

FORM 3 **PHYSICAL EDUCATION** **TIME: 1h 30min**

Name: _____

Class: _____

Section A: Skill Acquisition, Movement and Physical Activities (16 marks)

Answer question 1 and choose THREE questions from 2 to 7 in Section A.
Answer all parts of the chosen questions.

1. Skill Acquisition

- a) There are senior and minor officials in sports. Give ONE example for EACH type of official. [2]

	Official	Example
i	Senior Official	
ii	Minor Official	

- b) A sport official should possess certain qualities. Mention ONE quality that a sport official should demonstrate. [1]

- c) State ONE responsibility a coach should have. [1]

Movement and Physical Activities (12 marks)

Choose any THREE questions. Answer ALL parts of the chosen questions.

2. Athletics

- a) Mention TWO jumping events. [1]

(i) _____ (ii) _____

- b) Mention TWO important points that the athlete should keep in mind to put the shot further.

(i) _____ [1]

(ii) _____ [1]

- c) Mention **ONE** violation that an athlete should not perform while doing the shot put. [1]

3. Dance

- a) A dancer uses various actions such as gestures and balances. Give another example of what the body can do to make the choreography interesting. [1]

- b) List **ONE** important element when creating a dance besides the use of space. [1]

- c) Jade has been told to give more importance to spatial awareness to improve as a dancer. Briefly explain what she needs to focus on. [1]

- d) Choose **ONE** of the following relationships in dance and give an example to illustrate your answer. [1]

(i) Mirroring

(ii) Canon

4. Games

Choose a game you have studied this year and answer these questions about it.

- a) Mention two rules related to the game you have studied.

(i) _____ [1]

(ii) _____ [1]

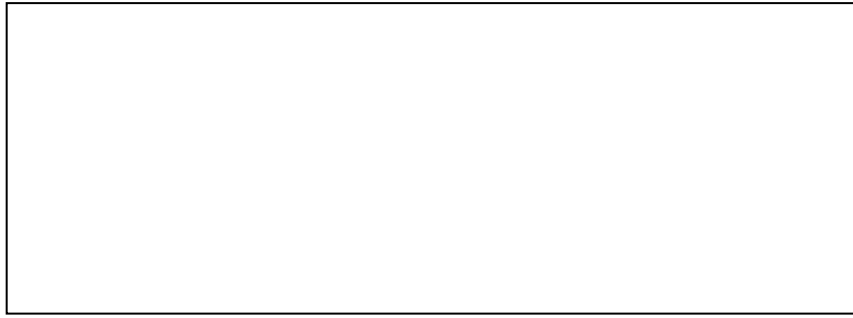
- b) Choose an important skill used in the game you studied and point out an important element of the skill you chose. [1]

Skill: _____

Important element: _____

c) Describe or draw a defensive strategy used in the game you studied.

[1]



5. Gymnastics

a) Mention **TWO** important elements in order to perform a good headstand.

(i) _____ [1]

(ii) _____ [1]

b) Mention **ONE** important phase of a vault *after* performing the action on box.

[1]

c) Mention **ONE** rule related to the use of mat area during the floor routine.

[1]

6. Rhythmic Gymnastics

a) State **TWO** ways how to use the clubs in a rhythmic sequence.

(i) _____ [1]

(ii) _____ [1]

b) Marks are deducted when a gymnast performs a leap and her shape is not fixed and well defined. Mention **ONE** other fault which results in points taken away during a leap.

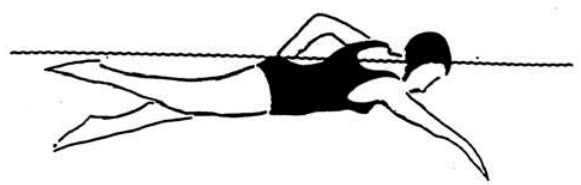
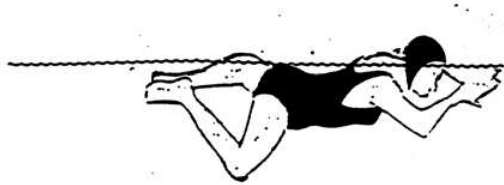
[1]

c) Give **ONE** fundamental body element that rhythmic gymnasts are judged on.

[1]

7. Swimming

a) Name the **TWO** strokes shown below:



(i) _____ (ii) _____

b) What breathing technique should a swimmer use whilst swimming the freestyle/front crawl? [1]

c) How many strokes can a swimmer do underwater before coming up for air during a breaststroke competitive race? [1]

d) What is the turn used in breaststroke called?

_____ [1]

SECTION B: Health Related Fitness (16 marks)

Answer **ALL** questions in this Section.

1. Celine trains at the gym and she has been advised to include stretching exercises as part of her workout. Give **ONE** reason why flexibility is important. [1]

2. What is the average heart rate of a person when at rest? [1]

3. Mention **ONE** exercise which can be done to improve:

a) muscular endurance

b) cardiovascular endurance

[1]

4. The heart rate increases during exercise. Briefly explain why?

[1]

5. Which of the following activities use anaerobic energy and aerobic energy?

[3]

dancing, shot put, cycling, swimming, throwing, 100m sprint

Aerobic energy	Anaerobic energy

6. Reaction time is evident in team games such as football, hockey and netball. Give an example from **ONE** activity of your choice where reaction time is important.

[1]

7. Name the component of general fitness needed to:

[2]

(i) Lift a heavy load

(ii) Jog quickly for 25 minutes

8. The diagrams below show an example of each kind of strength. Name the type of strength each picture is showing.

[3]



(i) _____

(ii) _____

(iii) _____

9. Give **TWO** suggestions to a person who is starting an exercise programme.

- (i) _____
- (ii) _____

Section C: Body Systems and Performance (36 marks)

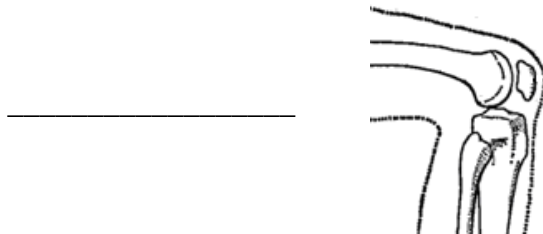
Answer **ALL** questions in this Section.

1. a) Use the words below to match the correct statements about the **function of bones**. [3]

Flat Irregular Long

	Classification	Function
(i)		Are found in the vertebral column.
(ii)		Are used in movement such as running and throwing.
(iii)		Are very important for protection.

b) What type of freely moveable joint is shown in the picture below?



[1]

c) Name the bones that make up this joint.





- (i) _____ (ii) _____ (iii) _____

[3]

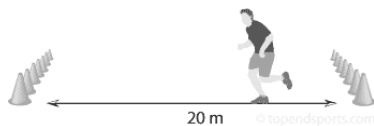
2. What word is used to describe how we hold our body position? [1]

3. A muscle is never completely relaxed. What do we call the amount of tension in a muscle? [1]

4. Name the types of moveable joints and their respective location in the body. The first one has been done for you.

	e.g.	(i)	(ii)	(iii)
				
a) Moveable Joint	Saddle joint			
b) Location in the body	Thumb			

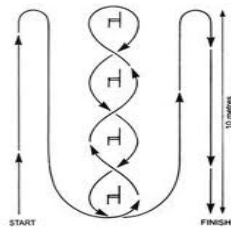
5. The diagrams below represent different tests used to assess fitness. Answer the questions below.



Fitness Test A



Fitness Test B



Fitness Test C



Fitness Test D

- a) (i) Which test from the above diagrams measures the muscular endurance of the arms and the shoulders? [1]

- (ii) Mention another test, besides the test shown in the picture above, that measures the muscular endurance of the abdominal muscles. [1]

- b) Which test from the above diagrams measures cardiovascular endurance? [1]

c) What do we call Fitness Test B?

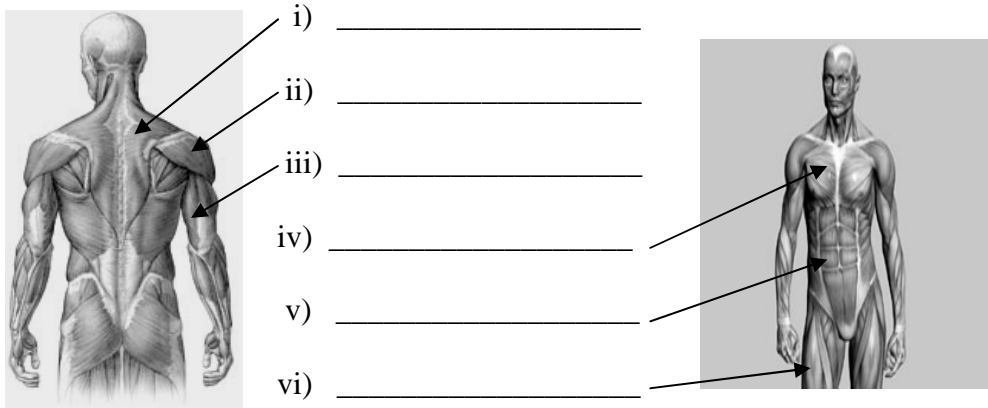
[1]

d) Fitness test B measures flexibility. Name the **TWO** parts of the body that are measured in this test.

[1]

6. Look at the diagram below and write the anatomical names of the muscles indicated by arrows. Choose from the words below. [6]

pectorals, triceps, deltoid, abdominals, trapezius, quadriceps



7. What do we call the type of muscle which makes up the heart?

[1]

8. While one muscle works, another opposite muscle relaxes. Look at the picture and write which muscle is working (shortens), and which muscle is relaxing.

Works (shortens) _____ [1]

Relaxes _____ [1]



9. Ray pushes against a wall. The wall does not move but Ray's muscles are tense. What do we call this type of muscle contraction?

[1]

10. What technical terms (words) do we use to describe:

- (i) when a muscle tires and cannot contract any more _____
- (ii) when a muscle stays painfully locked _____
- (iii) when a muscle shrinks because it is not used _____

[1]

11. A training session is usually divided into four parts. In the table below, write down which part is described in the statement.

[3]

	Statement	Part of session
i	Exercises to improve certain muscles used in one's sport	
ii	Light stretching and jogging at the beginning of the session	
iii	Training tactics or techniques used in one's game/sports	

Section D: Sports in Society (12 marks)

Answer ALL questions in this Section.

1. List two reasons why there has been a growth in leisure time.

- (i) _____ [1]
- (ii) _____ [1]

2. The local authorities aim to provide facilities that are accessible to everyone. Who are the local authorities?

[1]

3. Mention TWO public leisure facilities provided by the local authorities.

- (i) _____ [½]
- (ii) _____ [½]

4. What is recreation?

[1]

5. Mention **TWO** physical activities which maybe practiced during leisure time and which require any special equipment.

(i) _____

(ii) _____

[1/2]

6. Look at the types of competition below and insert the type of competition.

[2]

PLACES		PLACES
	PLAYERS	
1	DORIS	1
2	FRANK	2
3	MARY	3
4	TOM	4
5	JACK	5
6	DOT	6
7	JANE	7
8	BILL	8
9	VERNON	9
10	MARGE	10
11	FRED	11
12	TED	12
PLACES		PLACES

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

a) _____

b) _____

7. Which type of competition involves rounds where if you lose you don't progress to the next round?

[1]

8. The diagram shows an 11 team league table. What is the total of home and away matches that each team plays by the end of the league?

[1]

_____ matches

2010	P	W	D	L	Points	Bonus Points	Total Points
Harpenden	1	0	1	0	2	1	3
Porters Park	1	0	1	0	2	1	3
Aldwickbury Park	0	0	0	0	0	0	0
Brickendon Grange	0	0	0	0	0	0	0
Brookmans Park	0	0	0	0	0	0	0
Knebworth	0	0	0	0	0	0	0
Letchworth	0	0	0	0	0	0	0
Mid-Herts	0	0	0	0	0	0	0
Moor Park	0	0	0	0	0	0	0
South Herts	0	0	0	0	0	0	0
Verulam	0	0	0	0	0	0	0

9. Mixed competitions are very common.

a) State one feature of mixed competition.

[1]

b) Give an example of a sports competition which starts on league basis and then goes to knockouts in the final stages.

[1]
