

FORM 5 PHYSICAL EDUCATION (OPTION) TIME: 1h 30min

Name: _____

Class: _____

| 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 (5%) | SCOUTING (5%) | SKILL ANALYSIS (5%) | |
| | | | | | | | | |

Section A - 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) In the table below, put the following physical activities next to the corresponding skill.

Dribbling an opponent Running Overhand service Free shot

| | Skill | Physical Activity |
|-----|---------------|-------------------|
| i | Closed Skill | |
| ii | Basic Skill | |
| iii | Open Skill | |
| iv | Complex Skill | |

[2]

- b) Which is the **local** ruling body for the following sport activities?

(i) Basketball _____

[1]

(ii) Athletics _____

[1]

2. Athletics

- a) Mention **TWO** common faults in shot putting.

(i) _____

[1]

(ii) _____

[1]

- b) Name **TWO** jumping events.

(i) _____ (ii) _____

[1]

- c) The techniques mentioned below are used in field events. In which field event are these techniques used?

| | Technique | Field Event |
|----|----------------------|-------------|
| i | Gliding Technique | |
| ii | Hitch Kick Technique | |

[1]

3. **Badminton**

- a) Name the type of grip used when doing a:
- (i) backhand stroke _____ [1]
- (ii) forehand stroke _____ [1]
- b) A badminton game is played up to _____ points. [1]
- c) In which badminton stroke does the shuttle travel slowest?
_____ [1]

4. **Dance**

- a) You are creating a duo dance. **Matching** is a relationship which can be used. Name another **TWO** different relationships.
(i) _____ (ii) _____ [1]
- b) Give **ONE** practical example of how **Matching** can be used in dance.

_____ [1]
- c) Auditory stimulus can be used as a starting point for inspiring different dance moves. Suggest **ONE** other different stimulus.
_____ [1]
- d) Why is it important to consider the use of climax/highlight in a dance?
_____ [1]

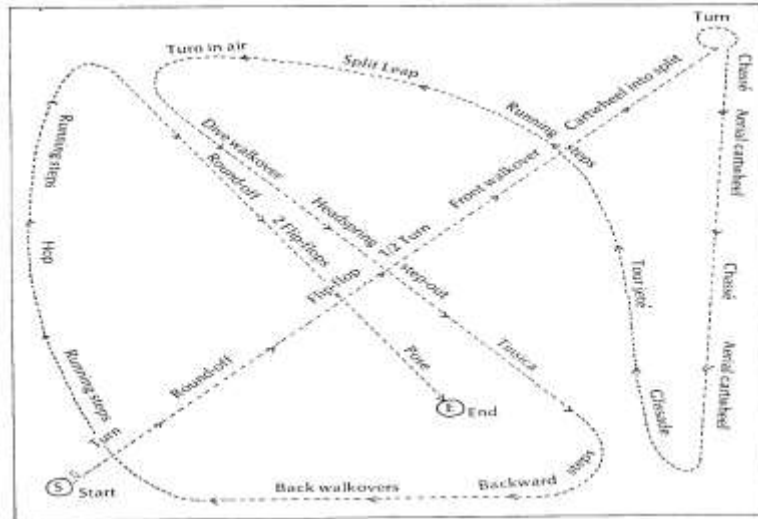
5. **Gymnastics**

- a) In the table below put the following skills under the correct column.

Cartwheel Front Walkover Somersault Headspring

| Rotations/Springs | Turns/Wheels |
|-------------------|--------------|
| | |
| | |

[2]



- b) Give **TWO** reasons why the floor pattern, in the diagram above, shows an excellent gymnastics sequence.

(i) _____ [1]

(ii) _____ [1]

6. Hockey

In the table below put the following skills next to the correct statement.

Flick pass Indian Dribble Slap hit Push pass

| | | |
|-----|---|--|
| i | This is used when the ball is played to a partner. Usually the stick does not make a sound when this skill is played. | |
| ii | The ball is hit at the lower part like a chip in football. | |
| iii | This is best used to take shots at goal. | |
| iv | This skill is used to change the direction of the ball to beat an opponent. | |

[4]

7. Swimming

- a) Which stroke does not start with a diving start?

_____ [1]

- b) Which is the fastest of all strokes?

_____ [1]

- c) Under each picture write the respective swimming stroke.



(i) _____



(ii) _____ [2]

8. **Volleyball**

a) When is a 'double hit' called?

_____ [1]

b) Mention **ONE** way how the fifth set is different from the other sets.

_____ [1]

c) Write down the skill related to each teaching point.

| | Teaching Point | Skill |
|----|--------------------------------------|-------|
| i | Contact the ball near your forehead. | |
| ii | The ball is played on the forearms. | |

[1]

[1]

SECTION B – Health Related Fitness [16 marks].

Answer ALL questions in this Section.

Answer ALL parts of EACH question.

1. For each sentence below indicate whether it is **health related** or **fitness related**. Underline the correct answer.

(i) I train basketball three times a week.

Health related / Fitness related

(ii) I wash the car every Saturday.

Health related / Fitness related

[1]

2. Fill in the table below with the correct nutrient/substance:

| | Function | Nutrient/Dietary Component |
|-----|---|----------------------------|
| i | Keeps the digestive system in good working order. | |
| ii | Helps the body grow and repair itself. | |
| iii | Anaemia is caused by the lack of this substance. | |

[1]

[1]

[1]

3. Write down the correct body somatotype under the corresponding picture.

Mesomorph

Ectomorph

Endomorph



(i) _____

(ii) _____

[1]

4. Jack needs a total energy of 2500 calories per day. What happens to his weight if his intake is 2000 calories per day?

5. The following words are components of **general** or **specific** fitness. Put these words under the appropriate column.

agility endurance coordination flexibility

| General Fitness | Specific Fitness |
|-----------------|------------------|
| strength | balance |
| speed | |
| | |
| | reaction time |

[2]

6. Select the pictures which show:



A



B



C



D

- (i) Cardiovascular Endurance: Pictures _____ and _____ [1]

- (ii) Muscular Endurance: Pictures _____ and _____ [1]

7. a) Mention **ONE** test that measures agility.

_____ [1]

- b) Which of the following statements shows an example of agility?
Underline the correct answer.

A. to make a fast start.

B. to dodge an opponent.

C. to play a long ball.

D. to run a distance in the shortest time.

[½]

8. A shot put thrower needs to improve his power. Which of the following weight training methods would you recommend? Underline the correct answer.

A. training with heavy weights (80-100% of the maximum).

B. training with medium weights (60-80% of the maximum).

C. training with light weights (40-60% of the maximum).

[½]

9. Write the type of strength which is required by the athlete in each picture.



- (i) _____ (ii) _____ [2]

10. Mention **TWO** tests that measure leg power.

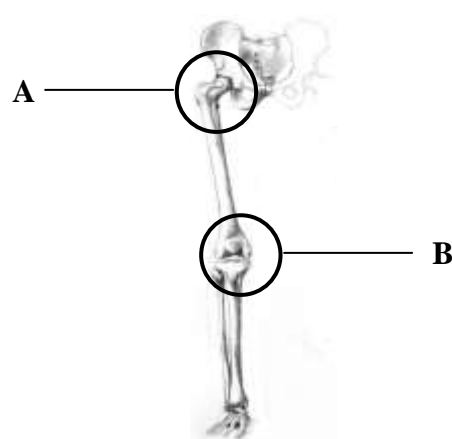
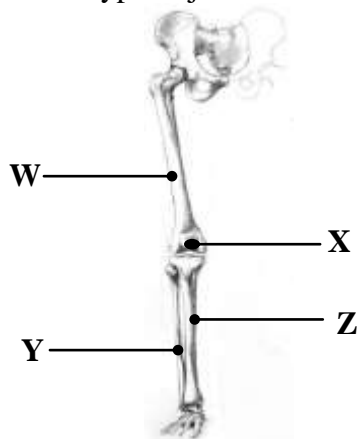
- (i) _____ (ii) _____ [2]

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

Answer ALL questions in this Section.

Answer ALL parts of EACH question.

1. The diagrams below show the bones of the leg.
 a) Name the parts of the leg that are labelled with letters W, X, Y and Z. [4]
 b) Name the type of joint marked A & B. [2]



W _____
 X _____
 Y _____
 Z _____

A _____
 B _____

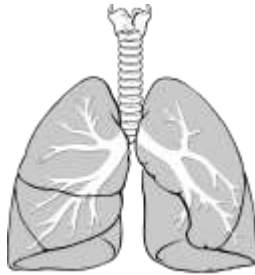
2. There are three types of muscle contraction. Write the phrases below next to the corresponding definitions.

Isometric contraction Isotonic contraction Isokinetic contraction

| | | |
|-----|--|---|
| i | | Muscle contraction is kept constant throughout the whole range of movement. |
| ii | | There is muscle contraction but no movement. |
| iii | | There is muscle contraction and movement. |

[3]

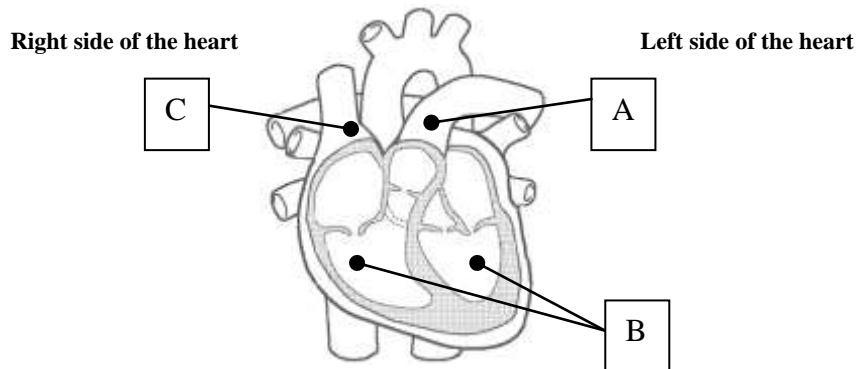
3. The picture below shows a part of the respiratory system.
- Label the trachea with the letter **X**.
 - Label the bronchus with the letter **Y**.
 - Draw the diaphragm.



4. Mention **ONE** function of the circulatory system.

_____ [1]

5. The diagram below shows a heart and the vessels connecting each chamber.



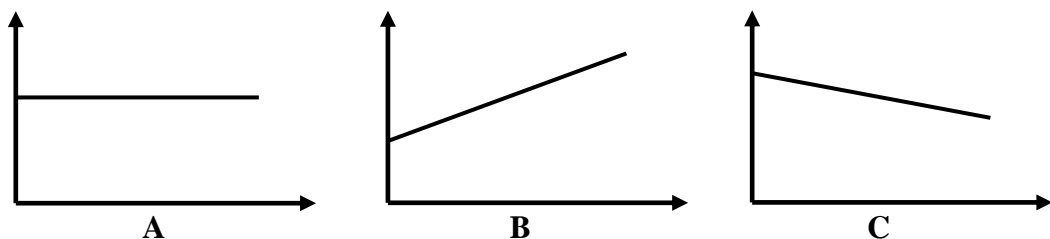
- a) Name blood vessel A _____ [1]

- b) Name the lower chambers of the heart labelled B.
_____ [1]

- c) Draw an **arrow** to show in which direction the blood is flowing through vessel C. [1]

- d) Which part of the heart carries oxygenated blood?
_____ [1]

6. Which graph shows plateauing?



Graph _____ [1]

7. Name the principle of training that takes place when a person stops training

because s/he is injured.

8. Give **TWO** ways how an athlete can apply the overload principle in training.

(i) _____ [1]

(ii) _____ [1]

9. Carbon dioxide is a substance carried in blood. Mention **THREE** other substances.

(i) _____ (ii) _____ (iii) _____ [3]

10. What is the function of antibodies?

_____ [1]

11. Under each picture, write down the fitness component that is being tested.



(i) _____ (ii) _____ (iii) _____ [3]

12. Complete these sentences using the following words:

fartlek weight circuit interval

a) A sequence of exercises, taking place at different stations, is called _____ training.

b) Alternating between fixed periods of exercise and fixed periods of rest is called _____ training.

c) Resistance training using machines is called _____ training.

d) Exercising involving changes of speed, distance and type of exercise without stopping is known as _____. [2]

13. Which instrument is used to measure maximum strength?

_____ [1]

14. What kind of drug can be illicitly used:

- a) to help a boxer lose weight before a bout? _____
- b) to stop the body from feeling pain? _____

15. Complete the table below:

| | Injury | Signs and symptoms | Treatment |
|-----|-----------------------------|---|--|
| i | Overstretching of a muscle. | Pain and swelling. | |
| ii | Fracture. | | Do not move injured area. |
| iii | | Severe pain at the joint. The joint will look deformed. Swelling. | Support injured area. Immobilize. Apply ice. |

[3]

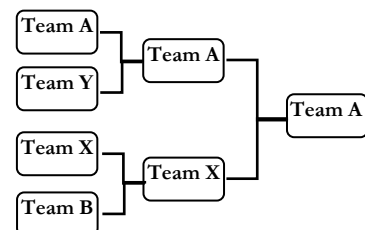
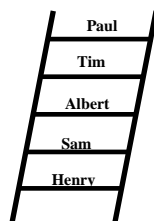
SECTION D – Sports in Society [12 marks].

Answer ALL questions in this Section.

Answer ALL parts of EACH question.

1. Write down the type of competition shown in the diagrams below.

A vs B
C vs D
A vs C
B vs C
A vs D
B vs D



(i) _____ (ii) _____ (iii) _____ [3]

2. What are 'mixed competitions'?

_____ [1]

3. Mention **TWO** considerations to keep in mind before building an indoor sports facility.

(i) _____ [1]

(ii) _____ [1]

4. Mention **ONE** disadvantage of outdoor sports facilities.

_____ [1]

5. Mention **ONE** way how the 'Kunsill Malti għall-Isport' encourages participation in sports.

_____ [1]

6. De Coubertin believed that sportspersons benefit through participation in International competitions. Mention ONE such advantage.

7. The Olympic Games were sometimes faced with financial, political or racial problems. Put the following Olympic games next to the correct description.

1936 Berlin 1972 Munich 1984 Los Angeles 1992 Barcelona

| | Olympic Game | Description |
|-------|--------------|--|
| (i) | | The Soviet Union and other Eastern Bloc boycotted these games in retaliation for American boycott. |
| (ii) | | Hitler attempted to use these games as a huge propaganda exercise. |
| (iii) | | These games were completely dominated by the Palestinian terrorist attack on the Israeli Team. |
| (iv) | | The break up of the Soviet Union and the reunification of East and West Germany brought a new look to the Olympic Games. |

[2]

8. Mention ONE function of clubs.

[1]