Section A - Movement and Physical Activities (16 marks)

Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 13 in Section A. Answer all parts of the chosen question.

1. **SKILL ACQUISITION**
   
a) Physical Education teachers are required to differentiate. Underline one of the following phrases that best describes the term differentiation.
   
i. Teachers teach tasks that are aimed at the good students in class.
   
   ii. Teachers teach tasks of various levels to cater for individual differences.
   
   iii. Teachers teach a task and students are required to adjust to that task. (1)

   
b) Mention two reasons why changes to rules are made.
   
i) ........................................................................................................................................ (2)
   
   ii) .......................................................................................................................................... (2)

   
c) Classify the following skills in the table below: throwing, long jump, heading in a game situation, footwork exercises.

<table>
<thead>
<tr>
<th></th>
<th>Basic Skills</th>
<th>Complex Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td></td>
<td>iii</td>
</tr>
<tr>
<td>ii</td>
<td></td>
<td>iv</td>
</tr>
</tbody>
</table>

   (1)

2. **ATHLETICS**
   
a) Give the range of races that are classified as middle distance.

   (1)
b) In the table provided below indicate by using the words **high** or **low** the centre of gravity of the athlete in the glide technique.

<table>
<thead>
<tr>
<th>Phase of Glide Technique</th>
<th>Centre of Gravity</th>
</tr>
</thead>
<tbody>
<tr>
<td>i Start of the glide</td>
<td></td>
</tr>
<tr>
<td>ii Mid-way through the technique</td>
<td></td>
</tr>
<tr>
<td>iii Moment of release</td>
<td></td>
</tr>
</tbody>
</table>

(1)

c) Give two critical elements of the high jump.
   i) _____________________________________________
   ii) ___________________________________________

(2)

3. **BADMINTON**
   a) Mention two instances when a server wins a point.
      i) ______________________________________________
      ii) ______________________________________________

(1)

b) When serving a player is repeatedly serving out of court. Mention two points to consider to correct this fault.
   i) ______________________________________________
   ii) ______________________________________________

(1)

c) Mention two critical elements of the overhand clear.
   i) ______________________________________________
   ii) ______________________________________________

(2)

4. **BASKETBALL**
   a) A player shoots successfully from outside the semi circle and lands within the semi circle **after** releasing the ball. Is this a 2-point or 3-point score?
      ______________________________________________

(1)
b) i) Why is a fast break important in basketball?
_____________________________________________ _____________________________ (1)

ii) Should a player gain possession of the ball before or after starting a fast break?
_____________________________________________ _____________________________ (1)

c) A player is repeatedly shooting too short of the basket. Suggest one way of correcting this fault.
_____________________________________________ _____________________________ (1)

5. EDUCATIONAL DANCE

a) Mention four points to consider when planning a dance composition.
   i) ________________________________________________ _________________
   ii) _______________________________________________ __________________
   iii) ______________________________________________ ___________________
   iv) _________________________________________ ________________________ (2)

b) What motion factor is referred to when using these terms?
   i) Tempo, beat, rhythm                  _________________________________
   ii) Pathways, direction, shape           _________________________________ (2)

6. FOOTBALL

a) An opponent prevented a goal scoring opportunity by fouling the attacking player just outside the penalty area. Mention one decision the referee is expected to take.
___________________________________________________ _______________________ (1)

b) Your team mate is heading the ball too high and is always missing the target. Suggest which part of the ball he/she needs to hit and which part of the post he/she should aim at.
   Hit ______________________________________________ ____________________ (1)
   Aim _____________________________________________ _____________________ (1)

c) Mention one advantage of the 4-3-3 system.
__________________________________________________ ________________________ (1)
7. GYMNASTICS
   a) List four linking movements you would choose for your sequence.
      i) ___________________________      ii) ___________________________
      iii) ___________________________  iv) ___________________________
                                            (1)
   b  i) What is meant by “asymmetry” in gymnastics?
                                            ____________________________ ____________________________
      ii) Give an example of an asymmetric shape. You may use a drawing to illustrate your
           answer.
                                            ____________________________ ____________________________ (1)
   c) John is overbalancing while practicing the headstand. Give him one tip on how to
      correct this.
                                            ____________________________ ____________________________ (1)
   d) Suggest one way of how a gymnast may improve the take-off from the spring board.
                                            ____________________________ (1)

8. HOCKEY
   a) When is a ball considered to be out of bounds in hockey?
                                            ____________________________ (1)
   b) Mention two critical elements of the reverse push pass.
      i) __________________________________________________________
      ii) _________________________________________________________ (2)
   c) Mention one element regarding the attacking zone.
                                            ____________________________ (1)

9. NETBALL
   a  i) Mention one role of a goalkeeper in Netball.
                                            ____________________________ (1)
      ii) Mention two points the goalkeeper should keep in mind when defending the shooter in
           possession of the ball.
                                            ____________________________ (2)
b) Mention one action of a player for an effective dodge.

______________________________________________________________ (1)

10. RHYTHMIC GYMNASTICS

a) Which implements are used in Rhythmic gymnastics?

_________________________________________________________________ (1)

b) Mention two considerations a gymnast should keep in mind when planning a sequence.

i) ________________________________________________________________ (1)

ii) ________________________________________________________________ (1)

c) Mention two important points a gymnast should keep in mind for efficient use of the implement.

i) ________________________________________________________________ (1)

ii) ________________________________________________________________ (1)

d) Mention two rules regarding the use of music during a sequence.

i) ________________________________________________________________ (1)

ii) ________________________________________________________________ (1)

11. SWIMMING

a) State the rule regarding underwater swimming at the start of a race.

_________________________________________________________________ (1)

b) Mention two exercises a swimmer can perform in the pool to improve any stroke.

i) ________________________________________________________________ (1)

ii) ________________________________________________________________ (1)

c) Put the name of the appropriate stroke beside its description.

<table>
<thead>
<tr>
<th>Description</th>
<th>Stroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>i) Feet are turned outwards for the start of the kick</td>
<td></td>
</tr>
<tr>
<td>ii) At the start, swimmer pushes off on his back</td>
<td></td>
</tr>
</tbody>
</table>

(1)

d) State the reason why timing in breathing is essential.

_________________________________________________________________ (1)
12. TEAM HANDBALL
a) What does the 9-m line represent?
______________________________________________ ___________________________ (1)
b) Give one instance when a wrist pass is used.
______________________________________________ ___________________________ (1)
c) Mention one limitation of the wrist pass.
______________________________________________ ___________________________ (1)
d) How is the piston movement used in handball?
______________________________________________ ___________________________ (1)

13. VOLLEYBALL
a) When is a block performed?
______________________________________________ ___________________________ (1)
b) Name the positions a libero may play in.
______________________________________________ ___________________________ (1)
c) Mention one advantage of the overhead service over the underhand service.
______________________________________________ ___________________________ (1)
d) What is the umpire's decision when a server steps on the baseline when serving?
   i) _______________________________________________ _____________________
   ii) _______________________________________________ _____________________ (1)

Section B - Health Related Fitness (16 marks)
Answer all questions in this section.
Answer all parts of each question.

1. Give two reasons why each of the following is likely to reduce our sporting performance:
a) alcohol:
   i) _________________________________________________________________
   ii) _________________________________________________________________

   b) smoking:
   i) _________________________________________________________________
   ii) _________________________________________________________________ (1)
2. Why is fibre good for you?

__________________________________________________ ______________________ (1)

3. Where in the body is glycogen stored?

__________________________________________________ ______________________ (1)

4. An athlete has eliminated fats completely from the diet. Mention two possible consequences:
   i) ______________________________________________ ______________________
   ii) _________________________________________ ___________________________
   iii) _____________________________________________ ______________________
   iv) ______________________________________________ _____________________ (1)

   Exercise will:
   i) ________________________________________________ ____________________
   ii) _______________________________________________ _____________________ (1)

6. State whether the components below are health-related or skill-related.
   An example has been done for you.

<table>
<thead>
<tr>
<th>e.g.</th>
<th>Muscular endurance</th>
<th>Health-Related</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>Agility</td>
<td></td>
</tr>
<tr>
<td>ii</td>
<td>Flexibility</td>
<td></td>
</tr>
<tr>
<td>iii</td>
<td>Strength</td>
<td></td>
</tr>
<tr>
<td>iv</td>
<td>Power</td>
<td></td>
</tr>
</tbody>
</table>

(1)

7. State one difference between a mesomorph and an ectomorph.

__________________________________________________ ______________________ (1)

8. a) Mention an instance when a basketball player uses:
   i) dynamic strength ________________________________________________
   ii) explosive strength ____________________________________________ (1)

b) Mention one exercise to improve:
   i) dynamic strength ________________________________________________
   ii) explosive strength ____________________________________________ (1)
9. Flexibility is important for an athlete to perform efficiently.
   Why is flexibility important in:
   i) High Jump __________________________________________________________
   ii) Sprinting ___________________________________________________________ (1)

10. State how one can check the pulse recovery rate.
    i) _________________________________________________________________
    ii) ________________________________________________________________
    iii) _______________________________________________________________ (1)

11. Give the definition of:
    i) anaerobic energy ________________________________________________
    ii) VO$_2$ max ______________________________________________________ (2)

12. The duration and distance of an event affect speed. Which other two factors affect speed?
    i) ________________________________________________________________
    ii) _______________________________________________________________ (1)

13. In the table below state whether the following statements describe psychological or physiological factors.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Factor</th>
</tr>
</thead>
<tbody>
<tr>
<td>i Audrey was boosted by the support of her friends</td>
<td></td>
</tr>
<tr>
<td>ii She performed poorly due to lack of sleep</td>
<td></td>
</tr>
<tr>
<td>iii She took part in the match suffering from a bad cold</td>
<td></td>
</tr>
<tr>
<td>iv The player is highly motivated to play well</td>
<td></td>
</tr>
</tbody>
</table>

(2)

**Body Systems and Performance (36 marks)**

1. Which type of joint is most likely to suffer a dislocation and why?
   Joint: ________________________________________________________________
   Why _________________________________________________________________ (1)
2. Give an example of a joint which allows flexion and extension.
______________________________________________________________ (1)

3. What is the main function of ligaments?
______________________________________________________________ (1)

4. Besides allowing movement, the skeleton has other functions.
   Mention one function related to the circulatory system.
______________________________________________________________ (1)

5. What do we call that type of movement where a part of the body moves away from the body?
______________________________________________________________ (1)

6. What do we call a muscle contraction where there is tension but no movement?
______________________________________________________________ (1)

7. Look at the diagrams and state the movement that takes place when the muscle indicated contracts.
   
   (i)__________________________________________________________ (ii)_________________________________________________ (2)

8. Mention a bad habit which may cause or aggravate a bad posture.
______________________________________________________________ (1)

9. When a movement takes place, one muscle acts as agonist while another acts as antagonist.
   Explain briefly what this means.
______________________________________________________________ (2)
10. Mention one way how the resting heart rate may give an indication of one’s health.

_____________________________________________ _________________________

(1)

11. Which type of exercises are most suited for improving the circulatory system?

_____________________________________________ __________________________

(1)

12. Why should one calculate and know his/her maximum heart rate before starting a regular training programme?

_____________________________________________ __________________________

_____________________________________________ __________________________

(1)

13. What is the relation between the Maximum Heart Rate and the Aerobic Training Zone?

_____________________________________________ __________________________

(1)

14. What makes the pulmonary artery different from the other arteries?

_____________________________________________ __________________________

(1)

15. Give the anatomical name and function of this part of the respiratory system.

Name: _________________________________________

Function: _________________________________________

____________________________________ _____

(2)

16. What movement does the diaphragm do during inspiration?

_____________________________________________ __________________________

(1)

17. Alveoli are surrounded by tiny capillaries. How does gas exchange take place here?

_____________________________________________ __________________________

(1)

18. Heavy exercise causes one to breathe faster. Explain briefly why this happens.

_____________________________________________ __________________________

(1)
19. Name the ‘Principle of Training involved’ in each of these two cases.

<table>
<thead>
<tr>
<th>Principle</th>
</tr>
</thead>
<tbody>
<tr>
<td>i Case 1: Ron wears weight belts during his running training</td>
</tr>
<tr>
<td>ii Case 2: Lynn increases her work load in stages</td>
</tr>
</tbody>
</table>

20. An athlete chose sit-ups/curl-ups to improve his/her abdominal muscular endurance.

Describe two ways of increasing the ‘intensity’ of this exercise.

(i) ___________________________________ ______________________________        (1)

(ii) ___________________________________ ______________________________        (1)

21. A good training session is divided into four parts or phases. In which part is a ‘conditioned game’ or playing under pressure done?

_____________________________________________ __________________________         (1)

22. Name one training method which develops both speed and anaerobic endurance.

_____________________________________________ __________________________         (1)

23. In the table below, write one advantage for each training method.

<table>
<thead>
<tr>
<th>Training Method</th>
<th>Advantage</th>
</tr>
</thead>
<tbody>
<tr>
<td>i Circuit training</td>
<td></td>
</tr>
<tr>
<td>ii Weight training</td>
<td></td>
</tr>
</tbody>
</table>

24. Alex is doing the Progressive Shuttle Run test (Bleep Test). When is Alex asked to stop because he has reached his limit?

_____________________________________________ ____________________________     (1)

25. Mention two body measurements which are used to give an indication of one’s level of fitness.

(i) ___________________________________ (ii) ________________________________     (1)

26. The Cooper Test is not a very reliable test, however it has its advantages. Name one of these advantages.

_____________________________________________ ____________________________      (1)
27. Stimulants are drugs which give the impression that they are giving ‘extra’ energy to the athlete. Explain briefly why this is not true.

_____________________________________________ ___________________________ (2)

28. A fracture is suspected if certain visible signs are noticed. Mention one of these visible signs.

_____________________________________________ ___________________________ (1)

29. A head injury may produce a concussion. Mention one sign of a concussion.

______________________________________________ __________________________ (1)

Section C - Sports in Society (12 marks)

Answer all questions

1. Mention one social factor which hinders participation in sport.

___________________________________________________ _____________________ (1)

2.a) State one advantage and one disadvantage of a Knockout competition.

i) ________________________________________________________________ (1)

ii) ________________________________________________________________ (1)

b) Plan a Knockout competition for 8 teams.

1.

2.

3.

4.

5.

6.

7.

8. (1)

c) Mention another type of competition.

____________________________________________ _____________________________ (1)
3. a) Give two reasons why indoor sporting facilities should be made available.

________________________________________________________ (1)

b) Name two different types of indoor facilities.

i) ______________________________________________________

ii) ____________________________________________________ (1)

4. a) Which body decides in which city the Olympic Games are held?

________________________________________________________ (1)

b) How often are the Olympic Games held?

________________________________________________________ (1)

c) Mention two important provisions which a city holding the Games has to consider.

i) ______________________________________________________

ii) ____________________________________________________ (1)

5. Why is it difficult for less known sports to obtain a sponsorship?

________________________________________________________ (1)

6. How can the media help to decrease the element of violence in sport?

i) ______________________________________________________

ii) ____________________________________________________ (2)

End of Paper