SECONDARY SCHOOL ANNUAL EXAMINATIONS 2010
Directorate for Quality and Standards in Education
Educational Assessment Unit

FORM 5
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 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) ....................................................................................................................
      ii) .................................................................................................................... (2)

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

      | Basic Skills | Complex Skills |
      |--------------|----------------|
      | i            | iii            |
      | ii           | iv             |

      (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 _________________________________________________ (2)
   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 GYMNASICS

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

Complete the following table. The first one has been done for you.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Component</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g. Your health is working well</td>
<td>Physical well-being</td>
</tr>
<tr>
<td>i  You have no illness</td>
<td></td>
</tr>
<tr>
<td>ii  You can cope with stress</td>
<td></td>
</tr>
<tr>
<td>iii You have friends</td>
<td></td>
</tr>
<tr>
<td>iv  You have self-esteem</td>
<td></td>
</tr>
</tbody>
</table>

(1)
2. a) Which nutrient is needed by the body to build cells and repair muscles?

________________________________________________________________________

b) Mention three types of food which contain this nutrient.

i)________________________________________________________________________

ii)_______________________________________________________________________

iii)_____________________________________________________________________

(1)

3. What are carbohydrates used for in the body?

________________________________________________________________________

(1)

4. Give one example of how:

a) exercise helps you look better_____________________________________________

b) helps your body to work better_______________________________________________

(1)

5. Name a health-related fitness component especially important for each of the following activities.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Health-Related Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>i Long brisk walk</td>
<td></td>
</tr>
<tr>
<td>ii Hanging clothes on a high line</td>
<td></td>
</tr>
<tr>
<td>iii Lifting a heavy box</td>
<td></td>
</tr>
<tr>
<td>iv Sawing wood for 20 minutes</td>
<td></td>
</tr>
</tbody>
</table>

(2)

6. Natasha is a swimmer and Peter is a jockey. What is the ideal somatotype for each of the athletes?

i) Natasha ________________________________________________________________

ii) Peter _________________________________________________________________

(1)

7. a) State how one can increase flexibility.

________________________________________________________________________

b) Give an example of an exercise which increases flexibility.

________________________________________________________________________

(1)

8. What changes in pulse recovery rate would you expect after months of jogging?

________________________________________________________________________

(1)
9. Write the name of the *skill related component* needed near the sport activity.
   The first one has been done for you. Each component can be used only once.

<table>
<thead>
<tr>
<th>Sport activity</th>
<th>Skill Related Component</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g. Sprinting</td>
<td>Speed</td>
</tr>
<tr>
<td>i Long jump</td>
<td></td>
</tr>
<tr>
<td>ii Swimming</td>
<td></td>
</tr>
<tr>
<td>iii Handstand position</td>
<td></td>
</tr>
<tr>
<td>iv Saving a penalty</td>
<td></td>
</tr>
</tbody>
</table>

10. a) State two ways in which fatigue affects performance in basketball.
    i)________________________________________________ ____________________
    ii)________________________________________________ ____________________ (1)

   b) State two psychological aspects which may affect a gymnast’s performance.
   i)________________________________________________ ____________________
   ii)________________________________________________ ____________________ (1)

11. There are three types of strength. Write the type of strength being used in the pictures below.

    i) ____________                    ii) _____________                       iii) __________ ___ (3)
Body Systems and Performance (36 marks)

1. What type of joint is shown in each of these two pictures?

![Joint Image]

i) ____________________                       ii) ____________________                     (2)

2. How are bones classified?

i) _____________ ii)  _______________ iii) _ _____________  iv) _______________      (2)

3. What special tissue holds joints together?

_______________________________________ ______________________________  (1)

4. Name one region of the spinal column.

_______________________________________ ______________________________  (1)

5. Where are red blood cells produced?

_______________________________________ _______________________________  (1)

6. What type of movement is shown in this picture?

_______________________________________ ______________________________  (1)

7. Give another name for voluntary muscles.

_______________________________________ ______________________________  (1)

8. Carrying heavy schoolbags has a bad effect on posture. Suggest two ways of reducing this effect.

i) _______________________________    ii)  _______ _________________________     (2)
9. Explain briefly the term ‘muscle cramp’.

__________________________________________________ ___________________          (1)

10. Name these parts of the circulatory system.

   i) ______________________________        ii) ________________________________       (2)

11. In which blood vessels do we usually find oxygenated blood?

___________________________________________________ ___________________     (1)

12. What is the formula used to calculate one’s Maximum Heart Rate?

___________________________________________________ ___________________     (1)

13. Where do we find the ‘carotid pulse’?

___________________________________________________ ___________________     (1)

14. What do we call that type of exercise which improves cardiovascular endurance?

___________________________________________________ ___________________     (1)

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

   Name:       ______________________________
   Function:  ______________________________
               ______________________________

   (2)

16. The nasal cavity serves to draw air in. Mention one other function.

___________________________________________________ ___________________          (1)

17. Which blood vessels surround alveoli?

___________________________________________________ ___________________          (1)
18. Heavy exercise causes one to breathe faster. Explain briefly why this happens.

____________________________________________________________________________________ (1)

19. Name the Principle of Training involved in 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>

(2)

20. Describe two ways of increasing the ‘intensity’ or difficulty of push-ups.

(i) ___________________________________________________________________________ (1)

(ii) ___________________________________________________________________________ (1)

21. In which part of a normal training session do we find tactics and set pieces practiced?

_________________________________________________________________________________ (1)

22. Name one training method which develops quickly both muscular strength and muscular 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 Fartlek</td>
<td></td>
</tr>
<tr>
<td>ii Circuit Training</td>
<td></td>
</tr>
</tbody>
</table>

(2)

24. Alexia is doing the Progressive Shuttle Run test (Bleep Test). When is Alexia asked to stop because she has reached her limit?

____________________________________________________________________________________ (1)

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

(i) ___________________________ (ii) ___________________________ (2)
26. The Cooper Test is not a very accurate test, however it has its advantages. Name two of these advantages.
   i) ________________________________________________________________     (1)
   ii) ________________________________________________________________     (1)

Section C - Sports in Society (12 marks)

Answer all questions in this Section
Answer all parts of each question

1. A committee is made up of a chairperson/president and other members. Mention two other members.
   i) ________________________________________________________________
   ii) ________________________________________________________________     (1)

2. a. Round Robin is a type of competition. Mention another two types.
   i) ________________________________________________________________
   ii) ________________________________________________________________     (1)

   b. State one advantage and one disadvantage of the Round Robin system.
   i) advantage: _______________________________________________________
   ii) disadvantage: ____________________________________________________     (1)

3. Name two types of:
   a. indoor facilities: i) ____________________ ii) __________________________
   b. outdoor facilities: i) ____________________ ii) __________________________     (2)

4. a. The last Olympic Games were held in Beijing in 2008. Where and when will the next games be held?
   Where: ____________________________________________________________
   When: __________________________________________________________________ (1)

   b. The hosting city provides an Olympic Village. What other facilities need to be provided?
   i) ____________________________________________________________________
   ii) ____________________________________________________________________     (1)
5. a. Clubs or teams can receive sponsorship. What else may be sponsored?
_____________________________________________ _________________________ (1)
b. Sponsorship can be for equipment. How else can a sportsperson be helped by sponsors?
_________________________________________________________ (1)

6. If you were an athlete, would you prefer to be seen on a newspaper or on television?
Give two reasons.
i) ______________________________________________________

ii) ______________________________________________________ (2)

7. Give one reason why people have more leisure time nowadays.
_________________________________________________________ (1)

End of Paper