

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2011

Directorate for Quality and Standards in Education
Educational Assessment Unit

FORM 5

PHYSICAL EDUCATION

TIME: 1h 30 min

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 question.

1. SKILL ACQUISITION

a) Feedback is important in skill acquisition. Explain what is meant by intrinsic feedback.

[1]

b) Which **ONE** of the following skills best describes a closed skill?

(A) Serving to an opponent in tennis.

(B) Performing a forward roll in gymnastics.

(C) Tackling an opponent in football.

(D) Passing the ball to a team mate in basketball.

Skill _____

[1]

c) State **ONE** reason why rules are necessary in sports.

[1]

d) Officials can be amateur or professional. Mention **ONE** difference.

[1]

2. ATHLETICS

a) In a High Jump competition how many jumps are allowed at each height before disqualification?

[1]

b) Martina is a sprinter. Mention **TWO** critical elements that she needs to focus on the race.

- (i) _____
(ii) _____

c) The approach and the landing are two phases of the long jump. Which are the other **TWO** phases of the long jump? [1]

- (i) _____ (ii) _____

3. BASKETBALL

a) Why is it important to stay on the balls of the feet when assuming a defensive stance in basketball? [1]

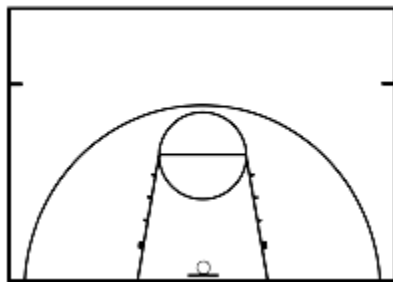
b) When can a coach do a substitution during the game? [1]

c) Mention **ONE** instance when a set shot is used in basketball. [1]

d) On the picture provided below: [1]

(i) Mark with an **O** a position from where three points can be scored.

(ii) Mark with an **X** the free throw line.



4. DANCE

a) Which **TWO** words do **not** show a relationship in a dance? [1]

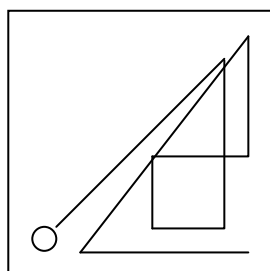
Canon Mirroring Meeting Solo Leading Flow

- (i) _____ (ii) _____

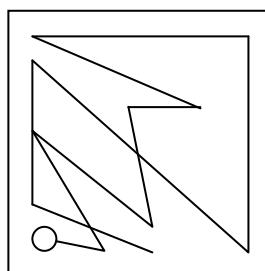
b) Give **ONE** advantage of using a prop in a dance.

c) What can a dancer do to improve balance on one leg?

d) The diagrams below show the floor space covered for two dance routines. Give **ONE** reason why routine B is better presented than routine A.



Routine A



Routine B

[1]

5. GYMNASTICS

a) Mention **TWO** Olympic events for women in artistic gymnastics.

[1]

(i) _____ (ii) _____

b) Give **ONE** rule regarding the landing in Vaulting.

[1]

c) Jade is still arching her back when performing a handstand. Suggest **ONE** way how to correct this.

[1]

d) In Gymnastics the High Bar is an event only for men. Mention **TWO** other events practised only by men.

[1]

(i) _____ (ii) _____

6. HOCKEY

a) Mention **ONE** situation when a **centre pass** is taken.

[1]

b) Mention **TWO** critical elements of a **push pass**.

(i) _____ [1]

(ii) _____

c) Mention **ONE** situation when a substitution is not permitted.

[1]

7. RHYTHMIC GYMNASTICS

a) The picture below shows a gymnast rolling the ball on her body. Suggest **TWO** practical moves which can be done with the ball.



(i) _____ [½]

(ii) _____ [½]

b) Rhythmic gymnasts include jumps and leaps in their choreography. Mention **TWO** other elements which may be included.

[1]

(i) _____ (ii) _____

c) Which part of the floor area should be covered by the gymnast during the routine?

[1]

d) Power and eye-hand coordination are fitness components needed by a rhythmic gymnast. State **TWO** other components of fitness.

[1]

(i) _____ (ii) _____

8. SWIMMING

a) Give **TWO** critical elements of the backstroke.

(i) _____ [1]

(ii) _____ [1]

b) How many arm pulls and leg kicks must a breaststroke swimmer perform underwater, after a start or a turn?

[1]

c) Name the strokes shown in the diagrams below.



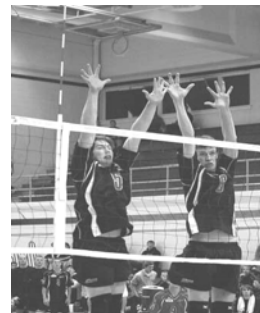
(i) _____

(ii) _____

[1]

9. VOLLEYBALL

a) Name the skills shown in the diagrams below.



(i) _____

(ii) _____

[1]

b) Name **TWO** critical elements when performing the **set pass**.

(i) _____

[1]

(ii) _____

[1]

c) State in which direction the team rotates each time it gets to serve the ball.

[1]

SECTION B – Health Related Fitness [16 marks]

Answer **ALL** questions in this section.

Answer **ALL** parts of **EACH** question.

1. The World Health Organisation (W.H.O) identifies **THREE** important components for a person to be considered as healthy.

a) Complete the definition and write missing components in the spaces provided:

‘Health is a state of **Physical** , _____ and _____

well being’.

b) Give **ONE** example of what a person can do to increase physical activity.

[2]
[1]

2. Mention **ONE** organ of the body that is affected by cigarette smoking.

3. Use the words below to match the correct function of nutrients.

[3]

Fats Carbohydrates Minerals

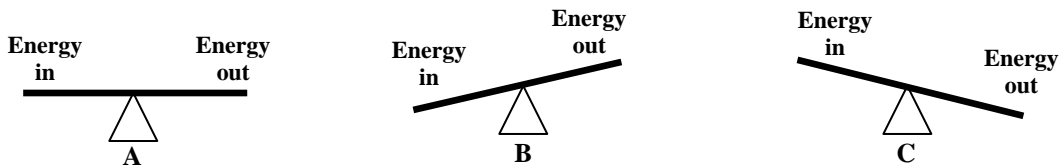
	Function	Nutrient
(i)	Increase efficiency of carrying oxygen to the working muscles and body.	
(ii)	Provides an immediate source of energy when the body requires it.	
(iii)	Concentrated form of energy and keeps body warm.	

4. What is glucose converted into when it is not immediately used by the body cells?

[1]

5. Which of the following scales suggest that Rita is gaining weight?

[1]



Scale_____

6. Speed is a combination of ‘reaction time’ and ‘movement time’. Which **TWO** pictures best describe ‘reaction time’?

[1]



A



B



C



D

Picture_____

Picture_____

7. Somatotype means the basic shape of your body. Fill in the table below by writing the body type which best fits the following description.

	Description	Body Type
(i)	Pear shaped with narrow shoulders and broad hips; lots of fat.	
(ii)	Broad shoulders; narrow waist; lots of muscle.	

8. There are **THREE** different kinds of strength. Give an example of a sport event or physical activity that requires a great deal of the following kinds of strength. [1]

Explosive strength _____ Dynamic strength _____

9. a) Strength is one of the components of general fitness. Which of the two diagrams best describes weight training to improve muscle tone? [1]



A



B

Picture _____

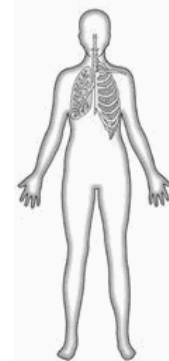
b) Name **TWO** other general fitness components besides strength.

(i) _____ (ii) _____ [1]

10. Mention **ONE** benefit of flexibility. [1]

SECTION C – Body Systems and Performance [36 marks]

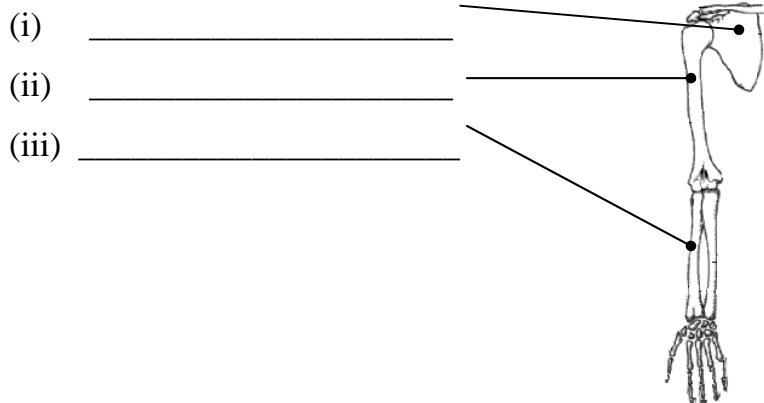
1. The diagrams below represent four body systems. Name the type of body system under each diagram.



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

2. Name the bones that are labelled in the diagram.

[3]



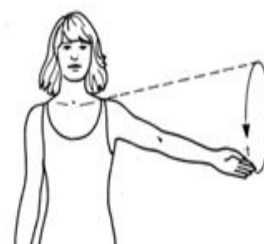
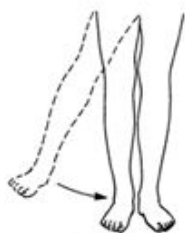
3. Name the **TWO** organs that are protected by the rib cage.

[2]

(i) _____ (ii) _____

4. Under each picture write down the type of movement which is taking place.

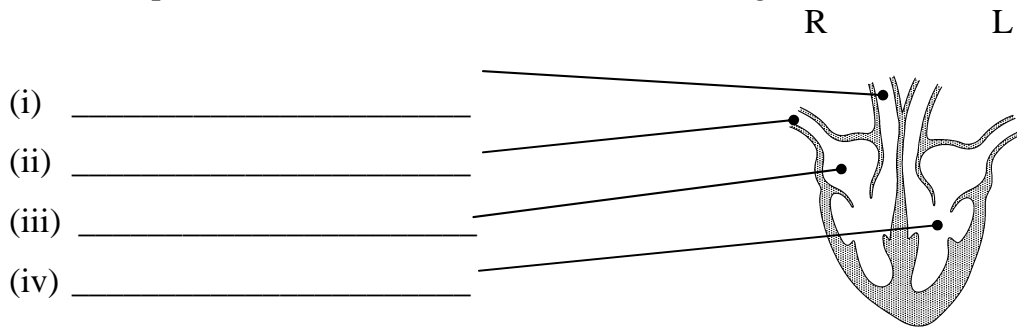
[1]



(i) _____ (ii) _____

5. Name the parts of the heart that are labelled in the diagram below.

[4]



6. Name **TWO** blood vessels that carry oxygenated blood.

[1]

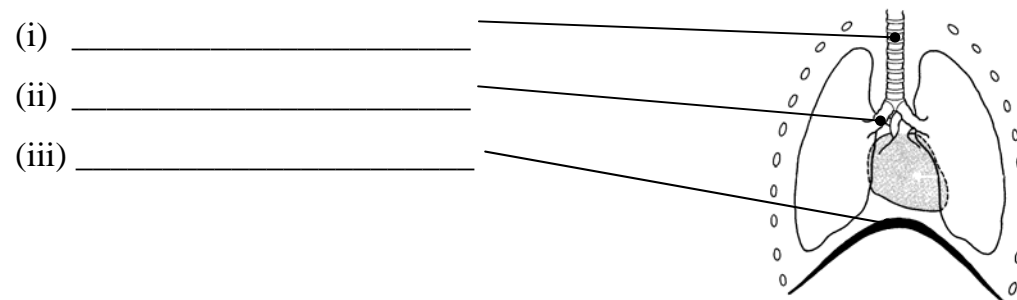
(i) _____ (ii) _____

7. David has a high blood pressure. Give **ONE** way how he can reduce it.

(i) _____ [1]

8. a) Name the parts of the lungs that are labelled in the diagram below.

[3]



b) The diagram shows that the lungs are in the process of 'breathing out'. Which part of the above diagram shows expiration (breathing out).

_____ [1]

c) Underline the statement which correctly describes the way air travels through our body to the capillaries.

[1]

- (i) bronchi – bronchioles - trachea - alveoli
- (ii) trachea - bronchioles - bronchi - alveoli
- (iii) trachea - bronchi - bronchioles - alveoli
- (iv) alveoli - bronchioles - bronchi - trachea

9. Refer to the table below. For each of the following situations write down whether injuries are **externally** or **internally** caused.

	Situation	Cause of injury
(i)	Jane pulled her muscle as a result of overtraining.	
(ii)	Peter fractured his leg whilst being tackled from his opponent.	
(iii)	Melissa had to retire from the tennis tournament due to a recurring elbow injury.	
(iv)	Stephen became dehydrated after playing football in severe heat.	

10. Mention an illegal drug athletes might use:

- (i) to help reduce weight quickly _____ [1]
- (ii) to reduce heart rate and anxiety _____ [1]

11. For each of the following tests, write down which fitness component is being assessed. [2]

	Test	Fitness Component
(i)	Cooper Test.	
(ii)	The Sit up Test.	
(iii)	The Standing Broad Jump test.	
(iv)	The Sit and Reach test.	

12. Give **ONE** important point to remember regarding posture for each of the following situations:

- (i) standing up. _____ [1]
- (ii) picking up a heavy object from the floor. _____ [1]

13. Use the principles of training below and match them with the correct description. [2]

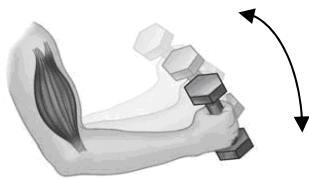
	Specificity	Progression	Overload	Reversibility
	Description			Principle
(i)	Kate trains the particular muscles being used for her sport.			
(ii)	Kate increases her training gradually.			
(iii)	Kate will lose fitness when inactive.			
(iv)	Kate works harder than she normally does.			

14. Jack jogs twice a week for 20 minutes at the Marsa Athletic Track. He wants to improve. Suggest **TWO** ways how he can progress by changing his training programme using the F.I.T. principles.

(i) _____ [1]

(ii) _____ [1]

15. The picture below shows two types of muscle contraction. What do we call each type of muscle contraction. [2]



(i) _____

(ii) _____

16. Write down the sportsperson who best describes the **training method** below.

Shot-Putter Basketball Player Short / Middle Distance Athlete Female Gymnast

(i) The sportsperson who is most likely to use heavy weights to improve performance. [1]

(ii) The sportsperson who would use Fartlek training. [1]

(iii) The sportsperson who is most likely to improve using interval training. [1]

SECTION D – Sports in Society [12 marks]

1. a) Give **ONE** reason why many countries want to organise the Olympic games.

_____ [1]

b) Who decides where the Olympic games are held?

_____ [1]

c) Which city will host the 2012 Olympic games?

_____ [1]

2. Money is one form of sponsorship. Give another **TWO** examples of sponsorship in sport.

(i) _____ [1]

(ii) _____ [1]

3. Give **ONE** reason why it would be advisable for companies to sponsor sports.

_____ [1]

4. In the table below give **TWO** examples of indoor and outdoor facilities. [2]

Indoor facilities	Outdoor facilities

5. Mention **TWO** functions of the Kunsill Malti Għall-Isport.

(i) _____ [1]

(ii) _____ [1]

6. a) Mention **ONE** condition that European countries should satisfy in order to participate in the Games of Small States of Europe (G.S.S.E).

_____ [1]

b) Mention **TWO** countries that participate in the G.S.S.E. [1]

(i) _____ (ii) _____