

DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION
Department for Curriculum Management and eLearning
Educational Assessment Unit
Annual Examinations for Secondary Schools 2012

FORM 4 **PHYSICAL EDUCATION (OPTION)** **TIME: 1h 30min**

Name: _____ **Class:** _____

SECTION A – Skill Acquisition, Movement and Physical Activities [16 marks].

Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 8 in Section A.

Answer ALL parts of the chosen question.

1. Skill Acquisition

a) When a skill is learned, it is performed with:

(i) _____ [½]

(ii) _____ [½]

b) Give an example from any sports of:

(i) an 'open' skill _____ [½]

(ii) a 'closed' skill _____ [½]

c) Specify **TWO** types of feedback which help an athlete to improve the performance.

(i) _____ [½]

(ii) _____ [½]

d) Mention **ONE** sports rule (from any sports) which makes the game more exciting.

_____ [1]

2. Athletics

a) The break line rule in the 800m race is there for a safety reason. What is this reason?

_____ [1]

b) Mention **ONE** rule regarding exiting from the throwing circle after the competitor releases the discus.

_____ [1]

c) Look at the picture:



- (i) What does the athlete have to do next to clear the bar successfully?

_____ [1]

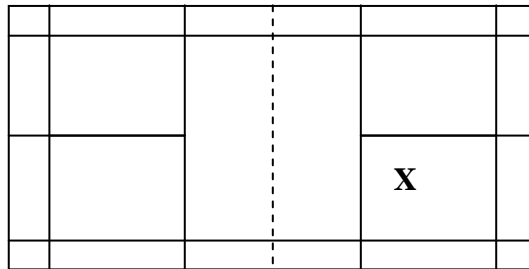
- (ii) Brian started training the high jump. Suggest **ONE** exercise which he could practise to gain more confidence landing on the mat.

_____ [1]

3. **Badminton**

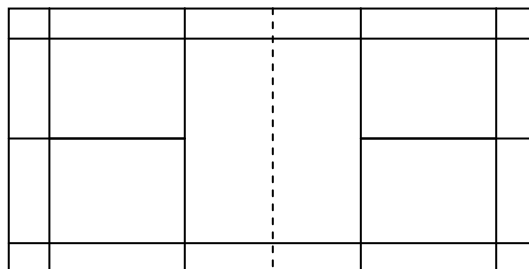
- a) Player X is serving. Shade the area where the shuttle may fall.

[1]



- b) Shade the playing area that is used for singles.

[1]



- c) (i) What type of shot is shown in the picture?

[1]



- (ii) Suggest **ONE** situation when this skill (shot) is usually played.

_____ [1]

4. **Dance**

a) Identify the motion factor being used when:

(i) a student includes sharp and smooth movements to make contrasts in the dance actions.

(ii) a student moves her hand very slowly, then travels using her whole body while accelerating.

[1]

(iii) a student moves in a straight pathway to the left.

[1]

b) Meeting and parting are ways we can perform movements while working with a partner or a group. Suggest **ONE** way we can use relationships in dance.

[1]

5. **Gymnastics**

a) Name **TWO** elements to consider, regarding the use of floor area.

(i) _____

[½]

(ii) _____

[½]

b) How can one use his/her body posture to gain more points in a floor routine?

[1]

c) Which skill is usually performed before doing the back flip?

[1]

d) Mention **ONE** instance where a gymnast will lose points for a vault.

[1]

6. **Hockey**

a) There are many types of passes used in hockey. Mention **TWO** of them.

(i) _____ (ii) _____

[1]

b) Which part of the hockey stick is used to trap the ball?

_____ [1]

c) What happens to the ball if the stick is kept still while trapping the ball?

_____ [1]

d) How many players should there be on the field during a match?

_____ [1]

7. Swimming

a) What happens to the legs if the head is held too high in the front crawl?

_____ [1]

b) Why is it important to practise the finishes of all swimming strokes often in training sessions?

_____ [1]

c) In the backstroke start, swimmers face the wall and hold on to the start block or the wall. Which part of the body pushes against/leaves the blocks first?

_____ [1]

d) In the breaststroke the body is in a streamlined position. What is the position of the arms and legs?

_____ [1]

8. Volleyball

a) For each of the following statements write down **True (T)** or **False (F)**.

[2]

i.	A block is considered a hit.	
ii.	A player is not allowed to block or attack a serve.	
iii.	A ball touching the boundary line is considered as out.	
iv.	If two players contact the ball simultaneously it is considered as two hits.	

b) Give **TWO** playing restrictions of the 'libero'.

(i) _____ [1]

(ii) _____ [1]

SECTION B – Health Related Fitness [16 marks].

Answer ALL questions in this section. Answer all parts of EACH question. For questions 2 to 4, write the letter of the correct answer and put an X near the correct answer.

1. Health can be affected *physically, mentally* and *socially*.

Under each picture below, write what type of health is affected.



i.	ii.	iii.
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[3]

2. Basal Metabolic Rate (B.M.R.) means:

- A. the resting heart rate ☐
- B. the amount of calories in food ☐
- C. the energy needed to stay alive ☐
- D. the energy spent during exercise ☐

[1]

3. Athlete's foot is:

- A. sports injury in the foot ☐
- B. an increase in foot size ☐
- C. a foul in the 100m start ☐
- D. a fungus infection ☐

[1]

4. Carbohydrate loading means:

- A. eating foods without fats ☐
- B. eating lots of starchy foods ☐
- C. eating a diet of vegetables ☐
- D. working with heavy loads ☐

[1]

5. These two minerals help bone growth and repair:

- A. calcium and phosphorus ☐
- B. iron and sodium ☐
- C. magnesium and iodine ☐
- D. zinc and sodium ☐

[1]

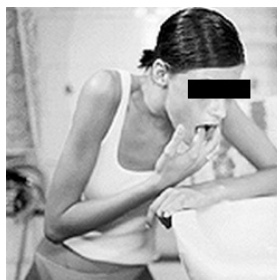
6. These nutrients **do not** provide the body with energy:

- A. carbohydrates ☐
- B. vitamins ☐
- C. fats ☐
- D. proteins ☐

[1]

7. Look at the pictures of these three persons and write the name of the dietary problem. Choose from the words below.

Anxiety, Anorexia, Bulimia, Obesity, Fatness

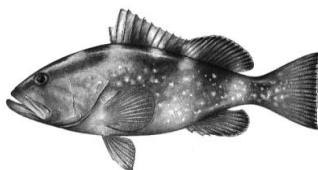


i.	ii.	iii.
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[3]

8. The three pictures below show different types of food. Write the sport most suitable for the food in the picture.

Marathon, Archery, Sumo wrestling, Body building, Darts



i.	ii.	iii.
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[3]

9. Say what happens to the body when:
- i) one eats little and uses a lot of energy everyday.
- _____
- ii) one eats the right amount of food for the activity.
- _____

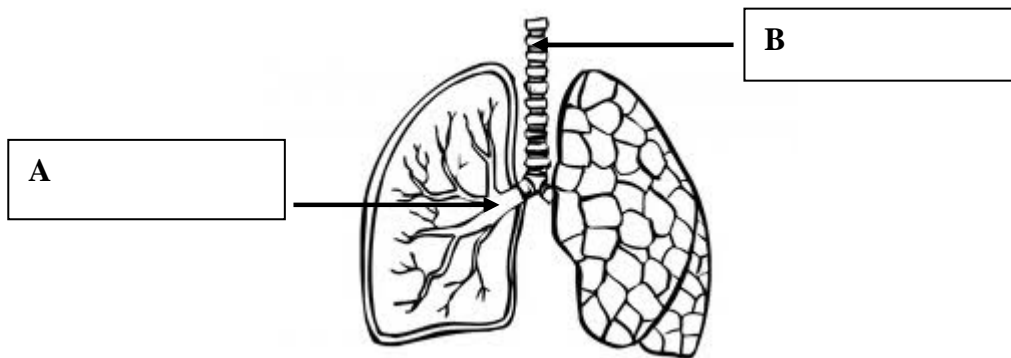
[1]

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

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

1. Give the anatomical name of the parts labelled, A and B.

[2]



2. Which is the main organ of the respiratory system?

[1]

3. The common name for alveoli is _____.

[1]

4. a) Athletes who take part in TWO of the following activities are more likely to experience oxygen debt. Underline the two activities.

[2]



Marathon runner



Sprinter



Basketball player



Swimmer

- b) What is the main difference between aerobic and anaerobic respiration?

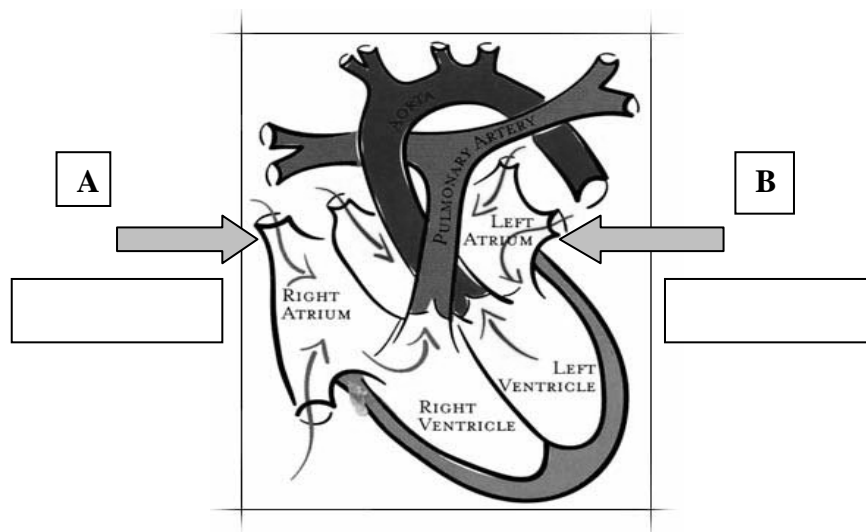
[2]

5. a) Why does blood doping improve sporting performance? Underline the correct answer. [1]
- (i) The athlete will have more white blood cells which help to fight infection.
 - (ii) The athlete will have more red blood cells and hence more oxygen available for the muscles.
 - (iii) The athlete will have more blood cells which makes the athlete stronger and more powerful.

- b) Mention **ONE** danger related to blood doping. [1]
- _____

6. The diagram below shows the human heart.

- a) Name the blood vessels labelled A and B. [2]



- b) Blood can be oxygenated or deoxygenated. [1]
- (i) Identify what type of blood is carried in blood vessel B. [1]
- _____

- (ii) Identify what type of blood is carried in blood vessel A. [1]
- _____

- c) Where does blood flow when it leaves the pulmonary artery? [1]
- _____

7. The intercostal muscles help in breathing. Which is the other muscle important for breathing? [1]

8. Where does gas exchange take place? [1]

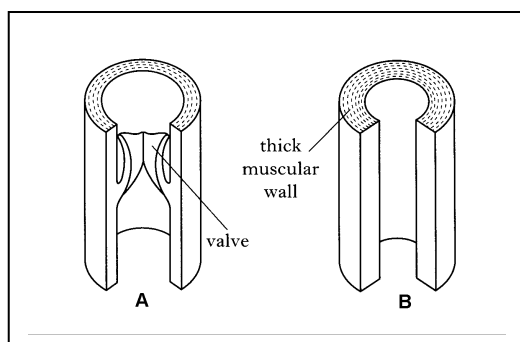
9. Match the function to the parts of the blood.

Red blood cells White blood cells Platelets Plasma

	Function	Blood Cell
i	That part of the blood responsible for blood clotting.	
ii	That part of the blood which fights against disease and infection.	
iii	That part of the blood which carries haemoglobin.	
iv	The part of the blood in charge of carrying dissolved food, carbon dioxide and heat round the body.	

[2]

10. The diagram below shows two different types of blood vessels.



a) Underline the correct statement about these blood vessels.

[1]

- (i) A is a vein and B is an artery.
- (ii) A is an artery and B is a vein.
- (iii) A is a vein and B is a capillary.
- (iv) A is a capillary and B is a vein.

b) Give ONE reason why the valve in Blood Vessel A is important.

_____ [1]

c) Give ONE reason why blood vessel B has thick muscular walls.

_____ [1]

11. During training two athletes are checking their pulse.

a) Give ONE place where they can feel the pulse.

_____ [1]

b) John is not aerobically fit for a run. How will this affect his recovery rate?

_____ [1]

12. What **TWO** measures can be taken to ensure safety from supporters during a football match? [1]
- (i) _____
- (ii) _____

13. An athlete can overload his training by:
- Increasing the **F**requency
- i) Increasing **I** _____
- ii) Increasing **T** _____

14. Kim is training football. She plans her training sessions on the principles of training. Fill in the table below:

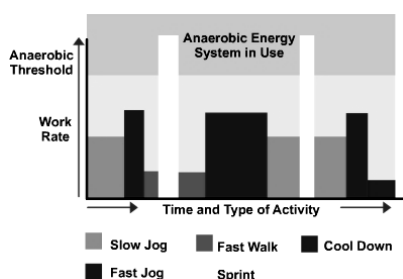
	Explanation of Principle	Principle of Training
i.	Kim starts with some easy skills and then moves to more difficult ones.	
ii.	Her training programme is tailored to meet the demands of football.	
iii.	Kim loses her fitness after stopping training because of an injury.	

[3]

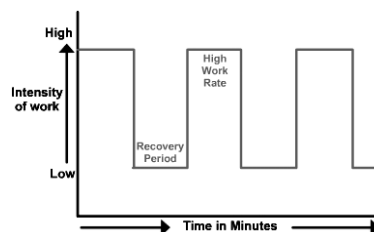
15. Insert the correct training method under each graph:

[3]

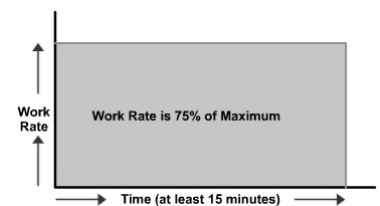
Continuous Interval Fartlek



a) _____



b) _____



c) _____

16. Mention **ONE** training method which:

- i) is used to develop explosive strength. _____ [1]
- ii) involves different exercises performed in stations. _____ [1]

SECTION D – Sports in Society [12 marks].

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

1. The men in the picture are watching a live match on TV.
Suggest **ONE** disadvantage of watching TV at home.



[1]

2. Give **TWO** major benefits of TV coverage to sport.

(i) _____ [1]

(ii) _____ [1]

3. Name **TWO** functions of the 'Kunsill Malti għall-Isport'.

(i) _____ [1]

(ii) _____ [1]

4. Mention **TWO** international competitions which fall under the Malta Olympic Committee and which Malta participates in.

(i) _____ [1]

(ii) _____ [1]

5. The following are all members of a local football club.

Chairperson Treasurer Secretary Head coach
Director of Junior and Youth Coaching Club Captain

Name the person:

- a) responsible for the administration of finance.

_____ [1]

- b) responsible for minute taking during executive committee meetings.

_____ [1]

- c) responsible for chairing the club executive.

_____ [1]

- d) Mention the **TWO** posts that are directly responsible for the technical development of the club.

(i) _____ (ii) _____ [2]