

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2010

Directorate for Quality and Standards in Education

Educational Assessment Unit

FORM 4

PHYSICAL EDUCATION

TIME: 1h 30min

Name: _____

Class: _____

Section A - Movement and Physical Activities (16 marks)

Answer question 1 (Skill Acquisition) and choose **THREE** questions from 2 to 9 in Section A.
Answer all parts of the chosen questions.

1. SKILL ACQUISITION

- a) A teacher or coach gives feedback about performance to a student, player or athlete.

Mention one other way how an athlete may get feedback about his/her performance.

_____ (1)

- b) Besides knowing the rules of the game, a referee/umpire needs to have other qualities.

Mention one of these personal qualities.

_____ (1)

- c) All sports events are played according to established rules.

Give two good reasons why rules are necessary in sport.

i) _____

ii) _____ (1)

- d) A coach is responsible for the overall selection and preparation of a team.

What is the role of the Trainer in the team?

_____ (1)

2. ATHLETICS

- a) Write the correct term used to describe:

i) the type of start for the 800m

ii) the line where athletes cross to the inner lane.

_____ (1)

b) Mention one difference in the run up of the fosbury and the scissors jump.

c) Name two rules related to the discus throw.

i) _____

ii) _____

(2)

3. BASKETBALL

a) A player caught the ball. Write, in order of importance, the next move to perform using the words provided.

Dribble, shoot, pass

(1)

b) Mention two critical elements of the one-hand jump shot.

i) _____

ii) _____

(2)

c) Explain what is meant by:

i) one-two stop _____

ii) jump stop _____

(1)

4. EDUCATIONAL DANCE

a) Choice of stimulus and duration are two points to consider when planning a dance composition.

Mention another two:

i) _____

ii) _____

(2)

b) What motion factor is referred to when using these terms?

i) straight, direction, levels _____

(1)

ii) strong, light, force _____

(1)

5. GYMNASTICS

a) State the difference between the cartwheel and the handspring regarding the landing.

i) Cartwheel : Landing is _____

ii) Handspring : Landing is _____

(1)

b) Explain the following terms

i) Extension _____

ii) Co-ordination: _____

c) The gymnast stops to think during a sequence. Give another two examples for which points are deducted during the change from one skill to another.

i) _____

ii) _____ (1)

d) There are seven phases to a vault: Run-up, take-off, pre-flight, push off, landing.

Which are the two missing phases?

i) _____ ii) _____ (1)

6. HOCKEY

a) Mention one coaching hint in order to perform the 'flick'.

_____ (1)

b) Mention one technique used to increase the chances of winning a 'bully'.

_____ (1)

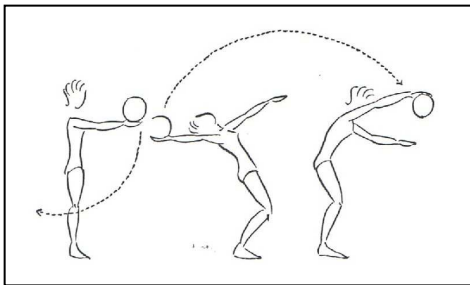
c) Give two instances for which a 'free hit' is awarded.

i) _____

ii) _____ (2)

7. RHYTHMIC GYMNASTICS

a) Look at the picture.



i) Name the body skill the gymnast is performing.

_____ (1)

ii) At which plane is the gymnast working?

_____ (1)

b) Which type of movements may be performed at the transverse/table plane?

_____ (1)

c) Mention two factors which contribute towards a successful sequence.

i) _____

ii) _____ (1)

8. SWIMMING

a) For the backstroke:

i) State the rule regarding the position of the body at the finish of a race.

_____ (1)

ii) Give two critical elements regarding the leg action.

_____ (1)

b) For the butterfly stroke:

i) Describe the arm movement during swimming.

_____ (1)

ii) How many arm pulls per stroke are allowed under water?

_____ (1)

9. VOLLEYBALL

a) Apart from a dig in defence, mention another skill used for defending.

_____ (1)

b) The service is a closed skill in Volleyball. Mention an open skill used in Volleyball,

_____ (1)

c) Mention one important critical element, for an attacking player when jumping to spike the ball.

_____ (1)

d) Number the skills from 1 to 4, according to how they are played during a rally.

Dig	Service	spike	set

(1)

Section B - Health Related Fitness (16 marks)

Answer all parts of the questions in this section.

1. "Health is a state of complete physical, mental and social well being".

Give an example of:

i) physical well being

ii) social well being

2. Nutrition contributes towards a healthy lifestyle. Mention another two factors.

i) _____

ii) _____ (1)

3. Washing hands before eating helps to prevent disease. What other two habits are important?

i) _____

ii) _____ (1)

4. Fill in the table below making use of the words provided:

Potatoes, chocolates, pulses, honey, bread, soft drinks

	SIMPLE CARBOHYDRATES	COMPLEX CARBOHYDRATES
e.g	Chocolates	Bread

(2)

5. Choose a physical activity. Mention one safety measure to consider during that activity.

Activity chosen _____

Safety measure _____ (1)

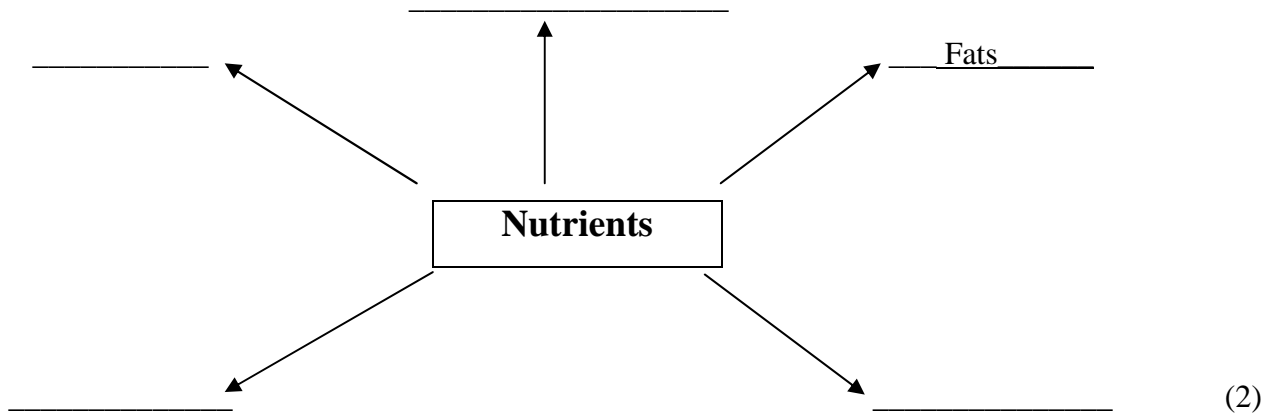
6. Fats in the diet provide energy. Mention another benefit.

_____ (1)

7. Why is fibre important in a diet?

_____ (1)

8. Fill in the diagram below. One has been done for you.



9. Fill in the table below.

	FOOD	MAIN NUTRIENT
e.g.	Butter	Fats
i	Citrus fruits	
ii	Meat	

(1)

10. Intensity of exercise affects the amount of water lost during exercise. Mention another factor _____

(1)

11. To keep alive we need a minimum amount of energy. What is the term used to describe this? _____

(1)

12. What are the amino acids which are supplied by food called?

(1)

13. What should a person do to keep a healthy body weight?

(1)

14. Paul and his friends have a pasta night before the marathon race. Why do you think they do this? _____

(1)

Section B: Body Systems and Performance (36 marks)

Answer all parts of the questions in this section.

1. If one knows the Principles of Training, one gets better results from training.

Give one reason why this is so.

(1)

2. Look at the pictures below and write which principle of training is being shown.



i) _____ ii) _____ iii) _____

(3)

3. By 'Progression' we mean starting from the easy and moving on to the more difficult.

Give two examples how this principle may be applied;

i) during fitness training: _____

(1)

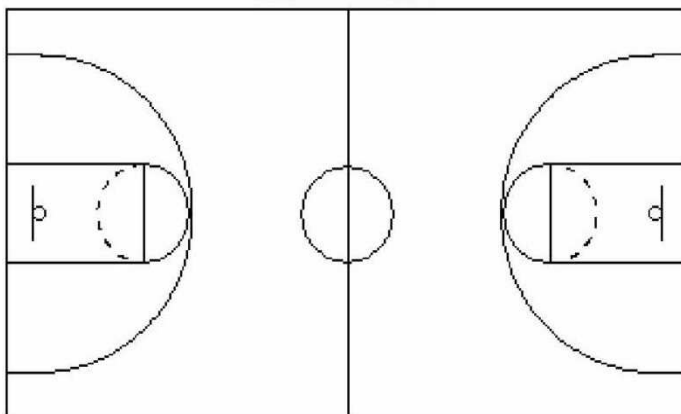
ii) during skill training: _____

(1)

4. Mention a training method which is best suited to develop speed endurance.

(1)

5. Below is a diagram of a Basketball Court. *On this diagram* write four exercises to make a Simple Skill Circuit Training session.



(2)

6. In a 'fitness' circuit training session, how should the order of exercises be designed?

(1)

7. Describe briefly what Fartlek training consists of.

(1)

8. Mention the fitness component developed by using light weights in 'Weight Training'.

(1)

9. Mention one safety rule meant to protect a player, and one safety rule meant to protect an opponent.

i) protects player: _____

(1)

ii) protects opponent: _____

(1)

10. a) Look at the picture and state what type of injury might result by such an action.



(1)

b) Mention two actions to treat the injury mentioned.

i) _____

ii) _____

(2)

11. Drugs are classified according to their effects. What is the main effect of these drugs?

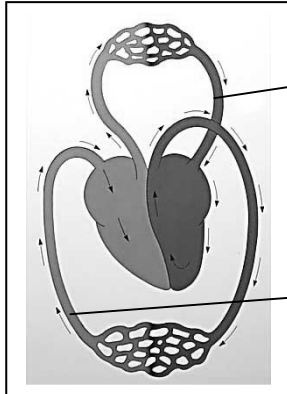
	Drug	Effect
i)	Blood doping	
ii)	Analgesics	
iii)	Anabolic agents	

(3)

12. Steroids increase body mass. How does this affect the bones and joints?

(2)

13. Look at the diagram below and say what happens at the letters indicated.



(a) _____

(1)

(b) _____

(1)

14. One of the functions of the circulatory system is to remove heat from the body.

Which part of the circulatory system picks up and carries heat to remove it?

(1)

15. There is a medical condition where the blood fails to clot. Which part of the blood

is missing or not functioning in this condition? _____

(1)

16. Give a good reason why the resting heart rate of a trained athlete is lower than normal.

(1)

17. The pulse rate may be taken on a number of body parts.

Where is the pulse taken when we take the:

i) carotid pulse _____

(1)

ii) radial pulse _____

(1)

18. At which level(training zone) should a 'sprinter' train?

(1)

19. In the table below, write the name of the respiratory part which is described.

	Description	Respiratory Part
i)	Contains tiny hairs which filter dust particles	
ii)	Food and air pass through this pipe	
iii)	Gas exchange takes place here	
iv)	Tiny blood vessels surrounding air sacs	
v)	Prevents food from entering wind pipe	
vi)	Muscle which helps to empty and fill lungs	

(6)

Section C Sports in Society (12 marks)

Answer all parts of the questions in this section.

1. Mention one function of:

i) Kunsill Malti għall-Isport _____

ii) Kumitat Olimpiku Malti _____ (2)

2. The treasurer of a club collects membership fees. State one role of:

i) the PRO _____ (1)

ii) the Chairperson _____ (1)

3. How can youth clubs help sports promotion?

i) _____

ii) _____ (2)

4. Mention two possible careers related to sports media.

i) _____

ii) _____ (2)

5. Mention two benefits the media brings to sport.

i) _____

ii) _____ (2)

6. Mention two advantages that radio has over television.

i) _____

ii) _____ (2)

End of Paper