

Name: _____ Class: _____

SECTION A – Skill Acquisition, Movement and Physical Activities [16 marks]

Answer question 1 (Skill Acquisition) and choose **THREE** questions from 2 to 7 in Section A.

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 a sport official should demonstrate. [1]
- _____

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

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. [1]
- (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 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.
(i) Mirroring (ii) Canon
_____ [1]

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.
Skill: _____
Important element: _____ [1]
- 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 head stand.

(i) _____
(ii) _____

- 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.

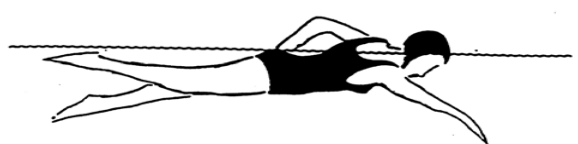
_____ [1]

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

_____ [1]

7. **Swimming**

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



(i) _____ (ii) _____ [1]

- 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]

Answer all parts of the chosen questions.

SECTION B – Health Related Fitness [16 marks]

1. Describe **TWO** short term effects that happen to the body when exercising.
- (i) _____
- (ii) _____ [1]

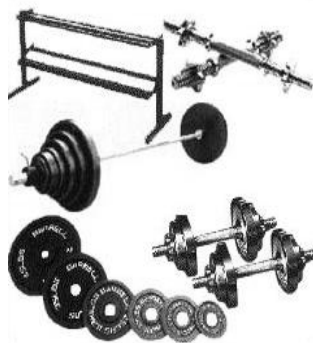
2. Give **ONE** guideline to a person who would like to engage in physical activity.
- _____ [1]

3. Analyse the weight exercises below. Identify which day the athlete is training for strength.

MONDAY	BICEP CURLS 4kg x 20reps x 4sets
WEDNESDAY	BICEP CURLS 30kg x 5reps x 2 sets

Athlete is training strength on _____ [1]

4. The pictures below suggest two different ways to train muscular strength. Give **ONE** advantage of each strength training method.



Picture A



Picture B

- (i) Advantage Picture A;
- _____ [1]

- (ii) Advantage Picture B;
- _____ [1]

5. Explain why flexibility is important for a high jumper.
- _____ [1]

6. Give an example from a game which requires good flexibility to improve a performance.
- _____ [1]

7. Mention **ONE** exercise which can be done to improve:
- a) muscular endurance;
_____ [1]
- b) cardiovascular endurance;
_____ [1]
8. Ella has an average resting heart rate of 55bpm. What does it indicate?
_____ [1]
9. Charelle runs for 12mins at high intensity and her heart rate increases to 190bpm. One minute after she stops, her heart rate drops to 140bpm. How much do you estimate her heart rate to be after another minute of recovery?
_____ [1]
10. Lisa needs to improve her reaction time so she can become a better tennis player.
- a) What is speed?
_____ [1]
- b) Explain why reaction time is important.
_____ [1]
- c) Give an example of **ONE** activity of your choice where reaction time is important.
_____ [1]
11. Both an Olympic champion and a postman are considered fit. How does one distinguish between these two types of fitness
_____ [1]

SECTION C – Body Systems and Performance [36 marks]

1. The skeletal system has different functions. Write down the function represented by each diagram.







- (i) _____ (ii) _____ [2]

2. Write down in the spaces provided the **THREE** long bones that make up the leg.

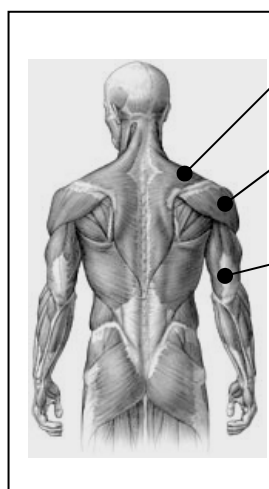
- (i) _____ (ii) _____ (iii) _____ [3]

3. Write down the correct anatomical name and classification for each of the following. The first one has been done for you. [6]

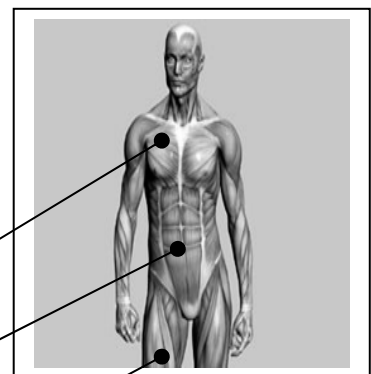
	e.g.	(i)	(ii)	(iii)
				
Anatomical Name	Carpals			
Classification	Short bone			

4. Give the difference between ligaments and tendons. [2]

5. Look at the diagram below and write the anatomical names of the muscles indicated by the arrows. [3]



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



6. What do we call a **type of muscle** which;
(i) pulls bones to cause movement _____ [1]
(ii) pumps blood round whole body _____ [1]

7. Muscles work in pairs. What do we call this action? [1]
-

8. Complete the table below to match the opposing muscles.

	Muscle	Opposing muscle
i	biceps	
ii	quadriceps	
iii	Lower back muscle	

[3]

9. Muscles work by contracting. What do we call a muscle contraction;

(i) where movement is seen to take place _____ [1]

(ii) where there is tension but no movement _____ [1]

10. Explain briefly these words;

(i) fatigue: _____ [1]

(ii) cramp: _____ [1]

(iii) atrophy: _____ [1]

11. Give **ONE** reason why a training session has to be planned.

_____ [1]

12. A good training session is divided into four main parts. Next to each part, write down what activity takes place.

[3]

	Training Part	Activity
i	Warm-up	
ii	Fitness part	
iii	Skills part	

13. The table below shows the results of four fitness tests performed by four students.

	Standing long jump (cm)	Chin ups on the beam (repetitions)	Sit-ups (in one minute)	50m sprint (seconds)
John	180	8	28	7.8
Carl	210	10	28	7.3
Tony	215	12	30	7.1
Mark	160	7	21	8.2

- a) Which test measures arm and shoulder strength?
_____ [1]
- b) Which test measures abdominal muscular endurance?
_____ [1]
- c) Which **TWO** of the above tests are good indicators of sprinting ability?
(i) _____ (ii) _____ [2]
- d) (i) Who is the weakest student when it comes to leg power?
_____ [1]
- (ii) Give reason for your answer.
_____ [1]

14. For which Fitness Test is the skin fold calliper used?
_____ [1]

SECTION D – Sports in Society [12 marks]

1. Mention **TWO** reasons why today people have more leisure time.
(i) _____ [1]
(ii) _____ [1]
2. Mention the **TWO** providers of leisure facilities.
(i) _____ (ii) _____ [1]
3. Mention **ONE** advantage of leisure services provided for free.
_____ [1]

4. Mention **TWO** physical activities which maybe practiced during leisure time and w
require any special equipment.
(i) _____ (ii) _____
5. If 6 teams are taking part in a two round (*home and away*) league competition how many
matches does each team play in the league?
_____ [1]
6. Mention **TWO** advantages of a knockout competition.
(i) _____ [1]
(ii) _____ [1]
7. Mention a sport which usually uses a ladder type of competition.
_____ [1]
8. There are five teams in a round robin competition – A, B, C, D, E. Complete the table below:
- | |
|---------------|
| A vs B |
| C vs D |
| |
| B vs C |
| |
| A vs C |
| B vs E |
| |
| A vs D |
| |
- [2]
9. What type of competition starts as a league and ends as a knockout?
_____ [1]