

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 Assists athletes in developing their full potential.
- ☐ B Is only concerned with winning at all costs.
- ☐ C Shows signs of favouritism.
- ☐ D 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]

- b) A *foul throw* occurs if the shot:
- ☐ 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]
- c) An important factor during the run up for the long jump is:
- ☐ A Agility.
 - ☐ B Speed.
 - ☐ C Strength.
 - ☐ D All of the above.
- [1]
- d) During the 100m acceleration phase, a sprinter should:
- ☐ 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 deduct 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]

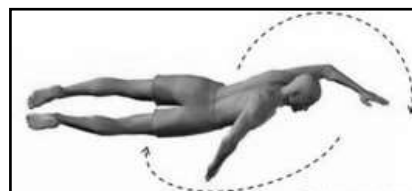
c) Where should a swimmer look during the front crawl?

- ☐ 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. Using a bicycle as a means of transport is one of the many good exercise habits which can be carried out as a daily routine. Suggest **TWO** similar habits.

i. _____ [½]

ii. _____ [½]

2. An increase in the breathing rate is one of the short-term effects of exercise. Select another **TWO** short-term effects of exercise.

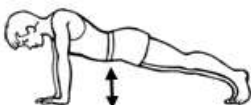
i. _____ [½]

ii. _____ [½]

3. Which type of strength is being predominantly used by the following athletes?

i.  _____ strength [1]

ii.  _____ strength [1]

iii.  _____ strength [1]

4. How can plyometric exercises help a sprinter?

5. Flexibility is considered as an important factor in many sports. State **TWO** advantages of being flexible.
- i. _____ [1]
- ii. _____ [1]
6. Adrian knows that improving his speed will make him a better football player.
- a) Which are the **TWO** components of speed that Adrian needs to improve?
_____ time and _____ time [1]
- b) Give **ONE** reason why speed is considered an important factor in football.
_____ [1]

7. Identify **ONE** instance when power is used during the following sport events. (The first one is given as an example.)

	<i>Sport Event</i>	<i>Power is used ...</i>	
	<i>Long jump</i>	<i>During the take-off phase</i>	
i.	<i>Basketball</i>		[1]
ii.	<i>Gymnastic sequence</i>		[1]

8. Brian is a hockey player and his team plays a competitive match every Sunday. On Saturday evenings, he regularly meets his friends at a local pub and consumes a considerable amount of alcohol.
- a) Mention **ONE** effect this may cause on his performance on the pitch on Sunday.
_____ [1]
- b) Mention **ONE** long term-effect that regular consumption of alcohol may cause to Brian.
_____ [1]

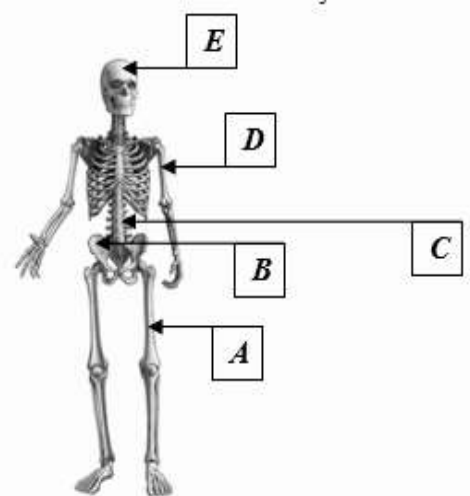
9. Wearing protective equipment during a rugby game is one of the precautions that should be taken during this activity. Specify **TWO** other measures that should be considered during a rugby match.
- i. _____
- ii. _____ [1]

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. Cartilage, tendons and ligaments are all connective tissues. Describe the function of each.
- i. Cartilage: _____ [1]
- ii. Tendons: _____ [1]
- iii. Ligaments: _____ [1]
3. Fill in the table below with the **names** of the bones and their **type**. Bone A is done for you as an example.

<i>Bone</i>	<i>Name</i>	<i>Type</i>
<i>A</i>	<i>Femur</i>	<i>Long Bone</i>
<i>B</i>		
<i>C</i>		
<i>D</i>		
<i>E</i>		



[8]

4. Mention **THREE** main functions of the spinal column.

- i. _____
- ii. _____
- iii. _____

[1]

5. One can group muscles in three categories. Fill in the table below by describing **ONE** particular characteristic of **EACH** type of muscle group.

	<i>Type of muscle</i>	<i>ONE characteristic of this type of muscle</i>
i.	<i>Voluntary/Skeletal</i>	
ii.	<i>Involuntary/Smooth</i>	
iii.	<i>Cardiac</i>	

[1]

[1]

[1]

6. Muscles work in pairs to cause movement. Fill in the table below to match the agonist/antagonist muscles.

	<i>Agonist Muscle</i>	<i>Antagonist muscle</i>
i.	<i>Biceps</i>	
ii.		<i>hamstring</i>

[1]

[1]

7. a) What type of isotonic contraction are the biceps muscles undergoing in the figure below?



_____ contraction.

[1]

- b) What type of isotonic contraction are the hamstring muscles undergoing in the figure below?



_____ contraction. [1]

8. Describe briefly the following muscle conditions.

i. Muscle fatigue: _____ [1]

ii. Muscle cramp: _____ [1]

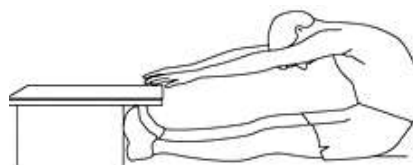
iii. Muscle atrophy: _____ [1]

9. a) Which fitness component is being assessed in the test shown in the figure below?

_____ [1]

- b) What is this test called?

_____ [1]



10. Complete the table below to show which fitness component is assessed by each of the corresponding test. (An example is given.)

<i>Name of test</i>	<i>Fitness component tested</i>
<i>Illinois Agility Run</i>	<i>Agility</i>
<i>i. Bleep test</i>	
<i>ii. Sit up test</i>	
<i>iii. Standing broad jump</i>	
<i>iv. 30 metres sprint</i>	
<i>v. Cooper 12 minute run</i>	
<i>vi. Sergeant jump</i>	

[6]

11. BMI (Body Mass Index) is one of the most popular body measurements. **TWO** measurements are taken to calculate one's BMI?

_____ and _____

SECTION D – Sports in Society (12 marks)

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

1. What are combined competitions? You may give examples.

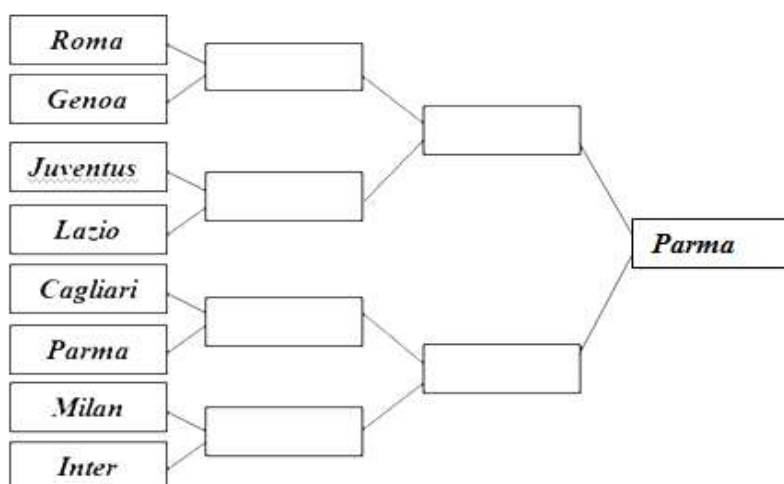
[1]

2. Organize a league competition on a two round basis by completing the table below. Consider the home/away element of such a competition.

<i>Teams: A, B, C and D</i>			
<i>First Round</i>		<i>Second Round</i>	
<i>Home team</i>	<i>Away team</i>	<i>Home team</i>	<i>Away team</i>
A	VS B	B	VS A
	VS		VS
	VS		VS
	VS		VS
	VS		VS
	VS		VS

[1]

3. a) Look at the type of competition below and insert appropriate team names, so that Parma and Roma reach the final, with Parma ending as winners of the Coppa Italia.



[2]

- b) What type of competition is the above called? _____

[1]

- c) State **ONE** disadvantage of such a competition.

[1]

4. Badminton is one sport which usually uses a ladder type of competition.
another sport which uses this same type of competition.

5. a) Suggest **TWO** ways how local councils can encourage residents to increase their physical activity during their leisure time.
- i. _____ [1]
- ii. _____ [1]
- b) Give **ONE** reason why the local councils should take such an initiative.
_____ [1]
6. Give **ONE** reason why the amount of leisure time may increase or decrease.
- i. **Increase:**
_____ [1]
- ii. **Decrease:**
_____ [1]

END OF PAPER