FORM 3 PHYSICAL EDUCATION TIME: 1h 30min

Name: _______________________________ Class: _______________

Section A: Skill Acquisition, Movement and Physical Activities (16 marks)
Answer question 1 and choose THREE questions from 2 to 7 in Section A.
Answer all parts of the chosen questions.

1. Skill Acquisition
   a) There are senior and minor officials in sports. Give ONE example for EACH type of official. [2]

<table>
<thead>
<tr>
<th>Official</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>i Senior Official</td>
<td></td>
</tr>
<tr>
<td>ii Minor Official</td>
<td></td>
</tr>
</tbody>
</table>

   b) A sport official should possess certain qualities. Mention ONE quality that a sport official should demonstrate. [1]

   ____________________________________________________________

   c) State ONE responsibility a coach should have. [1]

   ____________________________________________________________

Movement and Physical Activities (12 marks)
Choose any THREE questions. Answer ALL parts of the chosen questions.

2. Athletics
   a) Mention TWO jumping events. [1]

   (i) ___________________________ (ii) ___________________________

   b) Mention TWO important points that the athlete should keep in mind to put the shot further. [1]

   (i) ___________________________________________________________

   (ii) _________________________________________________________
c) Mention **ONE** violation that an athlete should not perform while doing the shot put.  

_________________________________________________ _________________________

3. **Dance**

   a) A dancer uses various actions such as gestures and balances. Give another example of what the body can do to make the choreography interesting.  

   ____________________________________________________

   b) **List** **ONE** important element when creating a dance besides the use of space.  

   ____________________________________________________

   c) Jade has been told to give more importance to spatial awareness to improve as a dancer. Briefly explain what she needs to focus on.  

   ____________________________________________________

   d) Choose **ONE** of the following relationships in dance and give an example to illustrate your answer.  

   (i) Mirroring                                      (ii) Canon

   ____________________________________________________

4. **Games**

Choose a game you have studied this year and answer these questions about it.  

a) Mention two rules related to the game you have studied.  

   (i) ____________________________________________________________  [1]

   (ii) ____________________________________________________________  [1]

b) Choose an important skill used in the game you studied and point out an important element of the skill you chose.  

   Skill:                                                   

   Important element:                                     
c) Describe or draw a defensive strategy used in the game you studied. [1]

5. Gymnastics

a) Mention TWO important elements in order to perform a good headstand.

(i) ___________________________________________________ [1]
(ii) ___________________________________________________ [1]

b) Mention ONE important phase of a vault after performing the action on box. [1]

________________________________________________________


c) Mention ONE rule related to the use of mat area during the floor routine. [1]

________________________________________________________

6. Rhythmic Gymnastics

a) State TWO ways how to use the clubs in a rhythmic sequence.

(i) ___________________________________________________ [1]
(ii) ___________________________________________________ [1]

b) Marks are deducted when a gymnast performs a leap and her shape is not fixed and well defined. Mention ONE other fault which results in points taken away during a leap. [1]

________________________________________________________


c) Give ONE fundamental body element that rhythmic gymnasts are judged on. [1]

_______________________________
7. Swimming

a) Name the TWO strokes shown below: [1]

(i) ________________________________ (ii) __________________________

b) What breathing technique should a swimmer use whilst swimming the freestyle/front crawl? [1]

________________________________________________ __________________________

c) How many strokes can a swimmer do underwater before coming up for air during a breaststroke competitive race? [1]

________________________________________________ __________________________

d) What is the turn used in breaststroke called? [1]

________________________________________________ __________________________

SECTION B: Health Related Fitness (16 marks)

Answer ALL questions in this Section.

1. Celine trains at the gym and she has been advised to include stretching exercises as part of her workout. Give ONE reason why flexibility is important. [1]

________________________________________________ __________________________

2. What is the average heart rate of a person when at rest? [1]

________________________________________________ __________________________
3. Mention ONE exercise which can be done to improve:
   a) muscular endurance  
   ____________________________________________________ __________________________

   b) cardiovascular endurance  
   ____________________________________________________ __________________________

4. The heart rate increases during exercise. Briefly explain why?  
   ____________________________________________________ _________________________

5. Which of the following activities use anaerobic energy and aerobic energy?  
   dancing, shot put, cycling, swimming, throwing, 100m sprint  
   ____________________________________________________ _________________________

   Aerobic energy | Anaerobic energy
<table>
<thead>
<tr>
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</tbody>
</table>

6. Reaction time is evident in team games such as football, hockey and netball. Give an example from ONE activity of your choice where reaction time is important.  
   ____________________________________________________ _________________________

7. Name the component of general fitness needed to:
   (i) Lift a heavy load
   (ii) Jog quickly for 25 minutes
   ____________________________________________________ __________________________

8. The diagrams below show an example of each kind of strength. Name the type of strength each picture is showing.  
   ____________________________________________________ __________________________

   (i) __________________              (ii) _______________ ________________
   (iii) ________________ __________
9. Give TWO suggestions to a person who is starting an exercise programme.

(i) ___________________________________________________________ [1]
(ii) ___________________________________________________________ [1]

Section C: Body Systems and Performance (36 marks)
Answer ALL questions in this Section.

1. a) Use the words below to match the correct statements about the function of bones. [3]

<table>
<thead>
<tr>
<th>Classification</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flat</td>
<td>Are found in the vertebral column.</td>
</tr>
<tr>
<td>Irregular</td>
<td>Are used in movement such as running and throwing.</td>
</tr>
<tr>
<td>Long</td>
<td>Are very important for protection.</td>
</tr>
</tbody>
</table>

b) What type of freely moveable joint is shown in the picture below?

__________________ [1]

c) Name the bones that make up this joint.
   (i) __________________ (ii) __________________ (iii) __________________ [3]

2. What word is used to describe how we hold our body position? [1]
   ____________________________

3. A muscle is never completely relaxed. What do we call the amount of tension in a muscle? [1]
   ____________________________________________
4. Name the types of moveable joints and their respective location in the body. The first one has been done for you. [6]

<table>
<thead>
<tr>
<th>e.g.</th>
<th>(i)</th>
<th>(ii)</th>
<th>(iii)</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Joint Image" /></td>
<td><img src="image2" alt="Joint Image" /></td>
<td><img src="image3" alt="Joint Image" /></td>
<td><img src="image4" alt="Joint Image" /></td>
</tr>
</tbody>
</table>

a) **Moveable Joint**  
Saddle joint  

b) **Location in the body**  
Thumb

5. The diagrams below represent different tests used to assess fitness. Answer the questions below.

a) (i) Which test from the above diagrams measures the muscular endurance of the arms and the shoulders? [1]

___________________

(ii) Mention another test, besides the test shown in the picture above, that measures the muscular endurance of the abdominal muscles. [1]

___________________

b) Which test from the above diagrams measures cardiovascular endurance? [1]

___________________
c) What do we call Fitness Test B?  
______________________

[d) Fitness test B measures flexibility. Name the two parts of the body that are measured in this test.  
________________________  __________________________

6. Look at the diagram below and write the anatomical names of the muscles indicated by arrows. Choose from the words below.  
pectorals, triceps, deltoid, abdominals, trapezius, quadriceps

   i) __________________
   ii) __________________
   iii) __________________
   iv) __________________
   v) __________________
   vi) __________________

7. What do we call the type of muscle which makes up the heart?  
__________________________________________________

8. While one muscle works, another opposite muscle relaxes. Look at the picture and write which muscle is working (shortens), and which muscle is relaxing.

Works (shortens) ________________  
Relaxes ________________

9. Ray pushes against a wall. The wall does not move but Ray’s muscles are tense. What do we call this type of muscle contraction?  
__________________________________________________
10. What technical terms (words) do we use to describe:

(i) when a muscle tires and cannot contract any more _________________ [1]

(ii) when a muscle stays painfully locked _________________ [1]

(iii) when a muscle shrinks because it is not used _________________ [1]

11. A training session is usually divided into four parts. In the table below, write down which part is described in the statement.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Part of session</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>Exercises to improve certain muscles used in one’s sport</td>
</tr>
<tr>
<td>ii</td>
<td>Light stretching and jogging at the beginning of the session</td>
</tr>
<tr>
<td>iii</td>
<td>Training tactics or techniques used in one’s game/sports</td>
</tr>
</tbody>
</table>

Section D: Sports in Society (12 marks)
Answer ALL questions in this Section.

1. List two reasons why there has been a growth in leisure time.

(i) ____________________________________________ ____________________________ [1]

(ii)  ____________________________________________ _____________________________ [1]

2. The local authorities aim to provide facilities that are accessible to everyone. Who are the local authorities? [1]

___________________________________________________ ________________________

3. Mention TWO public leisure facilities provided by the local authorities.

(i) ____________________________________________ ____________________________ [½]

(ii)  ____________________________________________ _____________________________ [½]

4. What is recreation? [1]

___________________________________________________ ________________________
5. Mention **two** physical activities which maybe practiced during leisure time and which do not require any special equipment.

(i) _____________________________________________ ____________________________ [½]

(ii) ____________________________________________ _____________________________ [½]

6. Look at the types of competition below and insert the type of competition. [2]

![Diagram showing an 11 team league table]

a) ____________________  b) ____________________

7. Which type of competition involves rounds where if you lose you don't progress to the next round? [1]

___________________

8. The diagram shows an 11 team league table. What is the total of home and away matches that each team plays by the end of the league? [1]

_______ matches

9. Mixed competitions are very common.  
   a) State one feature of mixed competition. [1]

   ____________________________________________________________ _______________________

   b) Give an example of a sports competition which starts on league basis and then goes to knockouts in the final stages. [1]

   ____________________________________________________________ _______________________

   A vs B
   C vs D
   D vs E
   B vs C
   A vs E
   A vs C
   B vs E
   B vs D
   A vs D
   C vs E