

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 _____ [1]

(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?

3. BASKETBALL

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

_____ [1]

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

_____ [1]

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

_____ [1]

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

_____ [1]

4. DANCE

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

_____ [1]

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

_____ [1]

c) Fill in the following table by choosing the correct motion factor given below. [1]

Time, dynamics, flow, space

i		Directions
ii		Bound
iii		Quick
iv		Strong

d) Draw a simple floor pattern which includes **TWO** pathways and **ONE** turn. [1]



5. FOOTBALL

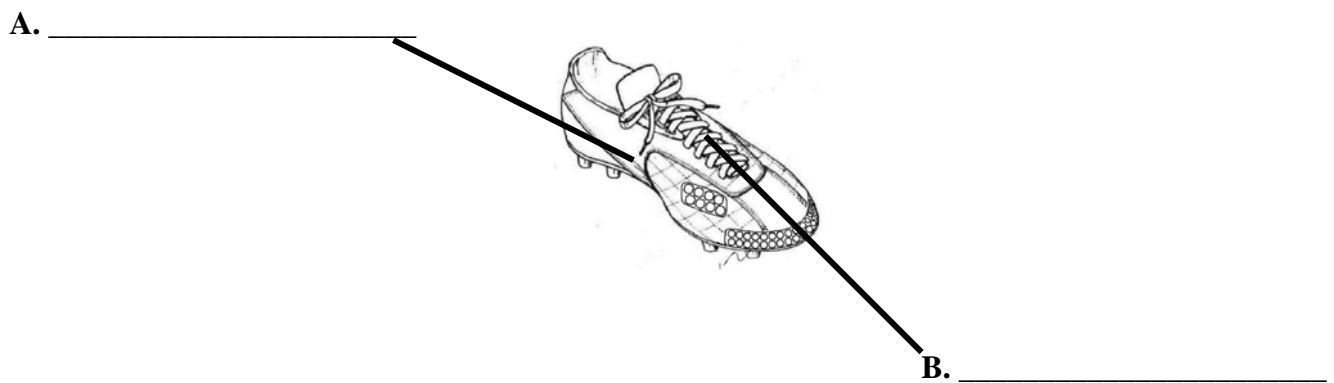
a) When is a ball considered to be out of play?

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

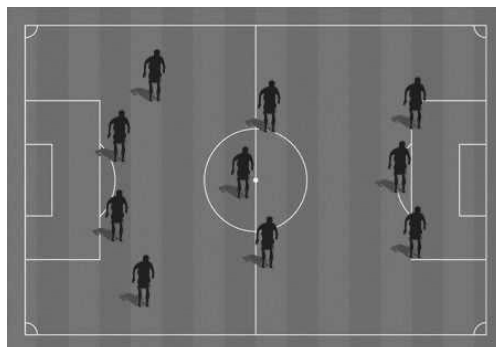


c) (i) In a 5-3-2 system of play, the number 3 represents which of the field players?

[1]

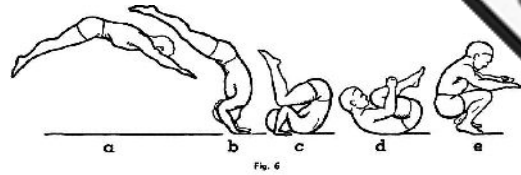
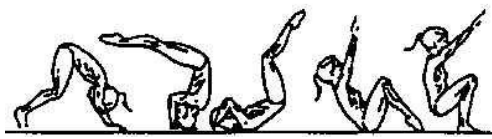
(ii) Which tactical formation is shown in the picture below?

[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: _____

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.

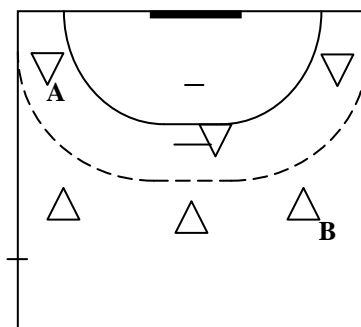
(i) _____ [1]

(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?

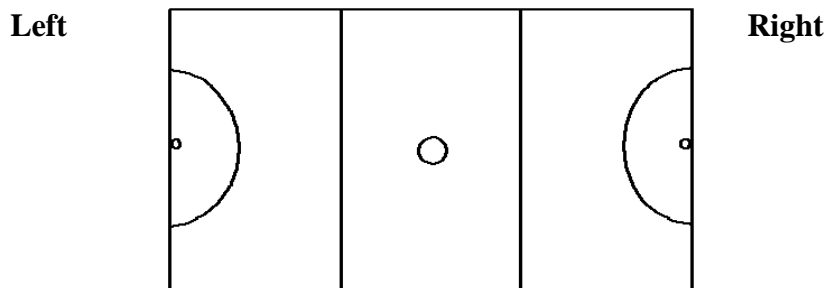
8. NETBALL

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]



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 fats.

_____ [1]

3. Stephanie likes challenging outdoor activities like abseiling and climbing. Mention **TWO** safety factors which apply to outdoor activities.

a) _____ [1]

b) _____ [1]

4. At swimming pools one sees certain hygiene rules displayed. Mention **ONE** such rule.

_____ [1]

5. Louise is a 20-year old high jumper who trains regularly and follows a healthy balanced diet including a variety of food. Explain why she does not need to take vitamin supplements.

_____ [1]

6. Give **ONE** example of how water is lost from the body.

_____ [1]

7. A friend of yours will be taking part in the Life Cycle (long distance cycling) and will

definitely need a large intake of carbohydrates.

a) Which type of carbohydrates does s/he need?

b) Complete the table below by placing the food shown under the appropriate column. The first one has been done for you. [3]

chocolate *rice* *beef* *bread* *fish* *cereal* *oil*

(i) Carbohydrates	(ii) Protein	(iii) Fats
		chocolate

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

_____ [1]

9. Sylvia is anorexic (see picture below). Suggest **TWO** ways how she can overcome her condition.



a) _____ [1]

b) _____ [1]

10. How can one's social background affect one's participation in physical activities?

_____ [1]

SECTION C BODY SYSTEMS AND PERFORMANCE (36 MARKS)

Answer **ALL** questions in this Section

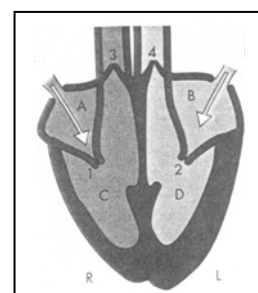
Answer **ALL** parts of each question

1. Look at the diagram of the heart and answer the questions about it.

a) What are the names of A and B? _____

b) What are the names of C and D? _____

c) What is the name of 4? _____



[1]

[1]

[1]

2. Mention **TWO** ways how the circulatory system helps to fight fever and an infection.
 - a) fever: _____
 - b) infection: _____

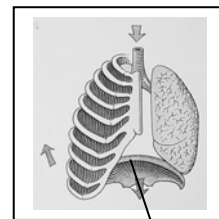
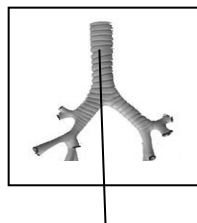
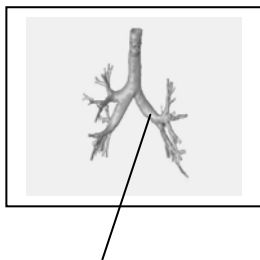
3. Which are the **FOUR** main components of blood? [2]
 - a) _____ b) _____
 - c) _____ d) _____

4. The heart is a muscle and with regular exercise it increases in size. Mention **TWO** positive effects of this increase in size. [1]
 - a) _____
 - b) _____

5. What percentage (%) of the Maximum Heart Rate are the: [1]
 - a) aerobic training zone _____
 - b) anaerobic training zone _____

6. The pulse rate may be taken at a number of points on the body. Where do we find these points?
 - a) carotid pulse _____ [1]
 - b) radial pulse _____ [1]

7. Name the parts of the Respiratory System shown in the diagram.



- a) _____ b) _____ c) _____ [3]

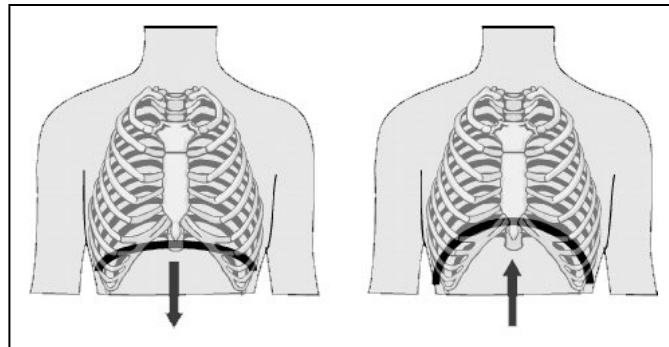
8. During heavy exercise, the breathing rate increases. Explain why this happens. [1]

9. What happens in the alveola? [1]

10. Look at the diagrams and explain what takes place in each case.

A

B



a) _____

b) _____

[2]

11. What is the function of these **TWO** parts of the respiratory system?

a) nasal cavity _____

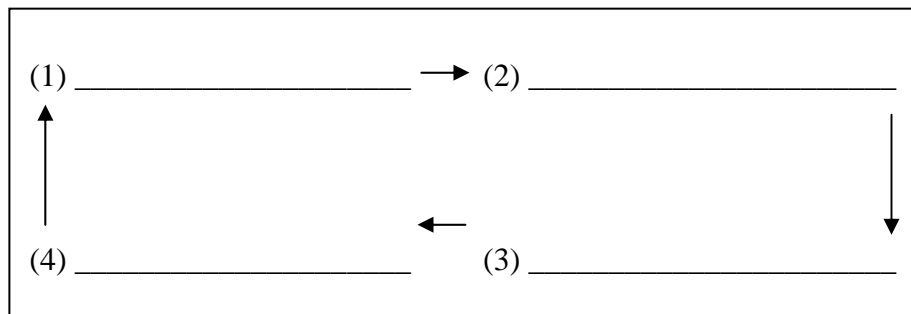
[1]

b) larynx _____

[1]

12. Name 4 exercises which you would include in a 'fitness circuit training'.

The exercises should develop 'muscular endurance'



[2]

13. Explain briefly these terms:

a) Progression:

_____ [1]

b) Reversibility:

_____ [1]

14. What term related to 'overload' is used to describe these statements?

[1]

a) How hard one trains _____

b) How many times one trains _____

15. How can one apply the principle of 'specificity' to both skill and fitness?

- a) Skill: _____
b) Fitness: _____

16. Give a simple definition of 'doping'.

[2]

17. What is an athlete asked to give so that doping tests can be carried out?

[1]

18. Which type of drugs are usually used in these sports?

- a) sports with weight categories _____ [1]
b) sports involving power _____ [1]

19. Dislocations occur mostly in ball and socket joints. Explain briefly why.

[1]

20. a) What happens to a muscle during a cramp?

[1]

- b) What treatment is given on the spot? [1]

21. Certain sports injuries may be caused by environmental factors.

Mention **ONE** example of how the environment may cause an injury.

[1]

SECTION D – SPORTS IN SOCIETY (12 Marks)

Answer **ALL** questions in Section D

1. Besides supporting sports financially, mention **TWO** other ways how the K.M.S. supports sport in Malta. [2]

- a) _____
b) _____

2. Give **TWO** functions of the International Olympic Committee (I.O.C.).

- a) _____
- b) _____

3. Mention **TWO** international competitions whose participation is the responsibility of the Malta Olympic Committee.

- a) _____ [1]
- b) _____ [1]

4. Fill in the table below by writing **THREE** means of communication and an advantage for each. [3]

	Means	Advantage
a		
b		
c		

5. Mention **TWO** conflicts that can occur between sport and television. [2]

6. Why are specialist sport magazines popular? [1]
