%) | SWIMMING (15%) | INTERVIEW (15%) | |
| | | | | | | |

SECTION A – 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) A good sports official:

- ☐ A Accepts criticism.
- ☐ B Speaks wisely.
- ☐ C Shows confidence and gains respect.
- ☐ D All of the above.

[1]

b) A minor sports official can be:

- ☐ A A referee.
- ☐ B An umpire.
- ☐ C A linesman.
- ☐ D None of the above.

[1]

c) An effective physical education teacher:

- ☐ A Is unfair towards students.
- ☐ B Has a good knowledge of physical health, nutrition and exercise.
- ☐ C Shouts at and embarrasses students.
- ☐ D All of the above.

[1]

d) Which statement best describes the main role of a sports coach?

- ☐ A He assists athletes in developing their full potential.
- ☐ B He is only concerned with winning at all costs.
- ☐ C He shows signs of favouritism.
- ☐ D He shouts at athletes and at the referee.

[1]

2. Athletics

a) Upon calling their name, athletes have ____ seconds to start the throwing motion.

- ☐ A 30.
- ☐ B 40.
- ☐ C 50.
- ☐ D 60.

[1]

A *foul throw* occurs if the shot:

- b)
- ☐ A Lands outside the throwing sector.
 - ☐ B Lands on a sector line.
 - ☐ C Drops below the athlete's shoulder during the put.
 - ☐ D All of the above.

[1]

An important factor during the run up for the long jump is:

- c)
- ☐ A Agility.
 - ☐ B Speed.
 - ☐ C Strength.
 - ☐ D All of the above.

[1]

During the 100 m acceleration phase, a sprinter should:

- d)
- ☐ A Keep the body low and gradually increase speed.
 - ☐ B Keep the body high and gradually increase speed.
 - ☐ C Gradually lift the head up and increase speed.
 - ☐ D None of the above.

[1]

3. **Dance**

a) The four effort motion factors are:

- ☐ A Time, weight, space, shape.
- ☐ B Time, weight, shape, flow.
- ☐ C Time, weight, space, flow.
- ☐ D Time, body, shape, space.

[1]

b) The two extreme ends of the time factor are:

- ☐ A Direct/indirect.
- ☐ B Fast/slow.
- ☐ C Unison/canon.
- ☐ D Powerful/soft.

[1]

c) Dance phrases are held together by:

- ☐ A Repetition.
- ☐ B Line.
- ☐ C Rhythm.
- ☐ D Form.

[1]

d) Which various body actions can a dancer use to make the choreography more interesting?

- ☐ A Gestures and balances.
- ☐ B Control and mobility.
- ☐ C Turning and travelling.
- ☐ D All of the above.

[1]

4. Games

a) A player is *fouled out* after committing 5 personal fouls during a _____ game.

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

[1]

b) Dig, Spike and Set are all skills played in:

- ☐ A Badminton.
- ☐ B Hockey.
- ☐ C Basketball.
- ☐ D Volleyball.

[1]

c) During a football match, a coach uses a 4-2-3-1 formation if a team:

- ☐ A Has good attacking midfielders.
- ☐ B Wants to disrupt the other team's ball possession.
- ☐ C Wants to give more strength to the midfield.
- ☐ D All of the above.

[1]

d) A standard hockey match consists of two _____ minute halves.

- ☐ A 25.
- ☐ B 35.
- ☐ C 45.
- ☐ D 55.

[1]

5. **Gymnastics**

a) Which fitness component is required for gymnastics?

- ☐ A Reaction time.
- ☐ B Balance.
- ☐ C Agility.
- ☐ D None of the above.

[1]

b) Tick the correct image for the straddle jump:

☐ A



☐ B



☐ C



☐ D



[1]

c) During an official gymnastics competition, floor routines must not take more than:

- ☐ A 50 seconds.
- ☐ B 60 seconds.
- ☐ C 80 seconds.
- ☐ D 90 seconds.

[1]

d) During an official gymnastics vaulting competition, when do the judges points?

- ☐ A When the gymnast falls while landing.
- ☐ B When the vault lacks distance from the box.
- ☐ C When the vault lacks height off the box.
- ☐ D All of the above.

[1]

6. **Swimming**

a) If the backstroke kick is weak:

- ☐ A The hips and legs will go down.
- ☐ B The breathing rhythm will be lost.
- ☐ C The stroke will be efficient.
- ☐ D None of the above.

[1]

b) How should the hand go in the water during the backstroke?

- ☐ A Leading with the little finger first.
- ☐ B Leading with the thumb first.
- ☐ C Leading with the palm facing downwards.
- ☐ D Leading with the index finger first.

[1]

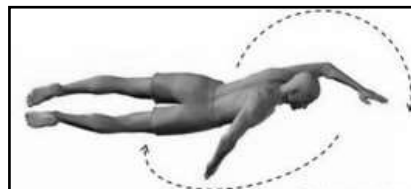
c) Where should a swimmer look during the front crawl?

- ☐ A Head in the water.
- ☐ B Face in the water.
- ☐ C Face above the water.
- ☐ D None of the above.

[1]

d) During the front crawl, as one hand leaves the water the other hand:

- ☐ A Should leave the water too.
- ☐ B Should be by the hip.
- ☐ C Should just be entering the water.
- ☐ D Should be by the shoulder.



[1]

SECTION B – Health Related Fitness (16 marks)

Answer ALL questions in this section. Answer ALL parts of EACH question.

1. Joanne is starting an exercise programme. Give her **TWO** suggestions.

- i. _____ [1]
- ii. _____ [1]

2. The pictures below show an example of each type of strength. Name the type of strength shown by each picture:



- i. _____ ii. _____ iii. _____ [3]

3. There are **TWO** forms of balance. Which are they?

- i. _____ [1]
- ii. _____ [1]

4. Put the correct term next to each definition in the table below:

Agility, Power, Reaction time

| | <i>Definition</i> | <i>Term</i> |
|------|---|-------------|
| i. | The ability to respond quickly to an action. | |
| ii. | The ability to change speed and direction quickly. | |
| iii. | The ability to perform a task quickly and forcefully. | |

[3]

5. State **ONE** way how eye - hand coordination helps a badminton player.



[1]

6. Health is a state of *physical*, *mental* and *social* wellbeing. Insert the correct type of wellbeing next to each statement in the table below:

| | <i>Statement</i> | <i>Type of wellbeing</i> |
|------|---|--------------------------|
| i. | You are free from injury and disease. | |
| ii. | You have food, clothes and shelter. | |
| iii. | You do not suffer from high levels of stress. | |

[3]

7. Besides showering regularly, mention another **TWO** factors which improve personal hygiene.

i. _____

[1]

ii. _____

[1]

SECTION C – Body Systems and Performance (36 marks)

Answer **ALL** questions in this section. Answer **ALL** parts of **EACH** question.

1. Mention **THREE** functions of the skeletal system.

i. _____

[1]

ii. _____

[1]

iii. _____

[1]

2. Fill in the missing sections in the table with the words below:

Scapula, Short, Vertebrae, Femur, Irregular, Flat

| | <i>Name</i> | <i>Type</i> | <i>Function</i> |
|------|-------------|-------------|--|
| i. | | | Are very important for protection. |
| ii. | | Long | Are used in movement such as running and throwing. |
| iii. | | | Provide shape, support and protection. |
| iv. | Phalanges | | Are used to grip things. |

[6]

3. Name the connective tissue which:
- Joins muscle to bone, enabling movement. _____ [1]
 - Reduces friction and acts as a shock absorber. _____ [1]
 - Joins bone to bone, stabilizing the joint. _____ [1]
4. a) What do we call the type of muscle which makes up the heart?
_____ [1]
- b) Voluntary muscles have fast twitch and slow twitch muscle fibres. Mention **ONE** sport which requires an athlete to have more:
- Fast twitch muscle fibres _____ [1]
 - Slow twitch muscle fibres _____ [1]
- c) Name **ONE** voluntary muscle.
_____ [1]
5. Muscles work in pairs, one contracts and one relaxes. State which muscle:
- Contracts _____ [1]
 - Relaxes _____ [1]
6. Look at the pictures and then write the type of muscle contraction under each picture:

Isotonic, Isometric



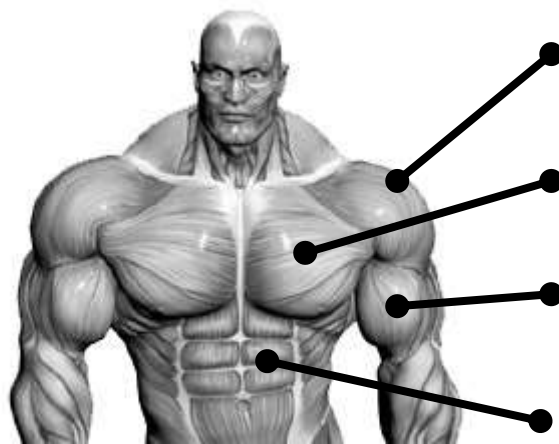
- i. _____ ii. _____ [2]

7. Write the technical word used when a muscle:
- Grows in size because it is being used. _____
 - Stays painfully locked. _____
 - Tires and cannot contract anymore. _____

[1]

8. Write the names of the muscles indicated. Choose from the list below:

Pectorals, Deltoid, Abdominals, Biceps



i. _____

[1]

ii. _____

[1]

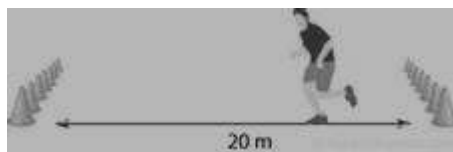
iii. _____

[1]

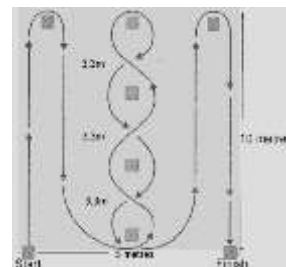
iv. _____

[1]

- 9.



Fitness Test A



Fitness Test B

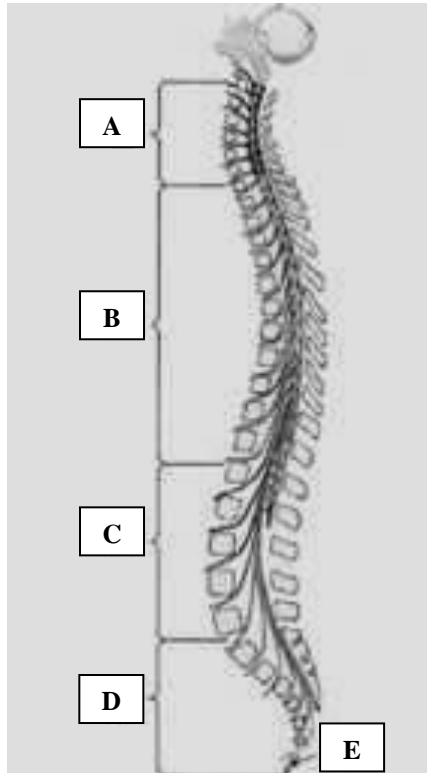
- a) Which test measures agility?

[1]

- b) What is the name of Fitness Test A?

[1]

10. Insert the correct name next to each section of the spinal column:



Thoracic, Sacral, Coccyx
Lumbar, Cervical

| <i>Letter</i> | <i>Vertebrae</i> |
|---------------|------------------|
| A | |
| B | |
| C | |
| D | |
| E | |

[5]

11. The picture below shows an instrument which is used for certain body measurements:



- a) What is this instrument called?

[1]

- b) What does this instrument measure?

[1]

SECTION D – Sports in Society (12 marks)

Answer ALL questions in this section. Answer ALL parts of EACH question.

1. Mention **TWO** things which local authorities need to keep in mind when planning for leisure facilities.
 - i. _____ [1]
 - ii. _____ [1]
2. Give **ONE** reason why in certain countries leisure time has increased whilst in other countries it has decreased:
 - i. Increased - _____ [1]
 - ii. Decreased - _____ [1]
3. Name **TWO** leisure time activities which are not expensive and can be done by most people.
 - i. _____ [1]
 - ii. _____ [1]
4.
 - a) What do we call a competition which starts as a league and ends as a knockout?
_____ [1]
 - b) Give **ONE** example of such a competition.
_____ [1]
5. In which type of competition does a team:
 - i. play two rounds on a home and away basis?
_____ [1]
 - ii. play one round against all other teams?
_____ [1]

6. Look at the types of competitions below and then insert the correct name

| | |
|-----------------|--|
| | <p style="text-align: center;">Winner</p> |
| <p>i. _____</p> | <p>ii. _____</p> |

[2]

END OF PAPER