FORM 4 PHYSICAL EDUCATION TIME: 1h 30min

Name: _____________________________________  Class: _______________

Section A – Skill Acquisition, Movement and Physical Activities (16 marks)
Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 10 in Section A. Answer all parts of the chosen questions.

1. Skill Acquisition (4 marks)
   a) Mention ONE way how an athlete can obtain external feedback about his performance.
      ___________________________________________________________________________ [1]

   b) Give an example from any sports of:
      (i) an open skill _____________________________________________________________ [1]

      (ii) a closed skill ___________________________________________________________ [1]

   c) There are different types of rules. Choose any sport and give an example of
      (i) a rule to promote safety __________________________________________________ [1]

      (ii) a rule to promote enjoyment ____________________________________________ [1]

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

2. ATHLETICS
   a) Mention ONE instance when a competitor is disqualified during the 800m race.
      ___________________________________________________________________________ [1]

   b) Mention ONE technique an athlete uses for clearing the bar in the high jump.
      ___________________________________________________________________________ [1]

   c) Mention ONE rule regarding the take off in the high jump.
      ___________________________________________________________________________ [1]
d) When can a discus thrower leave the throwing circle after attempting a throw?

__________________________________________________________________________ [1]

3. BASKETBALL

a) Mention two important points to remember to guard the ball while dribbling.

__________________________________________________________________________ [1]

b) How many players from a basketball team are allowed on court at any one time?

__________________________________________________________________________ [1]

c) When is it best to use a fast break?

__________________________________________________________________________ [1]

d) An opponent has arms up whilst defending. What type of pass should the offensive player use?

__________________________________________________________________________ [1]

4. DANCE

a) You have been asked to create a sequence emphasising travelling. How can you build a climax (peak) into the piece?

__________________________________________________________________________ [1]

b) Mention one relationship that can be used in a group dance.

__________________________________________________________________________ [1]

c) Fill in the following table by choosing the correct motion factor given below.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>Directions</td>
</tr>
<tr>
<td>ii</td>
<td>Bound</td>
</tr>
<tr>
<td>iii</td>
<td>Quick</td>
</tr>
<tr>
<td>iv</td>
<td>Strong</td>
</tr>
</tbody>
</table>

d) Draw a simple floor pattern which includes two pathways and one turn.

__________________________________________________________________________ [1]
5. FOOTBALL

a) When is a ball considered to be out of play?

____________________________________________________________________________ [1]

b) Look at the picture below and insert the correct part of the foot used to kick, pass or trap the ball:

[1]

A. _______________________

B. _______________________

Instep    Inside

A. 

B. 

Instep    Inside

A. 

B. 

c) (i) In a 5-3-2 system of play, the number 3 represents which of the field players?

____________________________________________________________________________ [1]

(ii) Which tactical formation is shown in the picture below?

____________________________________________________________________________ [1]

6. GYMNASTICS
Look at the **TWO** pictures and answer the questions about them

![Picture 1](image1)

**a)** What are the proper names of the rolls performed by the girl and the boy?

Girl: ____________________________________________________________

Boy: ____________________________________________________________

**b)** What action is the boy performing so that he has a better chance of getting up straight?

______________________________________________________________________________  [1]

**c)** In a competition, what are the simplest moves called? ________________  [1]

**d)** Mention **TWO** qualities which gain points for a good vault.

(i) ____________________________________________________________  [1]

(ii) ____________________________________________________________  [1]

### 7. **HANDBALL**

**a)** Look at the diagram and answer the following questions.

(i) What type of attacking formation is shown in the diagram?

![Diagram](image2)

______________________________________________________________________________  [1]

(ii) What do we call the players that are in positions A and B?

Player A ____________________________________________________________

Player B ____________________________________________________________  [2]

**b)** How many steps can a player take with the ball in his/her hand?
8. NETBALL

a) Name ONE instance when a free pass is awarded to the opposing team. [1]

b) Feinting is one way of getting free from your opponent. Mention another way of getting free. [1]

c) Mention an important point to remember when pivoting. [1]

d) The diagram shows a netball court. The Goal Shooter is shooting on the left side. Shade the area where the Goal Shooter is allowed to move. [1]

9. RHYTHMIC GYMNASTICS

a) Mention TWO physical qualities a rhythmic gymnast should have. [2]
(i) ______________________________ (ii) ______________________________

b) Name the skill the gymnast is performing with the ribbon. [1]

c) Marks are deducted if the implement is dropped or touches the floor outside the mat area. Mention one example when marks are deducted regarding the use of the implement during a routine. [1]

10. SWIMMING
a) Give TWO critical elements (important points) of the front crawl technique.
   (i) _________________________________________________________________________ [1]
   (ii) ________________________________________________________________________ [1]

b) Mention how a swimmer should position his/her head whilst performing the backstroke in order to decrease drag or resistance.
   ___________________________________________________________________________ [1]

c) In which race is the swimmer already in the water at the starting block at the start of the race?
   ___________________________________________________________________________ [1]

SECTION B: Health Related Fitness (16 marks)
Answer ALL questions in this Section.

1. Clyde is a smoker and has developed a ‘smoker’s cough’. Mention another TWO dangers caused by smoking.
   a) _________________________________________________________________________ [1]
   b) ________________________________________________________________________ [1]

2. Give ONE reason why an individual should avoid saturated fats.
   ___________________________________________________________________________ [1]

3. Stephanie likes challenging outdoor activities like abseiling and climbing. Mention TWO safety factors which apply to outdoor activities.
   a) ________________________________________________________________________ [1]
   b) ________________________________________________________________________ [1]

4. At swimming pools one sees certain hygiene rules displayed. Mention ONE such rule.
   ___________________________________________________________________________ [1]

5. Louise is a 20-year old high jumper who trains regularly and follows a healthy balanced diet including a variety of food. Explain why she does not need to take vitamin supplements.
   ___________________________________________________________________________ [1]

6. Give ONE example of how water is lost from the body.
   ___________________________________________________________________________ [1]

7. A friend of yours will be taking part in the Life Cycle (long distance cycling) and will
definitely need a large intake of carbohydrates.

a) Which type of carbohydrates does s/he need? [1]

b) Complete the table below by placing the food shown under the appropriate column. The first one has been done for you. [3]

<table>
<thead>
<tr>
<th>chocolate</th>
<th>rice</th>
<th>beef</th>
<th>bread</th>
<th>fish</th>
<th>cereal</th>
<th>oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) Carbohydrates</td>
<td>(ii) Protein</td>
<td>(iii) Fats</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>chocolate</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

8. Why is it important to drink fluids during intense physical activity? [1]

9. Sylvia is anorexic (see picture below). Suggest TWO ways how she can overcome her condition.

a) ___________________________________________ [1]

b) ___________________________________________ [1]

10. How can one’s social background affect one’s participation in physical activities? [1]

SECTION C BODY SYSTEMS AND PERFORMANCE (36 MARKS)

Answer ALL questions in this Section

Answer ALL parts of each question

1. Look at the diagram of the heart and answer the questions about it.
   a) What are the names of A and B? _______________ [1]
   b) What are the names of C and D? _______________ [1]
   c) What is the name of 4? _______________ [1]
2. Mention **TWO** ways how the circulatory system helps to fight fever and an infection.

   a) fever: _________________________________________________________________ [1]
   b) infection: ____________________________________________________________ [1]

3. Which are the **FOUR** main components of blood? [2]

   a) ______________________________  b) ______________________________
   c) ______________________________  d) ______________________________

4. The heart is a muscle and with regular exercise it increases in size. Mention **TWO** positive effects of this increase in size. [1]

   a) _______________________________________________________________________
   b) _______________________________________________________________________

5. What percentage (%) of the Maximum Heart Rate are the: [1]

   a) aerobic training zone ________________________
   b) anaerobic training zone ________________________

6. The pulse rate may be taken at a number of points on the body. Where do we find these points?

   a) carotid pulse ________________________ [1]
   b) radial pulse ________________________ [1]

7. Name the parts of the Respiratory System shown in the diagram.

   ________________________________________________________________________ [3]

8. During heavy exercise, the breathing rate increases. Explain why this happens.

   ________________________________________________________________________ [1]

9. What happens in the alveola?

   ________________________________________________________________________ [1]
10. Look at the diagrams and explain what takes place in each case.

A   B

a) ____________________________________________  b) ____________________________________________
   ____________________________________________  ____________________________________________ [2]

11. What is the function of these two parts of the respiratory system?

a) nasal cavity _______________________________________________ [1]

b) larynx ___________________________________________________ [1]

12. Name 4 exercises which you would include in a ‘fitness circuit training’.
    The exercises should develop ‘muscular endurance’

   (1) ____________________________________________  (2) ____________________________________________
   (4) ____________________________________________  (3) ____________________________________________ [2]

13. Explain briefly these terms:

   a) Progression: ____________________________________________ [1]

   b) Reversibility: ____________________________________________ [1]

14. What term related to ‘overload’ is used to describe these statements?  [1]

   a) How hard one trains ________________________________

   b) How many times one trains ________________________________
15. How can one apply the principle of ‘specificity’ to both skill and fitness?
   a) Skill: ____________________________________________________________ [1]
   b) Fitness: ____________________________________________________________ [1]

16. Give a simple definition of ‘doping’.
    ____________________________________________________________________ [2]
    ____________________________________________________________________

17. What is an athlete asked to give so that doping tests can be carried out?
    ____________________________________________________________________ [1]

18. Which type of drugs are usually used in these sports?
   a) sports with weight categories ______________________ [1]
   b) sports involving power ______________________ [1]

    ____________________________________________________________________ [1]
    ____________________________________________________________________

20. a) What happens to a muscle during a cramp?
    ____________________________________________________________________ [1]
    b) What treatment is given on the spot?
    ____________________________________________________________________ [1]

21. Certain sports injuries may be caused by environmental factors. 
    Mention ONE example of how the environment may cause an injury. 
    ____________________________________________________________________ [1]
    ____________________________________________________________________

SECTION D – SPORTS IN SOCIETY (12 Marks)

Answer ALL questions in Section D

1. Besides supporting sports financially, mention TWO other ways how the K.M.S. supports sport in Malta. [2]
   a) ____________________________________________________________
   b) ____________________________________________________________
   a) ___________________________________________________________________________ [1]
   b) ___________________________________________________________________________ [1]

3. Mention **TWO** international competitions whose participation is the responsibility of the Malta Olympic Committee.
   a) ___________________________________________________________________________ [1]
   b) ___________________________________________________________________________ [1]

4. Fill in the table below by writing **THREE** means of communication and an advantage for each. [3]

<table>
<thead>
<tr>
<th>Means</th>
<th>Advantage</th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td></td>
</tr>
<tr>
<td>b</td>
<td></td>
</tr>
<tr>
<td>c</td>
<td></td>
</tr>
</tbody>
</table>

5. Mention **TWO** conflicts that can occur between sport and television. [2]

____________________________________________________________________________
____________________________________________________________________________

6. Why are specialist sport magazines popular? [1]

____________________________________________________________________________
____________________________________________________________________________