

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2009

Directorate for Quality and Standards in Education

Educational Assessment Unit

FORM 4

PHYSICAL EDUCATION

TIME: 1½ hours

Name: _____

Class: _____

Section A Movement and Physical Activities (18 marks)

Answer **THREE** questions from 1 to 12 in Section A.

Answer all parts of the chosen question.

1. ATHLETICS

a) i) Which sprinting event is considered to be the most strenuous?

_____ (1)

ii) How do athletes line up at the start of this event?

_____ (1)

b) Give two critical elements of the hang technique in the long jump

_____ (2)

c) i) Indicate the angle of release of the shot _____ (1)

ii) The shot lacks height upon release. Mention one way how this can be corrected.

_____ (1)

2. BADMINTON

a. Mention two points which are important to produce a good powerful stroke.

i) _____

ii) _____ (2)

b. Name two tactics that an attacking player should use.

i) _____

ii) _____ (2)

c. Mention two instances when points are scored.

- i) _____
- ii) _____

3. BASKETBALL

a i). Give two critical elements of a good pivot.

_____ (2)

ii) State one rule of the pivot.

_____ (1)

b. Mention two advantages of attempting a 3-point shot.

- i) _____
- ii) _____ (2)

c. State the rule regarding the 3-point shot.

_____ (1)

4. EDUCATIONAL DANCE

a. List two ways of how training improves a dancer.

- i) _____
- ii) _____ (2)

b. Fill in the table below using the appropriate terms provided below.

Directions, locomotor patterns, axial movements, rhythm

	Description	Term
i	Ways of moving from one place to the other	
ii	Movements that take place in personal space	
iii	A pattern of beats	
iv	Moving forwards, backwards, sideways	

(2)

c. Your dance theme is "Walking on the Beach".

State two ways of using the effort actions of space and time to make the dance more interesting.

Space: i) _____

ii) _____ (1)

Time: i) _____

ii) _____ (1)

5. FOOTBALL

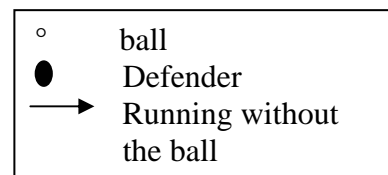
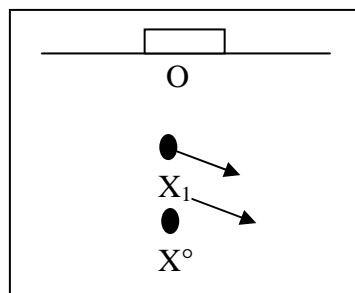
a) i) What is the term used to describe the restart of a match after a goal has been scored?

_____ (1)

ii) Mention another instance when the above occurs during the course of a football match.

_____ (1)

b) X is in possession of the ball and is marked by a defender ●. X₁ is as well marked by a defender ●. X₁ decides to move and draws the defender with him. Mention two benefits that such a move can give to X.



i) _____

ii) _____ (2)

c) Mention two critical elements of heading the ball in attack.

i) _____

ii) _____ (2)

6. GYMNASTICS

a) Look at the picture below. State two qualities the gymnast is showing.



i) _____

ii) _____

(2)

b) Which is the forward skill which requires a strong push from the shoulders?

_____ (1)

c) Name two safety rules a gymnast should follow when learning a new advanced skill.

i) _____

ii) _____ (2)

d) At which stage of the vault does the pre-flight take place?

After the _____ and before _____ (1)

7. FIELD HOCKEY

a) i) Mention one reason why the hockey stick needs to be kept close to the ground.

_____ (1)

ii) Explain a stationary trap.

_____ (1)

b) i) Explain when a ball is out of play.

_____ (1)

ii) How is play restarted after the ball has been out of play?

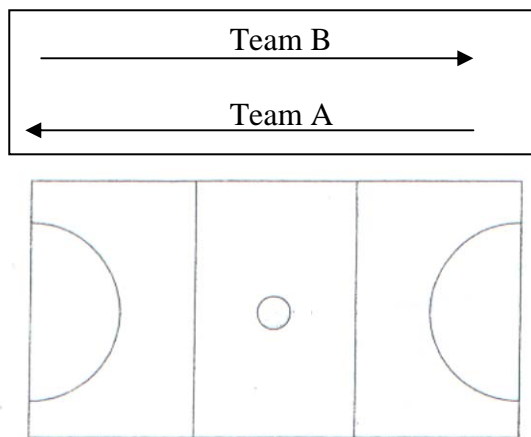
_____ (1)

c) In the 5-2-3 system there are 5 defenders. One of them is a libero. There are 2 sets of other positions. What are they?

_____ (2)

8. NETBALL

a. On the diagram below mark the position of players of each team.



(2)

b. Give two critical elements of the defence/marking position in netball.

i) _____

ii) _____

(2)

c. Which is the order of players receiving the ball in a 3-1-3 tactic?

G.K. _____

(2)

9. RHYTHMIC GYMNASTICS

a) Gives two reasons why a Rhythmic gymnast needs to develop strength?

i) _____

ii) _____

(2)

b) Throwing and catching are two skills common to all implements. For each implement below, mention two skills which are not common to both.

i) Hoop: _____ i) Ribbon: _____

ii) _____ ii) _____

(2)

c) What type of movement is performed at the transverse/table plane?

(1)

d) Implement measurements must be according to rules. State another rule regarding the use of implements during a sequence.

(1)

10. SWIMMING

a) Write the appropriate stroke besides its description. All four strokes must be named.

DESCRIPTION	STROKE
i) This is a symmetrical stroke	
ii) This is considered as the fastest stroke	
iii) This is considered as the most difficult stroke	
iv) This stroke uses six inverted flutter kicks	

(2)

b) What should the body do on reaching out for the pull phase during:

i) the freestyle stroke. _____

ii) the backstroke. _____ (2)

c) State when inhalation/breathing in occurs during the breast stroke.

_____ (1)

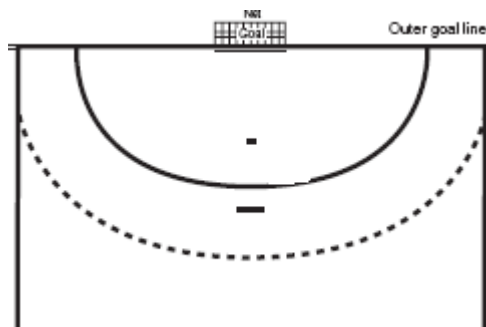
d) Name two rules a swimmer should follow during a back stroke race, after the start signal has been given.

i) _____

ii) _____ (1)

11. TEAM HANDBALL

a)



In the adjacent diagram, indicate by an arrow

- the 7-metre line,
- the goal line,
- the free throw line and
- goal area line (2)

b) Mention two critical elements of the dribble.

i) _____

ii) _____ (2)

c) Identify two moments when a fast break can occur.

_____ (2)

12. VOLLEYBALL

a) Write the appropriate pass besides its description. Each pass must only be mentioned once.

DESCRIPTION	PASS
i) Ball is contacted with the forearms	
ii) Ball is contacted at highest point above head	
iii) Ball is contacted over the net without touching net	
iv) Ball is contacted above head, hands in inverted heart position	

(2)

b) How is the ball contacted when giving an:

i) underhand serve _____

ii) overhead serve _____ (1)

c) Which is the best position on court for the setter?

_____ (1)

d) What is the most likely response of the defensive team receiving a spike?

_____ (1)

e) i) When does the referee give technical time-outs?

ii) How long is each time out?

_____ (1)

Section B - Body Systems and Performance (62 marks)

Answer all questions in this section.

Answer all parts of each question.

1. Look at the picture and name the parts shown.

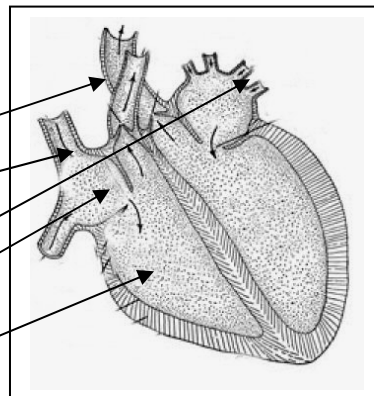
(i) _____

(ii) _____

(iii) _____

(iv) _____

(v) _____



(5)

2. The circulatory system is actually divided into two systems.

What are the names of these two systems?

(i) _____ (1)

(ii) _____ (1)

3. Why are arteries thicker and more elastic than veins?

4. What do we find in veins which we do not find in arteries?

_____ (1)

5. Mention three functions of the circulatory system.

(i) _____ (1)

(ii) _____ (1)

(iii) _____ (1)

6. Blood gets its colour from red blood cells.

Mention three **other** substances found in blood.

(i) _____ (1)

(ii) _____ (1)

(iii) _____ (1)

7. Mention two good effects on the circulatory system as a result of regular exercise.

(i) _____ (1)

(ii) _____ (1)

8. Mention two points on the body where a pulse may be felt.

(i) _____ (ii) _____ (2)

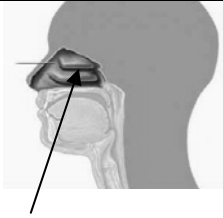
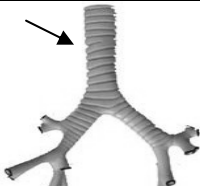
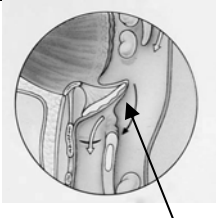
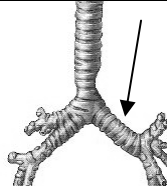
9. Why is it good to know one's 'maximum pulse' before starting a training programme?

_____ (1)

10. How is the **maximum pulse** related to **age**?

_____ (1)

11. Look at the table below and write the names of the parts shown.

			
i)	ii)	iii)	iv)

12. Write the names of the parts (of respiratory system) which match the function

	Component	Function
i		In these air sacs, oxygen and carbon dioxide change places
ii		This flat muscle makes the lungs bigger or smaller
iii		This prevents food from getting into the air pipes
iv		This helps us to make noises and sounds from our throat

(4)

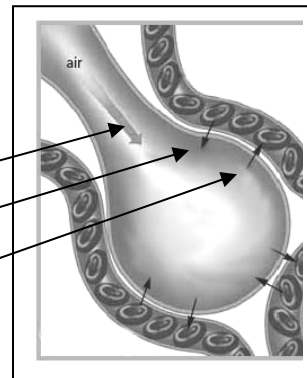
13. Fill in the missing words to complete the statement.

“During **inhaling**, the diaphragm _____. When this happens, the volume of the lungs _____ and causes air to _____ through the wind pipe.

(3)

14. Look at the diagram of an alveola and explain what takes place at the points indicated by an arrow.

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



(3)

15. Mention two ways of how air breathed out is different from air breathed in.

- (i) _____ (1)
 (ii) _____ (1)

16. Give an example of a physical activity where:

- (i) aerobic respiration takes place. _____ (1)
 (ii) anaerobic respiration takes place. _____ (1)

17. After a 100m sprint, an athlete bends down and breathes very quickly.

What words do we use to describe the cause of this?

_____ (1)

18. Mention **three** ways of increasing the overload during a fitness circuit training.

- (i) _____ (1)
 (ii) _____ (1)
 (iii) _____ (1)

19. How can Fartlek training be used to develop:

- (i) aerobic fitness. _____
 (ii) anaerobic fitness. _____

20. Which are the two essential parts of a good warm-up?

- (i) _____ (1)
 (ii) _____ (1)

21. Which parts of the body are tested in the 'sit and reach test'?

_____ (1)

22. Mention two tests which measure muscular endurance.

- (i) _____ (ii) _____ (2)

23.(i) How far apart are the end cones in the Progressive Shuttle Run?

_____ (1)

(ii) What is the common name of this test?

_____ (1)

24. For how long (time), does a performer step up and down in the Harvard Step Test?

_____ (1)

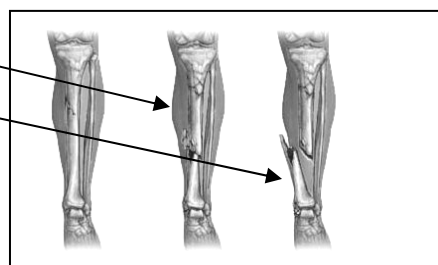
25. Fill in the missing section of the table below.

	Class of Drugs or Doping Method	Effect
i	Narcotics	
ii		Increase muscle size
iii	Blood doping	
iv		Remove the feeling of tiredness

(4)

26. Look at the diagram and state what type of fracture is indicated.

- (i) _____
 (ii) _____
 (iii) How could these have been prevented?



(3)

27. In which type of tissues do **strains** occur?

28. Mention two types of environmental conditions which have a bad effect on health or physical performance.

(1)