

FORM 4

PHYSICAL EDUCATION

TIME: 1h 30min

Name: _____

Class: _____

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

**Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 10 in Section A.
Answer all parts of the chosen questions.**

1. Skill Acquisition (4 marks)

a) Mention **ONE** way how an athlete can obtain external feedback about his performance.

_____ [1]

b) Give an example from any sports of:

(i) an open skill _____ [1]

(ii) a closed skill _____ [1]

c) There are different types of rules. Choose any sport and give an example of

(i) a rule to promote safety _____

(ii) a rule to promote enjoyment _____ [1]

Movement and Physical Activities (12 marks)

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

2. ATHLETICS

a) Mention **ONE** instance when a competitor is disqualified during the 800m race.

_____ [1]

b) Mention **ONE** technique an athlete uses for clearing the bar in the high jump.

_____ [1]

c) Mention **ONE** rule regarding the take off in the high jump.

_____ [1]

d) When can a discus thrower leave the throwing circle after attempting a throw?

_____ [1]

3. BASKETBALL

a) Mention **TWO** important points to remember to guard the ball while dribbling.

b) How many players from a basketball team are allowed on court at any one time?

c) When is it best to use a fast break?

d) An opponent has arms up whilst defending. What type of pass should the offensive player use?

4. DANCE

a) You have been asked to create a sequence emphasising travelling. How can you build a climax (peak) into the piece?

b) Mention **ONE** relationship that can be used in a group dance.

c) Fill in the following table by choosing the correct motion factor given below.

time, dynamics, flow, space

i		Directions
ii		Bound
iii		Quick
iv		Strong

d) Draw a simple floor pattern which includes **TWO** pathways.

5. FOOTBALL

a) When is a ball considered to be out of play?

b) Look at the picture below and insert the correct part of the foot used to kick, pass or trap the ball:

[1]

Instep

Inside

A. _____



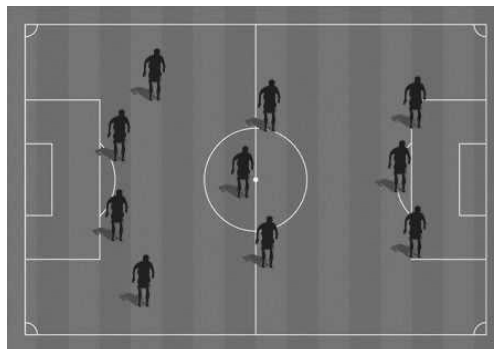
B. _____

c) (i) In a 5-3-2 system of play, the number 3 represents which of the field players?

[1]

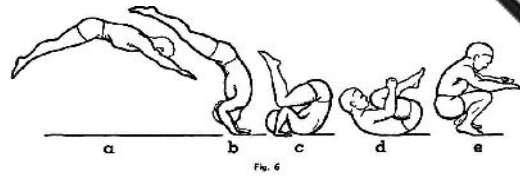
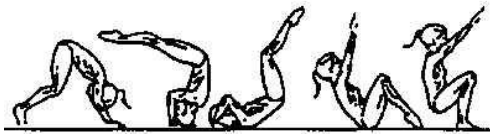
(ii) Which tactical formation is shown in the picture below?

[1]



6. GYMNASTICS

Look at the **TWO** pictures and answer the questions about them



a) What are the proper names of the rolls performed by the girl and the boy?

Girl: _____

Boy: _____

[1]

b) What action is the boy performing so that he has a better chance of getting up straight?

[1]

c) In a competition, what are the simplest moves called? _____

[1]

d) Mention **TWO** qualities which gain points for a good vault.

(i) _____

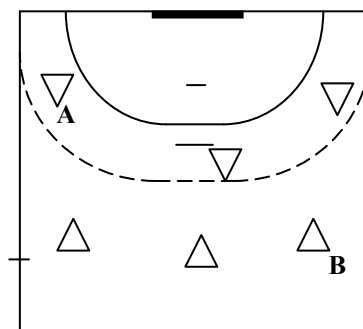
(ii) _____

[1]

7. HANDBALL

a) Look at the diagram and answer the following questions.

(i) What type of attacking formation is shown in the diagram?



[1]

(ii) What do we call the players that are in positions A and B?

Player A _____

Player B _____

[2]

b) How many steps can a player take with the ball in his/her hand?

[1]

8. NETBALL

a) Name **ONE** instance when a free pass is awarded to the opposing team.

[1]

b) *Feinting* is **ONE** way of getting free from your opponent. Mention another way of getting free.

[1]

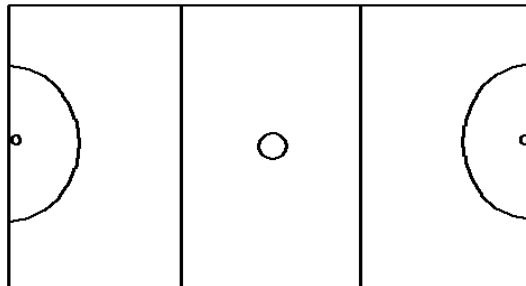
c) Mention an important point to remember when pivoting.

[1]

d) The diagram shows a netball court. The Goal Shooter is shooting on the left side. Shade the area where the Goal Shooter is allowed to move.

[1]

Left



Right

9. RHYTHMIC GYMNASTICS

a) Mention **TWO** physical qualities a rhythmic gymnast should have.

(i) _____

(ii) _____

[2]

b) Name the skill the gymnast is performing with the ribbon.



[1]

c) Marks are deducted if the implement is dropped or touches the floor outside the mat area. Mention **ONE** example when marks are deducted regarding the use of the implement during a routine.

[1]

10. SWIMMING

a) Give **TWO** critical elements (important points) of the front crawl technique.

(i) _____

(ii) _____

b) Mention how a swimmer should position his/her head whilst performing the backstroke in order to decrease drag or resistance.

_____ [1]

c) In which race is the swimmer already in the water at the starting block at the start of the race?

_____ [1]

SECTION B: Health Related Fitness (16 marks)

Answer **all** questions in this Section

1. Clyde is a smoker and has developed a 'smoker's cough'. Mention another **TWO** dangers caused by smoking.

a) _____ [1]

b) _____ [1]

2. Give **ONE** reason why an individual should avoid saturated fat.

_____ [1]

3. Stephanie likes challenging outdoor activities like abseiling and climbing. She wears protective equipment such as a helmet. Mention another safety factor which applies to outdoor activities.

_____ [1]

4. Near swimming pools one sees certain signs about hygiene. Mention one such rule found on these signs.

_____ [1]

5. a) Do athletes need to take extra vitamins if they are eating a healthy balanced diet?

_____ [1]

b) Mark with a ✓ the foods that have a high vitamin content.

[2]



i) _____ ii) _____ iii) _____ iv) _____ v) _____ vi) _____

6. Water is lost from the body when we breathe out. Give another example how water is lost from the body.

[1]

7. a) Why are carbohydrates important for a long distance athlete?

[1]

b) Complete the following table. The first one has been done for you.

		Carbohydrates	Protein	Fat
	Pasta	✓		
i)	Chicken			
ii)	Rice			
iii)	Cereal			
iv)	Chocolate			
v)	Beef			
vi)	Oil			

[3]

8. Why is it important to drink fluids during intense physical activity?

[1]

9. Mark is obese (refer to picture below). Suggest TWO ways how Mark can overcome his weight problem.



a) _____

b) _____

[2]

SECTION C-BODY SYTEMS AND PERFORMANCE (36 marks)

Answer all questions in this Section

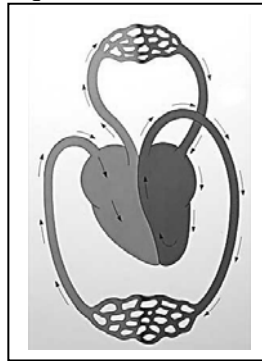
Answer all parts of each question

1. Look at the diagram below and answer the questions about it.

a) Colour oxygenated blood RED.

b) Colour deoxygenated blood BLUE.

c) Use an arrow to show the aorta.



[3]

2. Mention TWO other functions of the circulatory system.

a) _____ [1]

b) _____ [1]

3. An athlete who trains regularly has a lower heart rate. Give ONE reason for this.

_____ [1]

4. Explain the terms;

a) Resting heart rate: _____ [1]

_____ [1]

b) Recovery rate: _____ [1]

_____ [1]

5. Where, on the body do we take the;

a) temporal pulse: _____ [1]

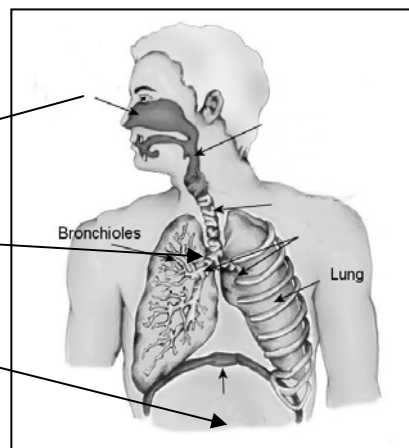
b) femoral pulse: _____ [1]

6. Label these parts of the respiratory system (use anatomical names);

a) _____

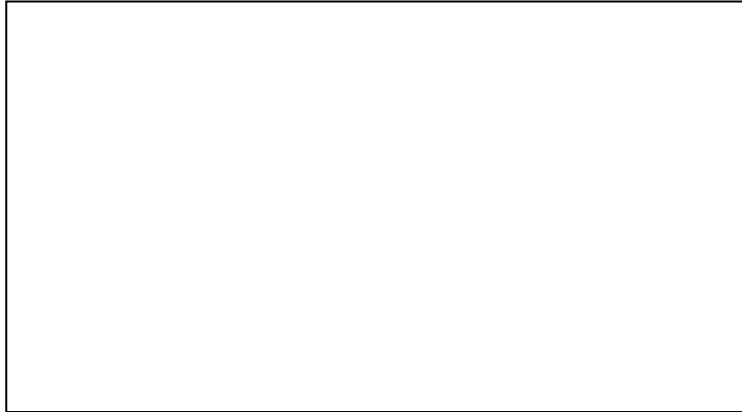
b) _____

c) _____



[3]

7. Draw a simple diagram to show an 'alveola' and how gas exchange takes place.



[1]

8. What happens when the diaphragm contracts? (explain shape and result).

a) shape _____ [1]

b) result _____ [1]

9. Look at the table below and write which training method is described.

	Description of Method	Training Method
a	System which makes use of 'speed play'	
b	Going round stations & performing skills/exercises	
c	Used to increase power by making use of jumping	
d	Short high intensity work with short rest in between	
e	The best method to increase strength or power	

[5]

10. Continuous training is a training method used to develop aerobic fitness.

What does it consist of?

_____ [1]

11. How may an athlete use 'Fartlek' to develop speed or anaerobic fitness?

_____ [1]

12. Which fitness component is improved by using light weight and many repetitions?

_____ [1]

13. Which term related to 'principles of training' is described in each of these statements?

	Statement	Principle of Training
a	Training in graded stages	
b	Working a bit harder than normal	
c	The number of times per week one trains	
d	Decrease in fitness because training stops	
e	Training to suit a certain sport or muscle	

[5]

14. Doping is 'the use of an illegal substance or method to obtain an unfair advantage during a sports competition'. Give an example of:

a) an illegal substance: _____ [1]

b) an illegal method: _____ [1]

15. Mention **TWO** different punishments given to an athlete who tests positive during a doping test.

a) _____

b) _____

[2]

16. Which tissue is injured during a 'sprain'?

_____ [1]

17. Mention **ONE** possible cause of muscle cramp.

_____ [1]

18. How does 'compression' help in an injury?

_____ [1]

SECTION D – SPORTS IN SOCIETY (12 Marks)

Answer ALL questions in this Section

1. Mention **TWO** responsibilities of the Kunsill Malti għall-Isport (K.M.S.).

a) _____ [1]

b) _____ [1]

2. The Malta Olympic Committee is responsible for the participation of Malta in the Olympic Games. In the table below, tick **only two** other international competitions whose participation is the responsibility of the Malta Olympic Committee:

The Mediterranean Games	√
Games of the Small States of Europe	
The Highland Games	
The Commonwealth Games	
World Games	

[2]

3. Which committee is responsible for organizing the Olympic Games?

_____ [2]

4. The media covers sport in various ways:

- a) Mention a means of communication which the media uses.

_____ [1]

- b) Mention **ONE** advantage of listening to sport on the radio.

_____ [1]

- c) Why do most people prefer to follow sports on television than on the radio?

_____ [1]

5. T.V. can have an influence on the participation in sports. Mention **ONE** advantage and **ONE** disadvantage of T.V.:

Advantage - _____

_____ [1]

Disadvantage - _____

6. Mention **ONE** advantage of internet over television and radio where sport is concerned.

[1]