

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. A person is usually fittest in the twenties. Give ONE reason why one's fitness usually drops at an older age.

_____ [1]

2. Identify ONE physiological difference which puts females at a disadvantage to men in activities requiring strength.

_____ [1]

3. Mention TWO benefits of exercise.

(i) _____

(ii) _____ [2]

4. Which component of fitness

a) is used to overcome a resistance? _____ [1]

b) is the ability to keep going for longer periods of time? _____ [1]

5. Define “sports related fitness”.

6. Peter is a gymnast. He is following a special training programme to improve his flexibility and power. Suggest **ONE** other type of fitness component he might need to develop.

 [1]

7. Why is it important to warm up before a physical activity?

 [1]

8. Mention **ONE** benefit of stretching.

 [1]

9. Which muscles are being stretched?



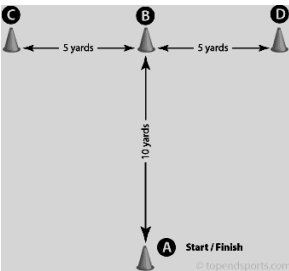



a) _____ [1]



b) _____ [1]

10. Which fitness component is shown in each picture?

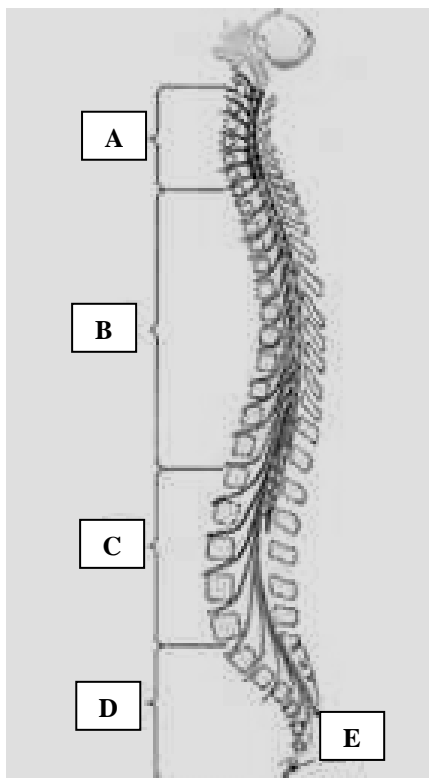
[4]

			
a)	b)	c)	d)

SECTION C – Body Systems and Performance [36 marks]

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

1. Write down the correct letter next to each statement:

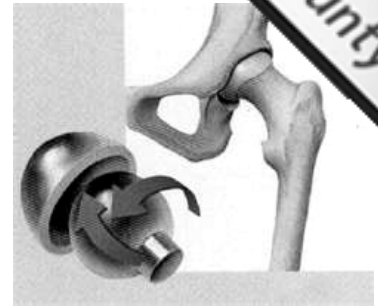
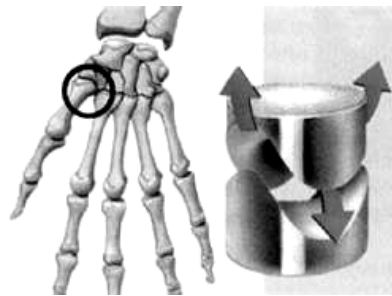
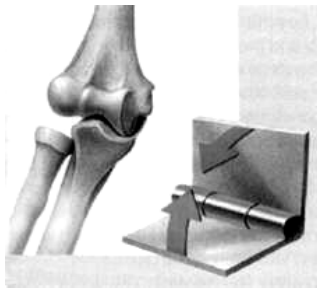


- a) A fused vertebrae at the very base of the spine.____ [1]
- b) The vertebrae supporting the head and the neck. ____ [1]
- c) The vertebrae which is the largest and prone to injuries.____ [1]
- d) A fused vertebrae which is joined to the pelvic girdle.____ [1]
- e) The vertebrae which is attached to and supports the ribs.____ [1]

2. Freely movable joints are also known as:

_____ [1]

3. Look at the pictures below and then write the names of the types of freely movable joints in the spaces provided: [3]



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

4. Fill in the table with the correct type of movement in the space provided: [3]

	Description	Type of Movement
a)	Decreasing of an angle between two bones	
b)	When the head moves from side to side	
c)	The movement of a bone or limb towards the body	

5. The picture below shows a third class lever:



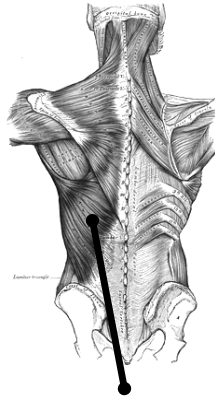
- a) Draw a circle round the load. [1]
- b) Mark with an (X) the muscle which produces the effort. [1]
- c) Mark the fulcrum with an arrow (\uparrow). [1]
6. Suggest ONE way how muscle tone can be improved. [1]

7. Give **ONE** reason how bad posture can damage your health.

8. Write down the name of the muscles indicated below:



(i) _____



(ii) _____



(iii) _____

9. a) Where are the hamstrings located?

 [1]

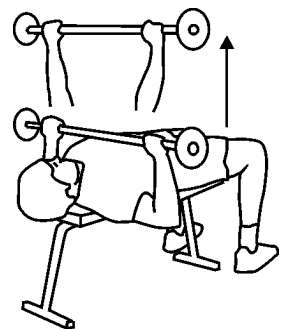
b) What is their function?

 [1]

10. a) In a chest press, which muscle is the agonist when lifting the bar away from the chest?

 [1]

b) Name the antagonist muscle when bringing down the bar towards the chest.

 [1]


11. a) Mention **ONE** benefit of ending a training session with a cool down.

 [1]

b) Specify **ONE** exercise which could be done during a cool down.

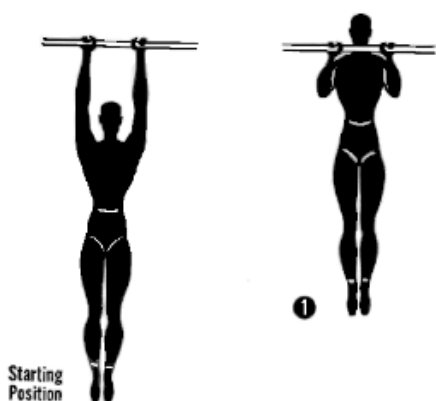
 [1]

12. a) Name **ONE** fitness test to measure speed.

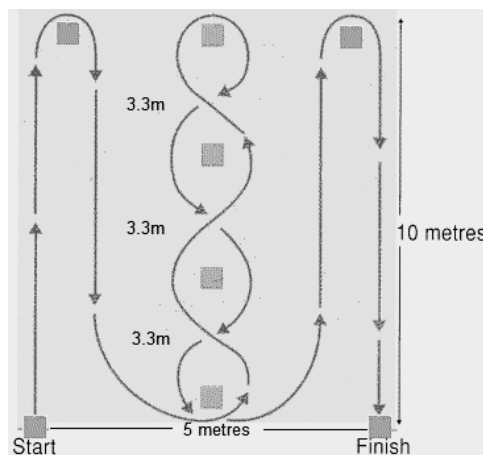
b) What kind of test is used to determine the percentage of fat in a body?

[1]

13.



TEST A



TEST B

a) Which fitness component is measured by Test B?

[1]

b) What is the name of Test A?

[1]

c) Which fitness component does Test A measure?

[1]

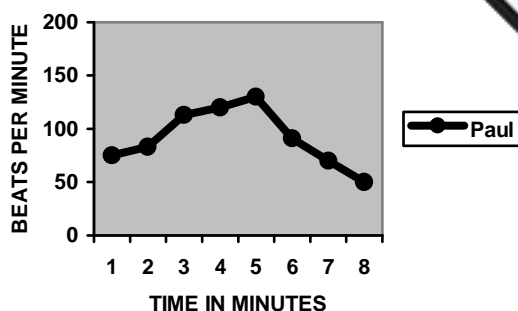
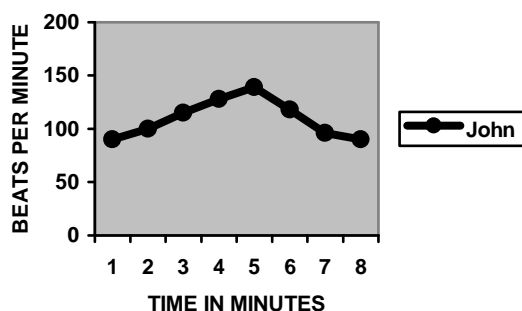
14. a) Give another name for the progressive shuttle run test.

[1]

b) Briefly describe this fitness test.

[2]

15. The graphs below show the Harvard step test results for John and Paul.



a) Who of the two has recovered quicker? _____ [1]

b) What does recovery indicate about their fitness?
 _____ [1]

SECTION D – Sport in Society [12 marks]

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

1. Why is the UEFA Champions' League a combined competition?
 _____ [1]

2. a) How many points are awarded for a win in a hockey league?
 _____ [1]

b) Mention ONE disadvantage of this type of competition.
 _____ [1]

3. Organise a round robin competition for 4 teams (A, B, C, D): [2]

A plays _____

B plays C

C plays _____

D plays _____

B plays D

C plays _____

4. Anna is a badminton player taking part in a club competition. Her ranking position is 4th. She decides to play against another player whose position is 2nd to improve her position. What competition is Anna taking part in?
_____ [1]
5. Why is a knockout competition easy to organise if many teams are taking part?
_____ [1]
6. In a particular town, the local council has built a fitness centre. Suggest **TWO** ways how the local council can encourage residents to make use of this gymnasium during their leisure time.
 - (i) _____
 - (ii) _____ [2]
7. Give **ONE** reason why people choose to be physically active during their leisure time.
_____ [1]
8. Suggest **TWO** important things which local authorities need to keep in mind when planning for a recreational area.
 - (i) _____
 - (ii) _____ [2]