

DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION
 Department for Curriculum Management and eLearning
 Educational Assessment Unit
 Annual Examinations for Secondary Schools 2013

FORM 5 PHYSICAL EDUCATION (OPTION) TIME: 1h 30min

Name: _____

Class: _____

Section A	Section B	Section C	Section D	TOTAL MARK THEORY PAPER (80%)
16	16	36	12	

40% THEORY PAPER	45% PRACTICAL (CHOOSE 3)				15% PORTFOLIO			100% FINAL SCORE
	ATHLETICS (15%)	GAMES (15%)	GYM/DANCE (15%)	SWIMMING (15%)	INTERVIEW (5%)	SCOUTING (5%)	SKILL ANALYSIS (5%)	

Section A - Movement and Physical Activities (16 marks).

Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 8 in Section B.
Answer ALL parts of the chosen question.

1. Skill Acquisition

- a) In the table below, put the following physical activities next to the corresponding skill.

Dribbling an opponent Running Overhand service Free shot

	Skill	Physical Activity
i.	Closed Skill	
ii.	Basic Skill	
iii.	Open Skill	
iv.	Complex Skill	

[2]

- b) Which is the **local** ruling body for the following sport activities?

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

2. Athletics

- a) Mention **TWO** common faults in shot putting.

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

- b) Name **TWO** jumping events.

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

- c) The techniques mentioned below are used in field events. In which field events are these techniques used?

	Technique	Field Event
i.	Gliding Technique	
ii.	Hitch Kick Technique	

[1]

3. **Badminton**

- a) Name the type of grip used when doing a:
- (i) backhand stroke _____ [1]
- (ii) forehand stroke _____ [1]
- b) A badminton game is played up to _____ points. [1]
- c) In which badminton stroke does the shuttle travel slowest? [1]
- _____

4. **Dance**

- a) You are creating a duo dance. **Matching** is a relationship which can be used. Name another **TWO** different relationships. [1]
- (i) _____ (ii) _____
- b) Give **ONE** practical example of how **Matching** can be used in dance. [1]
- _____
- c) Auditory stimulus can be used as a starting point for inspiring different dance moves. Suggest **ONE** other different stimulus. [1]
- _____
- d) Why is it important to consider the use of climax/highlight in a dance? [1]
- _____

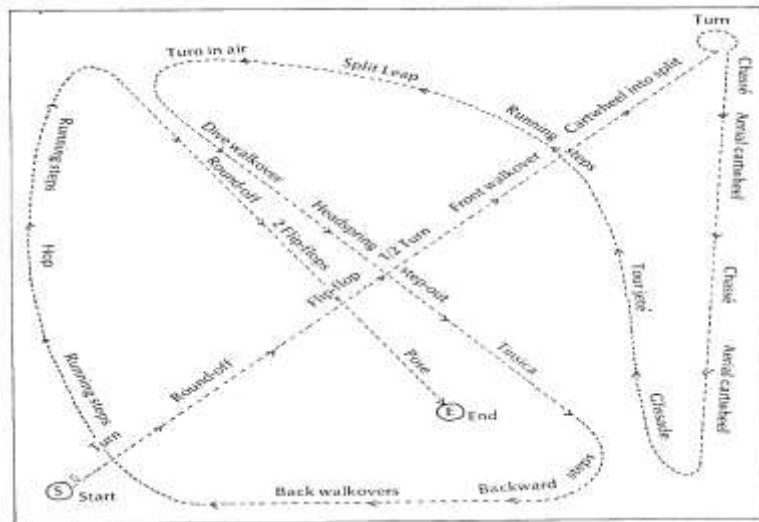
5. **Gymnastics**

- a) In the table below put the following skills under the correct column.

Cartwheel Front walkover Somersault Headspring

Rotations/Springs	Turns/Wheels

[2]



- b) Give **TWO** reasons why the floor pattern, in the diagram above, shows an excellent gymnastics sequence.

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

6. **Hockey**

In the table below put the following skills next to the correct statement.

Flick pass *Indian dribble* *Slap hit* *Push pass*

i.	This is used when the ball is played to a partner. Usually the stick does not make a sound when one plays this skill.	
ii.	The ball is hit at the lower part like a chip in football.	
iii.	This is best used to take shots at goal.	
iv.	This skill is used to change the direction of the ball to beat an opponent.	

[4]

7. **Swimming**

- a) Which stroke does not start with a diving start?

_____ [1]

- b) Which is the fastest of all strokes?

_____ [1]

- c) Under each picture write the respective swimming stroke.



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

8. **Volleyball**

a) When is a 'double hit' called?

b) Mention **ONE** way how the fifth set is different from the other sets.

[1]

c) Write down the skill related to each teaching point.

(i) Contact the ball near your forehead.

[1]

(ii) The ball is played on the forearms.

[1]

SECTION B – Health Related Fitness [16 marks].

Answer ALL questions in this Section.

Answer ALL parts of EACH question.

1. Give **ONE** reason why an individual could be physically fit but still unhealthy.

[1]

2. What is the importance of these dietary components in the body?

(i) ***Fibre***

[1]

(ii) ***Proteins***

[1]

3. Name **TWO** tests that measure 'cardiovascular endurance'.

(i)

[1]

(ii)

[1]

4. Jack has a basal metabolic rate (BMR) of 1000 calories and a working energy of 1500 calories. What is the effect on his body if he consumes 2000 calories per day?

[1]

5. Explain what is meant by 'agility'.

[1]

6. Write down the correct body somatotype under each picture.

JOCKEY



SPRINTER



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

7. a) Competitive sports frequently require **specific fitness** components. Identify **TWO** of these fitness components.

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

- b) Give **ONE** advice to someone who wants to improve **general fitness** but has not exercised for a long time.

_____ [1]

8. a) Write the type of strength required by the athlete in each picture.



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

- b) Underline the weight training method you would recommend for:

- (i) a shot putter increasing power:

- A. training with heavy weights (80-100% of the maximum).
B. training with medium weights (60-80% of the maximum).
C. training with light weights (40-60% of the maximum).

[½]

- (ii) a cyclist increasing muscular endurance:

- A. training with heavy weights (80-100% of the maximum).
B. training with medium weights (60-80% of the maximum).
C. training with light weights (40-60% of the maximum).

[½]

9. Give **ONE** practical example to show when a player uses power in a team game.

_____ [1]

10. Name another source of protein other than meat and fish.

_____ [1]

SECTION C – Body Systems and Performance [36 marks].

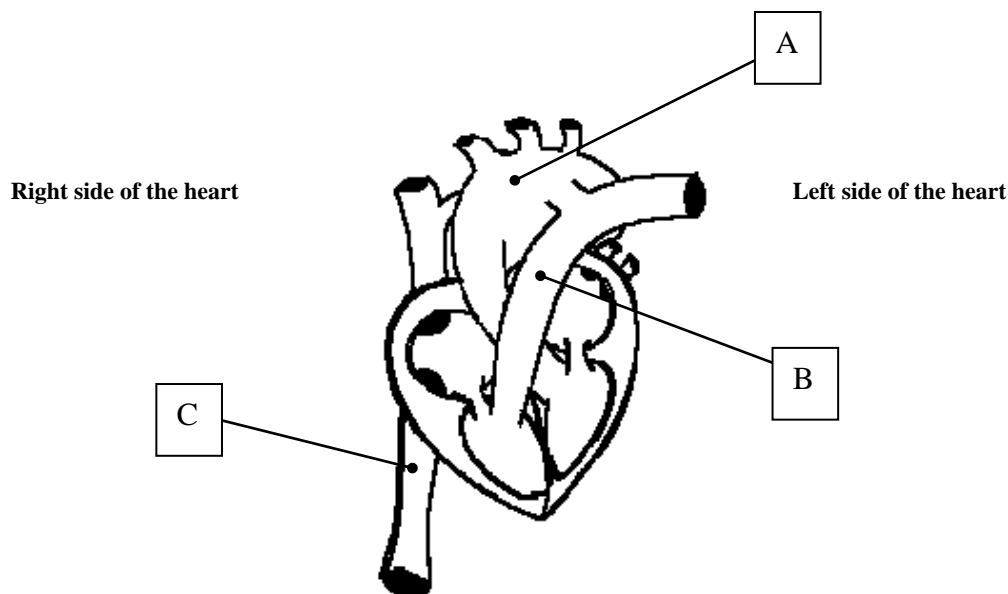
Answer ALL questions in this Section.

Answer ALL parts of EACH question.

1. Give ONE function of the circulatory system.

[1]

2. The diagram below shows a heart and the vessels connecting each chamber.



- a) Name the vessel labelled **A** which is connected to the left ventricle.

[1]

- b) Draw **arrows** to show the **direction** of blood flow through vessels **B** and **C**.

[2]

- c) Write down whether the blood vessel labelled **C** carries oxygenated or de-oxygenated blood. _____

[1]

3. Match each statement below to A, B, C or D.

A–Platelets

B–Red blood cells

C–White blood cells

D–Plasma

- | | |
|-----------------------------------|-------|
| (i) fight germs | _____ |
| (ii) mainly water | _____ |
| (iii) stick together easily | _____ |
| (iv) contain haemoglobin | _____ |
| (v) make blood clot | _____ |
| (vi) carries glucose and hormones | _____ |

[3]

4. a) Albert is a long distance runner. Which type of training method is most suitable for this type of event?

[1]

- b) Give **ONE** way how Albert can make his training sessions harder.

[1]

5. The sit and reach test measures flexibility of the back and hamstrings. Describe the procedure for carrying out this test.

[2]

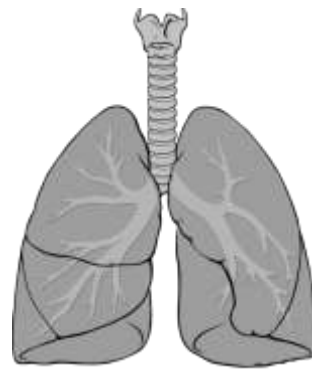
6. The picture shows a part of the respiratory system.

- (i) Label the trachea with the letter **X**.
(ii) Label the bronchus with the letter **Y**.
(iii) Draw the diaphragm.

[1]

[1]

[1]



7. Complete these sentences:

- a) A sequence of exercises, taking place at different stations, is called _____ training.

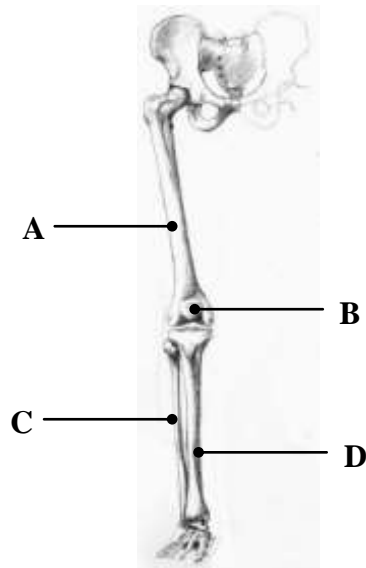
- b) Alternating between fixed periods of exercise and fixed periods of rest is called _____ training.

- c) Resistance training using machines is called _____ training.

- d) Exercising involving changes of speed, distance and type of exercise without stopping is known as _____.

[2]

8. The diagram below shows the bones of the leg.
Name the parts indicated by the letters A, B, C and D.



A _____ [1]
B _____ [1]
C _____ [1]
D _____ [1]

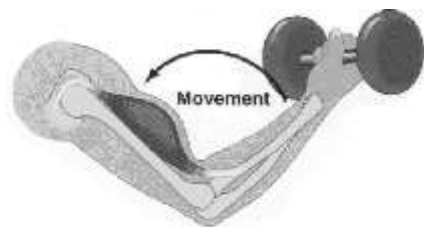
9. Give the definition of 'isometric contraction'.

_____ [1]

10. The pictures below show an isotonic contraction. Underneath each picture write down the type of muscle contraction at the bicep.



(i) _____



(ii) _____ [2]

11. The table below shows the definitions of four moveable joints. One has been done for you. Complete the table below.

	Joint	Definition
	Pivot Joint	This joint is between the atlas and axis bones in the neck.
i.		The bones move a little bit in all directions by sliding over each other.
ii.		The joint can move in all directions and it can rotate as well.
iii.		This joint is found only in the thumb.

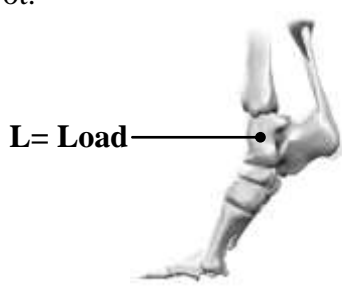
[3]

12. **Specificity** and **Progression** are two principles of training. Give a brief explanation of each.

- (i) Specificity: _____
 (ii) Progression: _____

13. The diagram below shows the picture of a foot. Label the picture with the letter:

- (i) E to show the Effort. [1]
 (ii) P to show the Pivot. [1]



14. Complete the table below:

	Injury	Signs and symptoms	Treatment
(i)	Overstretching of a muscle.	Pain and swelling.	
(ii)	Fracture.		Call emergency help. Do not move injured area.
(iii)		Severe sickening pain at the joint. The joint will look deformed. Lots of swelling.	Support and do not move injured area. Apply an ice to reduce the swelling.

[3]

15. What kind of drug can be illicitly used:

a) to help a boxer lose weight before a bout? [1]

b) to stop the body from feeling pain? [1]

SECTION D – Sports in Society [12 marks].

Answer ALL questions in this Section.

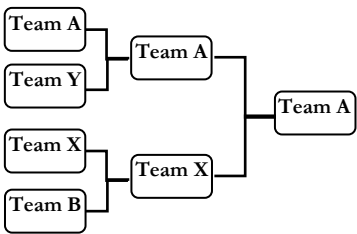
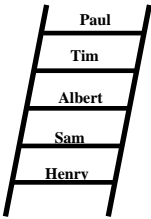
Answer ALL parts of EACH question.

1. Suggest **ONE** consideration to keep in mind before building an indoor sports facility.
_____ [1]
2. Mention **ONE** way how the K.M.S. encourages participation in sports.
_____ [1]
3. De Coubertin believed that sportspersons benefit through participation in International competitions. Mention **ONE** such advantage.
_____ [1]
4. The Olympic Games were sometimes faced with financial, political or racial problems. Write down the appropriate year and city to match the corresponding description.

	Year and City	Description
(i)		These games were completely dominated by the Palestinian terrorist attack on the Israeli Team.
(ii)		The break up of the Soviet Union and the reunification of East and West Germany brought a new look to the Olympic Games.

5. Give **ONE** advantage of a league competition.
_____ [1]
6. Explain what is meant by ‘plate competition’.
_____ [1]
7. Write down the type of competition shown in the diagrams below.

Team A vs Team B
Team B vs Team D
Team C vs Team D
Team A vs Team C
Team A vs Team D
Team B vs Team C



- (i) _____ (ii) _____ (iii) _____ [3]
8. Mention **TWO** functions of clubs.
(i) _____ [1]
(ii) _____ [1]

