FORM 4  
PHYSICAL EDUCATION  
TIME: 1h 30min

Name: _____________________________________  Class: ____________________

Section A - Movement and Physical Activities (16 marks)

Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 9 in Section A. 
Answer all parts of the chosen questions.

1. SKILL ACQUISITION
   a) A teacher or coach gives feedback about performance to a student, player or athlete. 
      Mention one other way how an athlete may get feedback about his/her performance.
      _____________________________________________________________  (1)
   b) Besides knowing the rules of the game, a referee/umpire needs to have other qualities. 
      Mention one of these personal qualities. 
      _____________________________________________________________  (1)
   c) All sports events are played according to established rules. 
      Give two good reasons why rules are necessary in sport.
      i) _____________________________________________________________
      ii) _____________________________________________________________  (1)
   d) A coach is responsible for the overall selection and preparation of a team. 
      What is the role of the Trainer in the team?
      _____________________________________________________________  (1)

2. ATHLETICS
   a) Write the correct term used to describe:
      i) the type of start for the 800m
         _____________________________________________________________
      ii) the line where athletes cross to the inner lane.
         _____________________________________________________________  (1)
b) Mention one difference in the run up of the fosbury and the scissors jump.

_______________________________________________ __________________________ (1)

c) Name two rules related to the discus throw.
   i) ____________________________________________ _______________________
   ii) ____________________________________________ _______________________ (2)

3. BASKETBALL

   a) A player caught the ball. Write, in order of importance, the next move to perform using
      the words provided.

         Dribble, shoot, pass

         _____________________________________________________ ______________________ (1)

   b) Mention two critical elements of the one-hand jump shot.
      i) ______________________________________________________
      ii) ______________________________________________________ (2)

   c) Explain what is meant by:
      i) one-two stop ____________________________________________
      ii) jump stop _______________________________________________ (1)

4. EDUCATIONAL DANCE

   a) Choice of stimulus and duration are two points to consider when planning a dance
      composition.
      Mention another two:
      i) ______________________________________________________
      ii) ______________________________________________________ (2)

   b) What motion factor is referred to when using these terms?
      i) straight, direction, levels ________________________________ (1)
      ii) strong, light, force _____________________________________ (1)

5. GYMNASTICS

   a) State the difference between the cartwheel and the handspring regarding the landing.
      i) Cartwheel : Landing is ________________________________
      ii) Handspring : Landing is ____________________________________ (1)

   b) Explain the following terms
      i) Extension ____________________________________________
         ______________________________________________________
ii) Co-ordination: ____________________________________________
__________________________________________________________ (1)
c) The gymnast stops to think during a sequence. Give another two examples for which points are deducted during the change from one skill to another.
i) _______________________________________________________
ii) ______________________________________________________ (1)
d) There are seven phases to a vault: Run-up, take-off, pre-flight, push off, landing. Which are the two missing phases?
i) _______________________________________________________
ii) ____________________________________________________ (1)

6. HOCKEY
a) Mention one coaching hint in order to perform the ‘flick’.
__________________________________________________________ (1)
b) Mention one technique used to increase the chances of winning a ‘bully’.
__________________________________________________________ (1)
c) Give two instances for which a ‘free hit’ is awarded.
i) _________________________________________________________
ii) _____________________________________________________ (2)

7. RHYTHMIC GYMNASTICS
a) Look at the picture.

   i) Name the body skill the gymnast is performing.
   _________________________________________________________ (1)
   ii) At which plane is the gymnast working?
   _______________________________________________________ (1)

b) Which type of movements may be performed at the transverse/table plane?
__________________________________________________________ (1)
c) Mention two factors which contribute towards a successful sequence.
i) _________________________________________________________
ii) ______________________________________________________ (1)
8. SWIMMING

a) For the backstroke:
   i) State the rule regarding the position of the body at the finish of a race.
      __________________________________________________ _________________________     (1)
   ii) Give two critical elements regarding the leg action.
      __________________________________________________ _________________________
      __________________________________________________ _________________________     (1)

b) For the butterfly stroke:
   i) Describe the arm movement during swimming.
      __________________________________________________ _________________________
      __________________________________________________ _________________________      (1)
   ii) How many arm pulls per stroke are allowed under water?
      __________________________________________________ _________________________      (1)

9. VOLLEYBALL

a) Apart from a dig in defence, mention another skill used for defending.
   __________________________________________________ _________________________       (1)

b) The service is a closed skill in Volleyball. Mention an open skill used in Volleyball,
   __________________________________________________ _________________________   (1)

c) Mention one important critical element, for an attacking player when
   jumping to spike the ball.
   __________________________________________________ _________________________       (1)

d) Number the skills from 1 to 4, according to how they are played during a rally.

<table>
<thead>
<tr>
<th></th>
<th>Dig</th>
<th>Service</th>
<th>spike</th>
<th>set</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(1)

Section B - Health Related Fitness (16 marks)

Answer all parts of the questions in this section.

1. “Health is a state of complete physical, mental and social well being”.

   Give an example of:
   i) physical well being
ii) social well being


(1)

i) ______________________________________________ _________________________

ii) ______________________________________________ _________________________ (1)

3. Washing hands before eating helps to prevent disease. What other two habits are important?
i) ______________________________________________ _________________________

ii) ______________________________________________ _________________________ (1)

4. Fill in the table below making use of the words provided:

Potatoes, chocolates, pulses, honey, bread, soft drinks

<table>
<thead>
<tr>
<th>SIMPLE CARBOHYDRATES</th>
<th>COMPLEX CARBOHYDRATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>Chocolates, bread</td>
</tr>
<tr>
<td>Chocolates</td>
<td>Bread</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Chocolates, bread</td>
</tr>
</tbody>
</table>

(2)

5. Choose a physical activity. Mention one safety measure to consider during that activity.
Activity chosen ______________________________________________ _________________________

Safety measure ______________________________________________ _________________________ (1)

6. Fats in the diet provide energy. Mention another benefit.

____________________________________________ _________________________ (1)

7. Why is fibre important in a diet?

____________________________________________ _________________________ (1)
8. Fill in the diagram below. One has been done for you.

\[ \text{Nutrients} \]

\[
\begin{array}{ccc}
\rightarrow & Fats & \\
\downarrow & & \\
\rightarrow & & \\
\rightarrow & & \\
\rightarrow & & \\
\end{array}
\]

9. Fill in the table below.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>MAIN NUTRIENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g.</td>
<td>Fats</td>
</tr>
<tr>
<td>i</td>
<td>Citrus fruits</td>
</tr>
<tr>
<td>ii</td>
<td>Meat</td>
</tr>
</tbody>
</table>

10. Intensity of exercise affects the amount of water lost during exercise. Mention another factor ____________________________________________________________ (1)

11. To keep alive we need a minimum amount of energy. What is the term used to describe this? ____________________________________________________________ (1)

12. What are the amino acids which are supplied by food called?

______________________________________________________________ (1)

13. What should a person do to keep a healthy body weight?

______________________________________________________________ (1)

14. Paul and his friends have a pasta night before the marathon race. Why do you think they do this? ____________________________________________________________ (1)
Section B: Body Systems and Performance (36 marks)

Answer all parts of the questions in this section.

1. If one knows the Principles of Training, one gets better results from training.
   Give one reason why this is so.
   ___________________________________________________________ (1)

2. Look at the pictures below and write which principle of training is being shown.
   i) ____________________  ii) ________________ iii) __________________
   (3)

3. By ‘Progression’ we mean starting from the easy and moving on to the more difficult.
   Give two examples how this principle may be applied;
   i) during fitness training: ____________________________ (1)
   ii) during skill training: ____________________________ (1)

4. Mention a training method which is best suited to develop speed endurance.
   ___________________________________________________________ (1)

5. Below is a diagram of a Basketball Court. On this diagram write four exercises to make a
   Simple Skill Circuit Training session.
   (2)
6. In a ‘fitness’ circuit training session, how should the order of exercises be designed?

______________________________________________________________________________

(1)

7. Describe briefly what Fartlek training consists of.

______________________________________________________________________________

(1)

8. Mention the fitness component developed by using light weights in ‘Weight Training’.

______________________________________________________________________________

(1)

9. Mention one safety rule meant to protect a player, and one safety rule meant to protect an opponent.
   i) protects player: ____________________________________________________________

(1)
   ii) protects opponent: ______________________________________________________

(1)

10. a) Look at the picture and state what type of injury might result by such an action.

______________________________________________________________________________

(1)

b) Mention two actions to treat the injury mentioned.
   i) ____________________________________________________________

ii) ____________________________________________________________

(2)

11. Drugs are classified according to their effects. What is the main effect of these drugs?

<table>
<thead>
<tr>
<th>Drug</th>
<th>Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>i) Blood doping</td>
<td></td>
</tr>
<tr>
<td>ii) Analgesics</td>
<td></td>
</tr>
<tr>
<td>iii) Anabolic agents</td>
<td></td>
</tr>
</tbody>
</table>

(3)
12. Steroids increase body mass. How does this affect the bones and joints? 

__________________________________________________________________________ (2)

13. Look at the diagram below and say what happens at the letters indicated.

(a) ________________________________________ 

__________________________________________________________________________ (1)

(b) ________________________________________ 

__________________________________________________________________________ (1)

14. One of the functions of the circulatory system is to remove heat from the body. Which part of the circulatory system picks up and carries heat to remove it? 

__________________________________________________________________________ (1)

15. There is a medical condition where the blood fails to clot. Which part of the blood is missing or not functioning in this condition? ________________________________ (1)

16. Give a good reason why the resting heart rate of a trained athlete is lower than normal. 

__________________________________________________________________________ (1)

17. The pulse rate may be taken on a number of body parts. Where is the pulse taken when we take the:

i) carotid pulse ______________________________________________________ (1)

ii) radial pulse ______________________________________________________ (1)

18. At which level( training zone) should a ‘sprinter’ train? 

__________________________________________________________________________ (1)
19. In the table below, write the name of the respiratory part which is described.

<table>
<thead>
<tr>
<th>Description</th>
<th>Respiratory Part</th>
</tr>
</thead>
<tbody>
<tr>
<td>i)</td>
<td>Contains tiny hairs which filter dust particles</td>
</tr>
<tr>
<td>ii)</td>
<td>Food and air pass through this pipe</td>
</tr>
<tr>
<td>iii)</td>
<td>Gas exchange takes place here</td>
</tr>
<tr>
<td>iv)</td>
<td>Tiny blood vessels surrounding air sacs</td>
</tr>
<tr>
<td>v)</td>
<td>Prevents food from entering wind pipe</td>
</tr>
<tr>
<td>vi)</td>
<td>Muscle which helps to empty and fill lungs</td>
</tr>
</tbody>
</table>

Section C  Sports in Society (12 marks)

Answer all parts of the questions in this section.

1. Mention one function of:
   i) Kunsill Malti għall-Isport______________________________
   ii) Kumitat Olimpiku Malti______________________________ (2)

2. The treasurer of a club collects membership fees. State one role of:
   i) the PRO ________________________________ (1)
   ii) the Chairperson ______________________________ (1)

3. How can youth clubs help sports promotion?
   i) __________________________________________________________________ (2)
   ii) __________________________________________________________________ (2)

4. Mention two possible careers related to sports media.
   i) __________________________________________________________________ (2)
   ii) __________________________________________________________________ (2)

5. Mention two benefits the media brings to sport.
   i) __________________________________________________________________ (2)
   ii) __________________________________________________________________ (2)

6. Mention two advantages that radio has over television.
   i) __________________________________________________________________ (2)
   ii) __________________________________________________________________ (2)

End of Paper