

**FORM 5**                      **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 10 in Section A.**

**1. Skill Acquisition**

- a) A skill is usually learned through repetition. How does repetition improve a particular skill? [1]  
\_\_\_\_\_
- b) During competitive sports, officials are under pressure both from players and from supporters. Mention **ONE** other factor which adds more pressure on officials. [1]  
\_\_\_\_\_
- c) One rule intended to help with the administration of sports is a rule related to the transfer of players. Suggest **ONE** other rule related to the administration of sports. [1]  
\_\_\_\_\_
- d) A coach needs to have other qualities besides technical knowledge of the sport. Specify **ONE** other quality of a good coach. [1]  
\_\_\_\_\_

**2. Athletics**

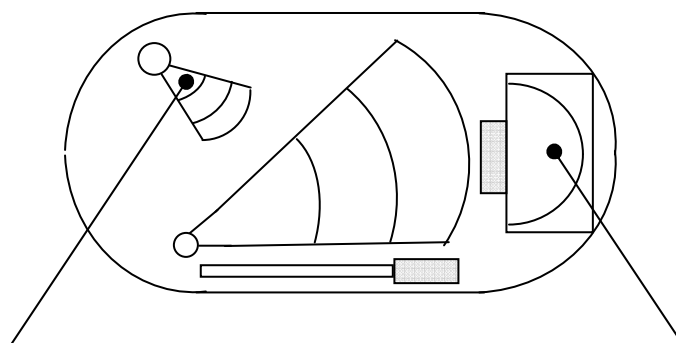
- a) The starting command for 1500m race is; “On Your Marks”, “Bang”. What is the starting command for the 100m? [1]  
\_\_\_\_\_
- b) Name **TWO** sprinting events in which the ‘starting blocks’ are used. [1]  
(i) \_\_\_\_\_ (ii) \_\_\_\_\_

- c) The high jump technique is divided into four main components. Put the following components in order. The first one has been done for you. [1]

**take-off and action in the air      landing      the last two strides**

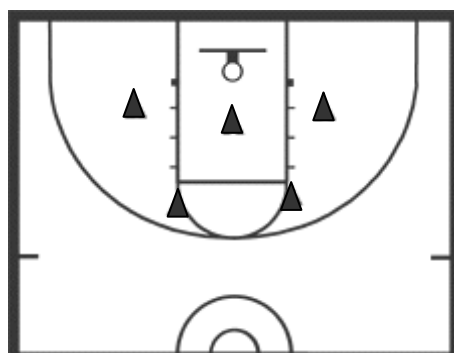
- (i) the approach run      (ii) \_\_\_\_\_  
(iii) \_\_\_\_\_      (iv) \_\_\_\_\_

- d) The diagram below shows the layout of the field events. Label the **TWO** events indicated in the diagram below. [1]



- (i) \_\_\_\_\_      (ii) \_\_\_\_\_

### 3. Basketball



- a) (i) What type of defence is shown in the diagram above? [1]

\_\_\_\_\_

- (ii) Suggest **ONE** instance when it is appropriate for a team to defend in the formation shown above. [1]

\_\_\_\_\_

- b) After how many personal fouls committed is a player “fouled out”? [1]

\_\_\_\_\_

- c) Mention **ONE** teaching point when performing a chest pass. [1]

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4. **Dance**

- a) What is the fitness component shown by the dancer below? [1]

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- b) Describe a gesture that may be included to show anger in a dance with a partner. [1]

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- c) A performer notices that acceleration may be included in a particular part of the dance. Give **ONE** practical example to show what acceleration means in dance. [1]

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- d) Give **ONE** reason why strength is important for a dancer. [1]

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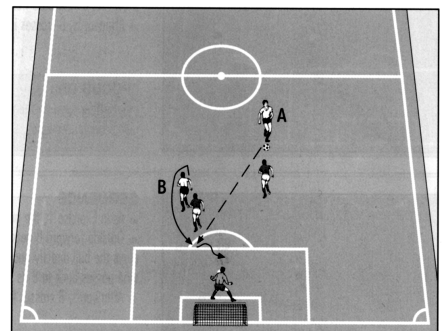
5. **Football**

- a) Mention **ONE** instance when a player is shown a Yellow Card by the referee. [1]

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- b) (i) Player A passes to Player B between two defenders. This is known as a: [1]

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- (ii) This pass is played best when: [1]

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- c) What type of shot is the player in the picture using? [1]



\_\_\_\_\_

## 6. Gymnastics

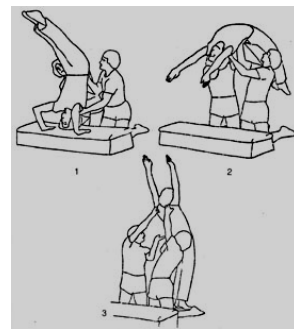
- a) Look at the picture and answer the questions below.

- (i) Which skill is being practised? [1]

\_\_\_\_\_

- (ii) Name **ONE** body part the spotters are supporting. [1]

\_\_\_\_\_



- b) Select **ONE** way of how a floor routine can be more original. [1]

\_\_\_\_\_

- c) Name **ONE** rule related to the landing in a vault. [1]

\_\_\_\_\_

## 7. Handball

- a) Put the following progressive punishments in order of severity starting from the less harsh. The first one has been done for you. [1]

**Red card**

**2 Minute Suspension**

**Exclusion**

**Yellow card**

- (i) **Yellow card**

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

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

- (iv) \_\_\_\_\_

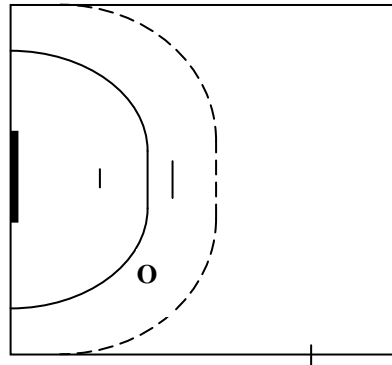
- b) What is 'passive play'? [1]

\_\_\_\_\_

- c) For how many seconds can a player hold the ball in his/her hand without dribbling [1]

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- d) With reference to the diagram below indicate with an **X** from where a free throw must be taken if a foul or infringement took place at point **O**. [1]



## 8. Netball

- a) Give **ONE** main point to remember when marking an opponent. [1]

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- b) What is the penalty given for an offside? [1]

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- c) Give **ONE** reason why when attacking, it is important to spread the attack as wide as possible. [1]

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- d) Explain the “over a third” rule. [1]

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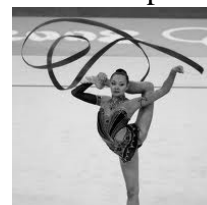
## 9. Rhythmic Gymnastics

- a) All implements may be thrown and caught. Choose **ONE** implement. For this implement state **ONE** other action which may be performed. [1]

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- b) Underline, the **FOUR** words from the list below which best describe the picture. [2]

Symmetrical	Asymmetrical
High	Medium
Snaking	Spiralling
Stretched	Curled



- c) Marks are deducted if a gymnast does not keep her equipment moving. Specify one instance when marks are deducted regarding the use of the implement during a performance. [1]

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## 10. Swimming

- a) (i) What is the stroke shown in the picture below? [1]




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- (ii) Give ONE important point to remember regarding the kick of this stroke. [1]

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- b) In the backstroke, for how long can a swimmer kick under the water after a dive? [1]

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- c) Which part of the arm enters the water first in the back crawl? [1]

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

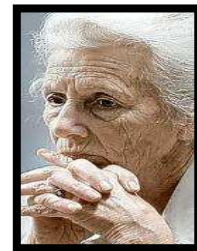
Answer ALL questions in this section. Answer ALL parts of EACH question.

1. Joan used to train and compete at a high level when she was younger. How does age affect her sporting performance? [1]

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2. Which of the following conditions have a negative effect on performance? Tick the correct FOUR. [2]



*Asthma*

☐


*Colds and flu*

☐


*Weight training*

☐


*Fatigue*

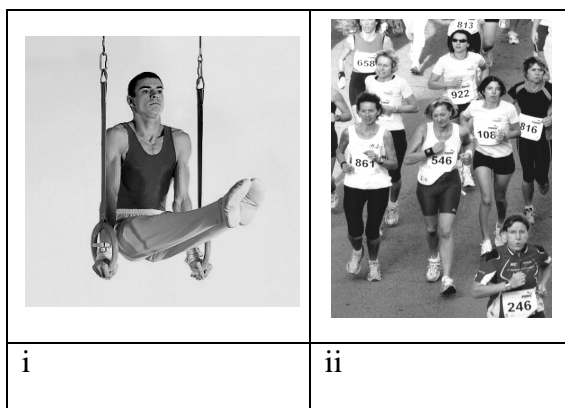
☐


*Hay Fever*

☐

[2]

3. Emma trains and competes at a high level. Underline **TWO** psychological problems that could have a direct effect on her performance. [2]  
*tension anaemia stress flu injury*
4. Joan and Clare increased their heart rate considerably during exercise. Joan's heart rate takes 2 minutes to return to normal while Clare's heart rate takes 30 seconds. Why is Clare more fit than Joan? [1]  
 \_\_\_\_\_
5. Write **TWO** examples of exercises which improve cardiovascular endurance. [2]  
 (i) \_\_\_\_\_ (ii) \_\_\_\_\_
6. Anna ensures that she drinks plenty of water before, during and after her training. What condition is she at risk of if she does not drink enough water? [1]  
 \_\_\_\_\_
7. Anorexia is very dangerous to our health and if the condition is untreated it can lead to various health problems. Mention **ONE** way how anorexia can be treated. [1]  
 \_\_\_\_\_
8. Mention **ONE** advantage of being flexible in sports. [1]  
 \_\_\_\_\_
9. What do we call that small amount of energy needed to keep our body systems working even when sleeping? (Mark with an X the correct answer) [1]  
 a) vital energy system \_\_\_\_\_ b) inactive energy \_\_\_\_\_  
 c) basal metabolic rate \_\_\_\_\_ d) life support system \_\_\_\_\_
10. Look at these two pictures. Under each picture, write which of the five nutrients is needed most. [2]



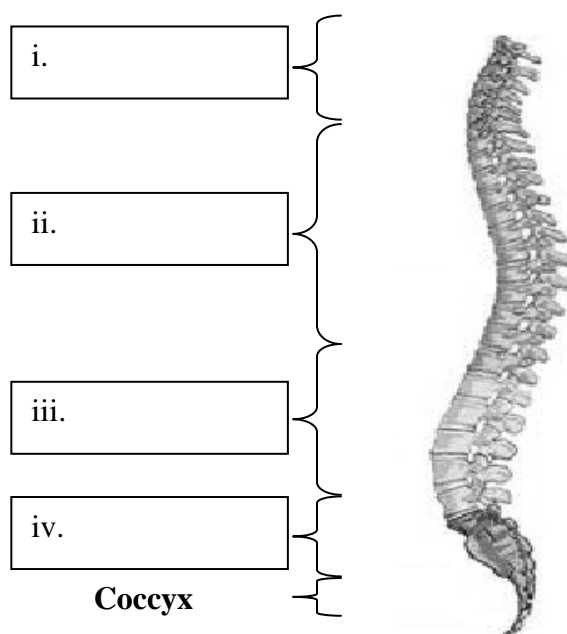
11. Complete the table below. The first one has been done for you. [2]

	Type of Health	Example
Ex.	Physical well being	Have no injuries
i	Mental well being	
ii	Social well being	

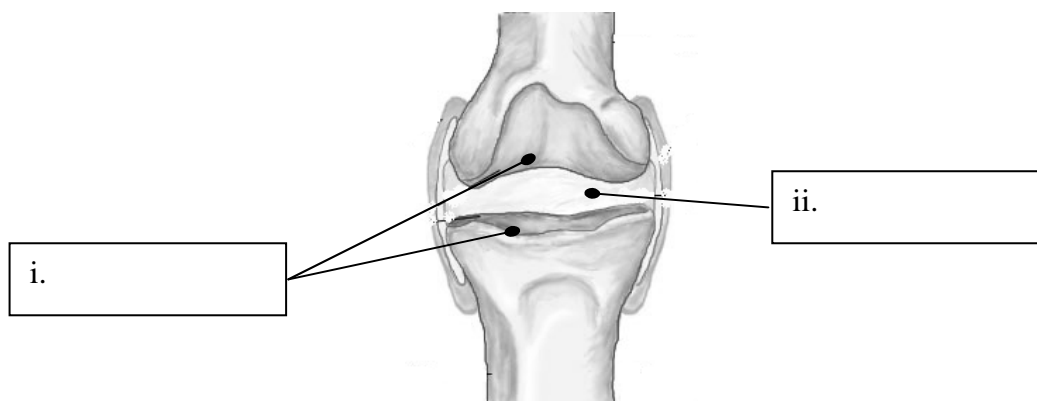
**SECTION C – Body Systems and Performance [36 marks]. Answer ALL questions in this section.**

1. The spinal column consists of five regions. Use the words below and fill in the missing regions. [2]

**Lumbar      Cervical      Sacral      Thoracic**



2. The picture below shows the knee joint. Part **i** acts as a shock absorber and part **ii** reduces the joint from friction. Fill in the labels. [2]





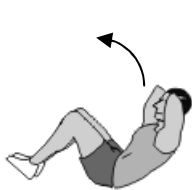
3. What does the spinal column protect? [1]

\_\_\_\_\_

4. There are three types of muscles; voluntary, involuntary and cardiac. Read the definitions below and write the corresponding type. [3]

	Definition	Category
i	These are attached by tendons to bones and allow body movement.	
ii	These are found within wall of organs which are not under our conscious control.	
iii	These are found only in the heart.	

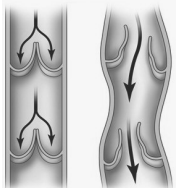
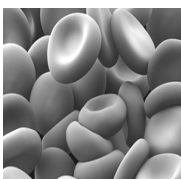

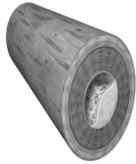
5. The pictures below show three different exercises. For each exercise identify the working muscle group. [3]



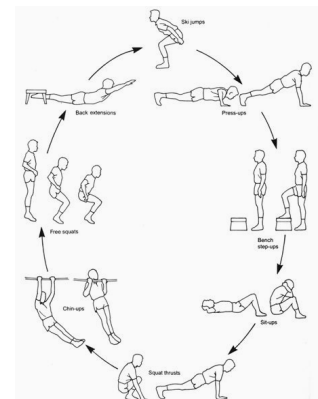
(i) \_\_\_\_\_ (ii) \_\_\_\_\_ (iii) \_\_\_\_\_

6. In the table below, write the name of the part under each picture. Choose from the following words; [4]

*plasma, artery, atrium, red cells, veins, platelets, heart, alveoli*

			
i	ii	iii	iv

7. The circulatory system serves to deliver or remove certain substances to/from body. Mention **ONE** substance delivered and **ONE** substance removed.
- (i) delivered \_\_\_\_\_
- (ii) removed \_\_\_\_\_ [1]
8. Mention **TWO** long-term physical benefits of regular exercise.
- (i) \_\_\_\_\_ [1]
- (ii) \_\_\_\_\_ [1]
9. Where is the best place to feel a weak pulse on the body? [1]
- \_\_\_\_\_
10. What do we call the training zone where one almost works at full effort? [1]
- \_\_\_\_\_
11. Which **TWO** gases are exchanged during inspiration/expiration? [1]
- (i) \_\_\_\_\_ (ii) \_\_\_\_\_
12. What is the technical name for 'air sacs'? \_\_\_\_\_ [1]
13. A warm-up and a cool-down are two parts of a training session. Mention the other two parts. [2]
- (i) \_\_\_\_\_ (ii) \_\_\_\_\_
14. Look at the picture on the right hand side and answer questions a) and b).
- a) What type of training method is shown? [1]
- \_\_\_\_\_
- b) Mention **ONE** advantage of using this as a training method. [1]
- \_\_\_\_\_
- \_\_\_\_\_



15. Besides weight, which other measurement is used to calculate the Body Mass Index? [1]

\_\_\_\_\_

16. Adrian's Body Mass Index is  $32\text{kg/m}^2$ . Which group best describes his weight? Underline the correct answer.

underweight      healthy weight      overweight      obese

17. What type of instrument is used to take skinfold measurement? [1]

\_\_\_\_\_

18. What unfair advantage does an athlete gain by making use of narcotic analgesics? [1]

\_\_\_\_\_

19. Suggest **TWO** safety precautions taken to avoid injuries in a sports competition.

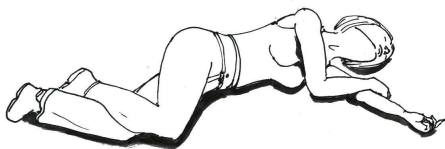
(i) \_\_\_\_\_ [1]

(ii) \_\_\_\_\_ [1]

20. R.I.C.E. is the method used to treat soft tissue injuries. Complete the following: [1]

**R**\_\_\_\_\_ **I**ce      **C**ompression      **E**\_\_\_\_\_

21. An athlete is unconscious and has been placed in the position shown below. What is this position called? [1]



\_\_\_\_\_

22. The picture shows a shoulder dislocation: [1]

What first aid procedure would you use when such a dislocation occurs?

\_\_\_\_\_

\_\_\_\_\_



#### SECTION D – Sports in Society [12 marks]. Answer ALL questions in this section.

1. a) London is the host of the 2012 Summer Olympic Games. Name the organisation which selected London to organise the Games. [1]

\_\_\_\_\_

- b) How can common people living in London benefit from this major sport event? [1]

\_\_\_\_\_

2. Choose **ONE** statement (A, B, C or D) to describe the political issue raised in the related Olympic Games and write it down in the table.

- A. Boycott of western countries in protest of Russian invasion of Afghanistan.  
 B. Arab nationals promoting their political ideals, killed several Israeli competitors.  
 C. The Games are used by Hitler to further the Nazi Cause.  
 D. South Africa was withdrawn because of the country's policy of apartheid.

	Date	Political Issue
(i)	1936 / Berlin	
(ii)	1972 / Munich	

3. a) Which of the following media types is not a press media? [1]



*Books*



*Newspapers*



*Radio*



*Magazines*

\_\_\_\_\_

- b) Radio still has its important role to report sport. Give **TWO** advantages of listening to sport on the radio.

(i) \_\_\_\_\_ [1]

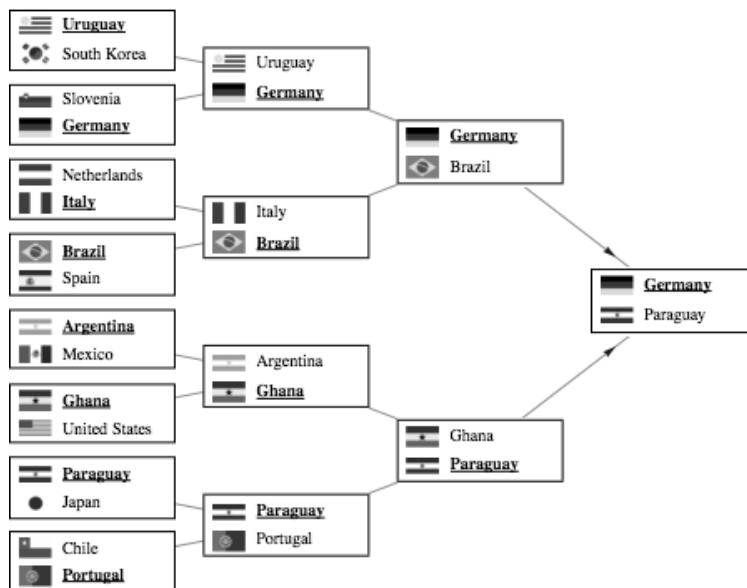
(ii) \_\_\_\_\_ [1]

4. Give the main intention of sponsorship for: [2]

		Main Intention
i	The sponsor	
ii	The sponsored (athlete)	

5. a) Identify the type of competition being used.

[1]



- b) What is usually done to avoid the best players or teams eliminating each other out too early in the competition?

[1]

- c) Combined competitions are very common. Give **ONE** reason why organisers tend to mix two types of competitions in their sports events.

[1]