

SECONDARY SCHOOLS ANNUAL EXAMINATIONS 2009

Directorate for Quality and Standards in Education

Educational Assessment Unit

FORM 3

PHYSICAL EDUCATION

TIME: 1½ hours

TOTAL MARK 80

Name: _____

Class: _____

For office use only			
A	B		Total (80 marks)
Skill Acquisition Movement and Physical Activities (20 marks)	Health Related Fitness (28 marks)	Body Systems and Performance (32 marks)	

Section A –Skill Acquisition, Movement and Physical Activities (20 marks)

Answer question A (Skill Acquisition) and choose THREE questions from 1 to 12.

Answer all parts of the chosen question.

A. SKILL ACQUISITION

- a) Mention one role of the P.E. teacher.

_____ (1)

- b) Why is coordination necessary to acquire basic skills?

_____ (1)

1. ATHLETICS

- a) i) What special apparatus is used for the start of the 100m?

_____ (1)

- ii) What command is given for the start of the 100m?

_____ (1)

- b) i) Give one reason why the speed at take-off in the long jump is important.

_____ (1)

ii) Mention one way how bounding drills can improve the long jump.

c) i) Mention one throwing event

_____ (1)

ii) Suggest one exercise which can be used to improve the above throwing event.

_____ (1)

2. BADMINTON

a) i) How many games must a player win in order to win a match?

_____ (1)

ii) How many points must be scored to win a game?

_____ (1)

b) Refer to the diagram below. Indicate by an X the position of the shuttle when giving a forehand clear.



(1)

c) i) Give one advantage of using a high serve.

_____ (1)

ii) Give two critical elements of the high serve

_____ (2)

3. BASKETBALL

a. Explain the following terms:

i) travelling _____ (1)

ii) double dribble _____ (1)

b. Which is the appropriate pass to give when:

i) team mate is close _____ (1)

ii) team mate is far away _____ (1)

- c. Two critical elements of the jump shot are feet shoulder-width apart and follow through. Mention another two.

i) _____
ii) _____ (2)

4. EDUCATIONAL DANCE

- a. There are seven basic locomotor patterns. Mention four.

i) _____
ii) _____
iii) _____
iv) _____ (2)

- b. State the effort actions the following movements are working on

i) moving as fast as possible _____
ii) moving in curved lines _____
iii) moving as lightly as possible _____
iv) moving and stopping _____ (2)

- c. You are watching a dance routine. Mention two qualities you would look for in the dancer.

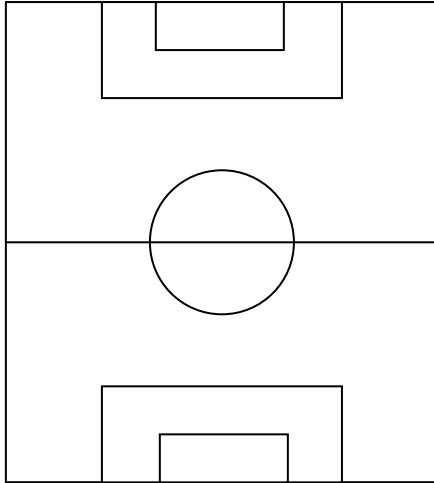
i) _____
ii) _____ (2)

5. FOOTBALL

- a) Mention two reasons why passing is a very important aspect of the game.

_____ (2)

- b) i) In the diagram below, draw your favourite system of play.



(1)

- ii) Mention one reason why this system is effective.

(1)

- c) In which of the following instances does the referee decide that the game can still be played?

Circle the correct answer/s

- i) the other team has one player less
ii) corner flag post is missing
iii) there is no technical area

(2)

6. GYMNASTICS

- a) Give an example of a flexibility exercise particularly suited for a gymnast to improve:

i) the lower body parts. _____

ii) the upper body part. _____ (2)

- b) From the following, write the two most important factors needed in performing the headstand.

Flexibility and strength, Strength and balance, balance and rhythm.

_____ (1)

- c) Give one critical element of the backward roll regarding the use of:

i) the head: _____

ii) the hands: _____ (1)

d) What should a gymnast do exactly before starting and after finishing the sequence?

e) Name:

i) A Horizontal/Linear Vault _____

ii) A Rotational Vault _____ (1)

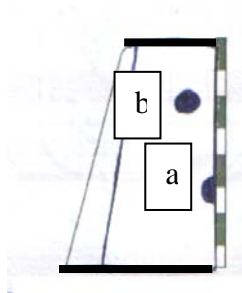
7. FIELD HOCKEY

a) Mention two critical elements of the Indian dribble.

i) _____

ii) _____ (2)

b)



i) Write the letter/s next to the ball that a referee can allow as a goal. _____ (1)

ii) Give a reason for your answer.

_____ (1)

c) Mention two types of team defence tactics.

_____ (2)

8. NETBALL

a. On the diagram below mark:

i) the third lines

ii) the shooting circle

iii) the centre circle

(1)

b. Shade the area where the Centre can play.

(1)



c. Why is defending your opponent important?

d. Give two critical elements of a good pivot.

i) _____

ii) _____ (2)

e. Who is the player who should ideally receive the centre pass?

_____ (1)

9. RHYTHMIC GYMNASTICS

a) State two ways of expressing the time factor in your sequence.

i) _____

ii) _____ (1)

b) Flexibility is a required attribute by a rhythmic gymnast. Mention another two.

i) _____

ii) _____ (2)

c) What must the body show during a balance?

_____ (1)

d) Mention two types of jumps where the take off is on one foot and the landing is on the other.

i) _____ ii) _____ (1)

e) With regards to the use of music, mention two faults for which points may be deducted.

i) _____

ii) _____ (1)

10. SWIMMING

a) Name a stroke which is symmetrical in movement.

_____ (1)

b) During the back stroke/ crawl, the feet should stay under the water when kicking.
State why.

_____ (1)

c) Give another two critical elements of the leg action during the back stroke.

i) _____

ii) _____ (1)

d) i) Where should the swimmer's face be when breathing out during the front crawl?

ii) Describe how the swimmer should breathe out.

_____ (2)

e) State why a swimmer may be disqualified at the start of a breast stroke race.

_____ (1)

11. TEAM HANDBALL

a) i) Circle the correct answer to describe from where a penalty is taken

A) 7m throw

B) 9m throw

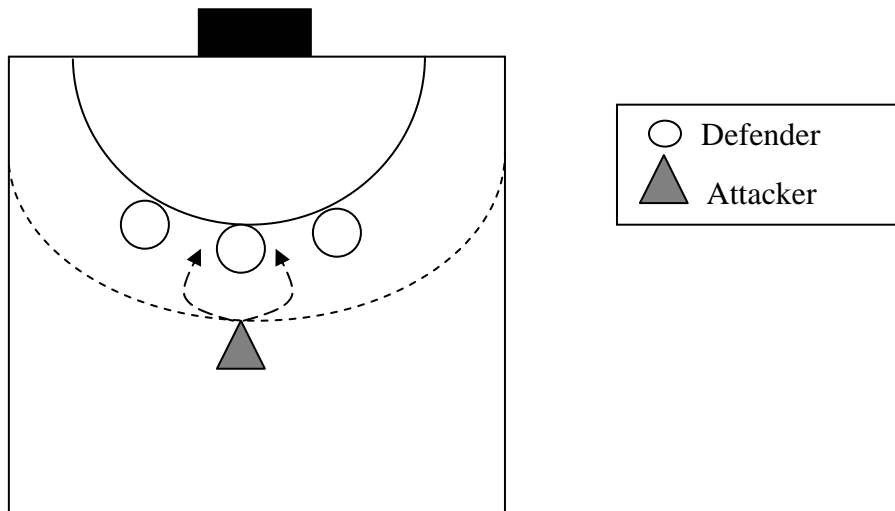
C) 11m throw

(1)

ii) Mention one reason why a penalty is awarded in handball.

_____ (1)

- b) In the following diagram the attacker is attacking the spaces between two defenders placed on the 6-m line. Give 2 reasons why the attacker acts in that way.



_____ (2)

- c) In shooting, accuracy is more important than a powerful shot. Mention two types of shots you recommend to beat the goalkeeper while emphasising accuracy.

_____ (2)

12. VOLLEYBALL

- a) i) Players can attack and defend. Give the name of the player who can only play as defence.

- ii) Why is this player not allowed to be team captain?

_____ (2)

- b) From a service, the first pass of the receiving team is a dig. Which are the likely next two passes?

i) _____ ii) _____ (2)

- c) Transference of weight, and follow through are two critical elements of any service. Give another two critical elements of the underhand serve.

i) _____

ii) _____ (1)

d) i) How many time-outs are allowed by the coach per set?

ii) How long is each time-out?

(1)

Section B - Health Related Fitness (28 marks)

1. Fill in the table below using the appropriate term from the ones provided.

Safety rules, fitness, exercise, health

	Description	Term
i	Healthy physical activity	
ii	Precautions to avoid injuries	
iii	A state of complete physical, social and mental well-being	
iv	Ability to meet the demands of everyday life	

(2)

2. Mental well being is one component of health. Mention the other two.

i) _____

ii) _____

(1)

3. Overeating and not exercising may damage health. Give another two examples which affect health negatively.

i) _____

ii) _____

(1)

4. Give two reasons why it is important to shower regularly.

i) _____

ii) _____

(1)

5. Fill in the following table.

	Description	Term
i)	These are needed to build and repair muscle	
ii)	This helps to prevent dehydration	
iii)	This is needed to keep the digestive system healthy	
iv)	These can either be fat soluble or water soluble	

(4)

6a. Proteins are one nutrient of a balanced diet. Name two others.

i) _____

ii) _____

(1)

b. Which mineral helps Angela to keep her bones healthy?

7a. Maria is refusing to eat. What will happen to her if she continues like this for a long time?

_____ (1)

b. Her friend is lazy and eats a lot of fats and calories. What will happen to her if she continues like this for a long time?

_____ (1)

8. What changes happen in the body after a long run?

i) _____

ii) _____

iii) _____

iv) _____ (2)

9. Fill in the table below using the appropriate term from the ones provided.

Start, power, muscular endurance, hand-eye implement control, agility, flexibility

	Sport	Fitness Component	Used For
i)	Badminton	Co-ordination	
ii)	Basketball		Turning quickly to defend
iii)	Shot Put		Moment of release
iv)	Sprinter	Fast Reactions	

(2)

10. Name two sports activities which require explosive strength.

i) _____

ii) _____ (1)

11. Which component of fitness is Giulia improving by doing the following exercises:

i) Ten laps swimming _____

ii) pull ups _____

iii) crab/bridge _____ (3)

12. Which type of muscle fibre is best suited for activities requiring:

i) speed and power _____

ii) endurance _____ (2)

13. Shaun has a muscular body, wide shoulders and narrow hips. Mention a sport which is best suited to this body type?

_____ (1)

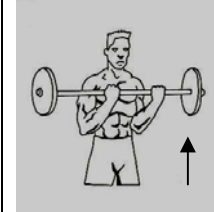
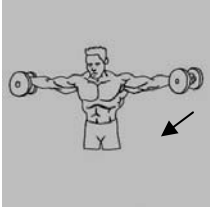
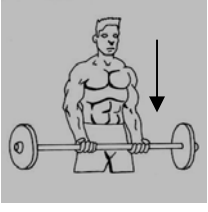
14. Fill in the table below.

	Description	Term
i)	Glucose broken down in the muscle system	
ii)	The maximum amount of oxygen a person can take in	
iii)	The rate at which the heart is beating	
iv)	Physical activity in short bursts for short periods	

(4)

Body Systems and performance (32 marks)

1. Look at the diagrams in the table and write what type of action is taking place in each case.

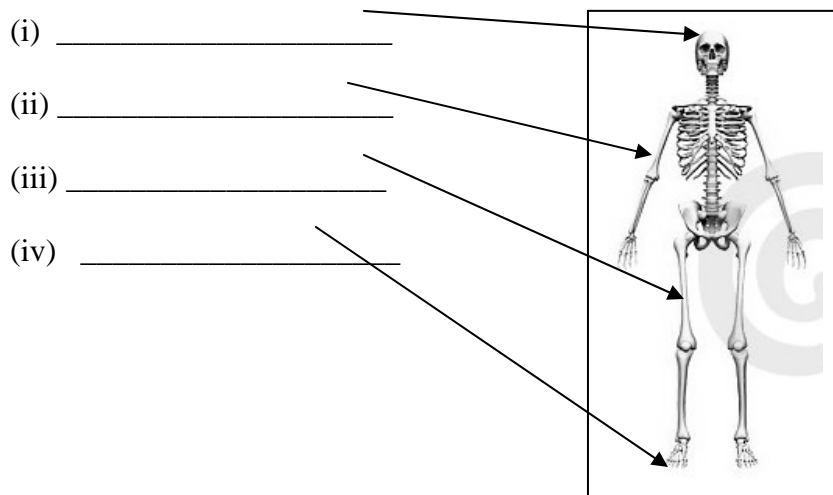
		
(i)	(ii)	(iii)

(3)

2. Mention three types of bones.

(i) _____ (ii) _____ (iii) _____ (3)

3. Write the anatomical names of the bones shown in the diagram.



(4)

4. Besides helping with movement, the skeleton has other functions.
Mention *two* of these functions.

(i) _____ (ii) _____ (2)

5. Mention one type of synovial joint.

6. What type of joints are the knee and the elbow?

_____ (1)

7. Mention one function of the vertebral column.

_____ (1)

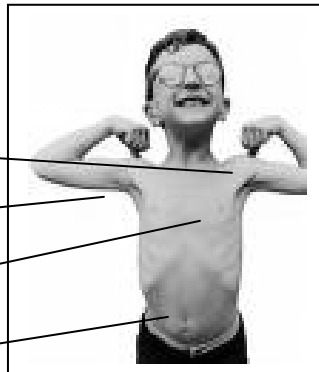
8. Write the anatomical name of the muscles shown in the diagram.

(i) _____

(ii) _____

(iii) _____

(iv) _____



(4)

9. How are muscles joined to bones?

_____ (1)

10. What do we call those muscles which work when we want them to?

_____ (1)

11. How do muscles move bones?

_____ (1)

12. What happens when the following muscles contract?

	Muscle contracting	What happens
i	biceps	
ii	hamstring	
iii	abdominals	

(3)

13. Muscle fibres are not all of the same type. What type of muscle fibres are there?

i) _____

ii) _____ (1)

14. What is muscle fatigue?

_____ (1)

15. Mention two ways of keeping good posture.

(i) _____ (ii) _____

16. Mention three personal factors which influence physical performance.

(i) _____ (ii) _____ (iii) _____ (3)
