SECTION A - Skill Acquisition, Movement and Physical Activities [16 marks]

Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 6 in Section A.

Tick the correct answer.

1. **Skill Acquisition**

   a) Two qualities that a good game official must possess are:
   - □A  Fair and smart.  [1]
   - □B  Fair and competent.
   - □C  Fair and strict.
   - □D  Fair and rigid.

   b) What is the main role of a coach?
   - □A  Demotivate and shout with athletes.  [1]
   - □B  Wash and prepare the players’ kits.
   - □C  Assist and communicate effectively with athletes.
   - □D  Winning at all costs.

   c) Physical education teachers teach their students about:
   - □A  Nutrition and exercise.  [1]
   - □B  Healthy lifestyles and fitness.
   - □C  Wellbeing and active lifestyles.
   - □D  All of the above.

   d) Which statement best describes the role of a physical education teacher?
   - □A  Inspires students to become more active and participate in physical activities.  [1]
   - □B  Gives a lot of instructions during the lesson.
   - □C  Encourages only those children who demonstrate strong motor skills.
   - □D  Makes students learn the rules of sports.
2. **Athletics**

   a) In the preparatory phase, a shot putter should rest the shot:
   - □A On the palm of the hand.
   - □B On the base of the fingers.
   - □C At the tip of the fingers.
   - □D All of the above. 

   b) Which of the following is acceptable when starting a race?
   - □A Keeping the hands flat behind the starting line.
   - □B Placing fingers behind the starting line.
   - □C Placing thumb behind the starting line and fingers on the starting line.
   - □D All of the above.

   c) Where should a 100m sprinter look when hearing the command ‘Set’?
   - □A At the finishing line.
   - □B At the starting blocks.
   - □C At the ground, slightly ahead.
   - □D At the nearest opponent.

   d) Which are the four phases of the long jump?
   - □A Approach, flight, last two steps, landing.
   - □B Run, flight, jump, landing.
   - □C Run, take-off, stand, jump.
   - □D Approach, take-off, flight, landing.

3. **Dance**

   a) Space is where the body or body parts can move. Which of the following do not describe the space factor?
   - □A Travelling on the feet from point A to point B.
   - □B Reach with your arms while staying on the spot.
   - □C Varying the rhythm.
   - □D Moving around in a low level.

   b) Which of the following would you not consider when initially planning a dance?
   - □A Selection of movements.
   - □B Choosing a theme.
   - □C Length of the dance.
   - □D Technique of the jumps.
c) The words which best describe the motion factor of weight are:
- □ A Fast/slow.
- □ B Unison/canon.
- □ C Powerful/soft.
- □ D Large/small. [1]

d) Which of the words below is not a range of stimuli?
- □ A Expression.
- □ B Tactile.
- □ C Auditory.
- □ D Visual. [1]

4. Games

a) Dribbling, Set Shot, Jump Shot and Wing Shot are all skills played in:
- □ A Handball.
- □ B Football.
- □ C Basketball.
- □ D Hockey. [1]

b) A standard football match consists of two ______ minute periods.
- □ A 45.
- □ B 30.
- □ C 25.
- □ D 20. [1]

c) Which ‘games’ start with a ‘service’?
- □ A Handball and Football.
- □ B Volleyball and Badminton.
- □ C Basketball and Hockey.
- □ D None of the above. [1]

d) Only a maximum of 11 players are allowed to be on field or on court during _______________.
- □ A Handball and Basketball.
- □ B Football.
- □ C Hockey.
- □ D Hockey and Football. [1]
5. Gymnastics

a) Gymnastics differs from other activities because:
   □ A  Few other activities require a spotter.
   □ B  Few other activities stress balance and agility.
   □ C  Few other activities stress cardiovascular endurance.
   □ D  Few other activities stress muscular strength.  

b) In a gymnastics competition, the floor events occur on a square matted area of:
   □ A  14m by 14m.
   □ B  15m by 15m.
   □ C  12m by 12m.
   □ D  13m by 13m.  

c) Which of the following is NOT a basic gymnastic balance position?
   □ A  Arabesque.
   □ B  Cartwheel.
   □ C  Shoulder stand.
   □ D  Head stand.  

d) A successful vault depends on:
   □ A  The speed of the run.
   □ B  The power the gymnast generates from the legs and shoulder girdle.
   □ C  The speed of rotation.
   □ D  All of the above.  

6. Swimming

a) Keeping the body streamlined is important in swimming. Why?
   □ A  To keep the legs close to the water surface.
   □ B  To reduce water resistance.
   □ C  To breathe better.
   □ D  To make the stroke look better.  

b) How do the arms move in the front crawl?
   □ A  They pause only before the fingertips enter the water.
   □ B  They keep moving from the start till the end.
   □ C  They pause only after lifting the elbow above the water surface.
   □ D  The arms move faster in the drive.  
c) Which of the following kicks is used in the breaststroke?
   - □ A Flutter kick.
   - □ B Frog kick.
   - □ C Dolphin kick.
   - □ D Scissor kick. [1]

d) In the backstroke, when one arm is above the head ready for entry, the other arm ...
   - □ A Is by the side, just finishing the pull.
   - □ B Is bent and the hand sweeps downwards slightly.
   - □ C Is above the water surface.
   - □ D None of the above. [1]

SECTION B - Health Related Fitness [16 marks]

Answer ALL questions in this Section. Answer ALL parts of each question.

1. Mention ONE fitness component which is affected by age.
   _________________________________________________________________ [1]

2. Place the correct fitness component in each column: [1]

<table>
<thead>
<tr>
<th>Flexibility, Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Component</td>
</tr>
<tr>
<td>a) Advantage men over women.</td>
</tr>
<tr>
<td>b) Advantage women over men.</td>
</tr>
</tbody>
</table>

3. Endurance can be divided into TWO types. Which are they?
   a) _________________________________________________________________ [1]
   b) _________________________________________________________________ [1]

4. Which type of fitness is required to play a sport at high level?
   _________________________________________________________________ [1]
5. A gymnast needs to improve the following fitness components. Fill in the missing words. The first one has been done for you:

Strength

F _____________________________

B _____________________________

C _____________________________

P _____________________________

6. Which fitness component is shown in the picture?

7. Warm up usually consists of TWO parts. One of them is stretching. Which is the other one?

8. What type of stretching is shown in the pictures?

a) Picture A - ______________________________

b) Picture B - ______________________________

c) Picture C - ______________________________
9. Which muscles are improved by these exercises?

a) Picture A - _____________________________ ______

b) Picture B - _____________________________ ______

SECTION C – Body Systems and Performance [36 marks]

Answer ALL questions in this Section. Answer ALL parts of each question.

1. a) Correctly insert the names of the skeletal bones in the boxes provided:

    Femur, Humerus, Skull, Ribs, Metatarsals

    (i) _______________ 
    (ii) _______________ 
    (iii) _______________ 
    (iv) _______________ 
    (v) _______________

b) (i) How many bones are there in the vertebral/spinal column?

    _______________ ____________________________ [1]
(ii) In which part of the vertebral column are the bones stronger and bigger?

__________________________________________________________ [1]

2. What are synovial joints?

__________________________________________________________ [1]

3. Look at the diagrams and write the correct name under each synovial joint in the spaces provided.

   Ball and Socket, Hinge, Saddle

   (i) _______________________ (ii) _______________________ (iii)____________________

4. What type of movement is shown in the pictures below?

   (i)______________ (ii)_________________ (iii)____________________
5. Fill in the table with the correct word: [3]

<table>
<thead>
<tr>
<th>Description</th>
<th>Synovial Joint Component</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Joins muscle to bone, enabling movement</td>
<td></td>
</tr>
<tr>
<td>b) Joins bone to bone, stabilizing the joint</td>
<td></td>
</tr>
<tr>
<td>c) Reduces friction and acts as a shock absorber</td>
<td></td>
</tr>
</tbody>
</table>

6. Label the picture below with the words provided: [3]

Fulcrum, Load, Effort

(i) __________________________

(ii) _______________________

(iii) _______________________

7. Underline the correct word to continue the statement correctly: [1]

The amount of tension in a muscle is called muscle: fatigue, fibres, tone.

8. Suggest ONE way how good posture can improve your health. [2]

__________________________________________________________

__________________________________________________________

9. Mention ONE kind of exercise which should be done during a cool down. [1]

__________________________________________________________
10. Write the name of the muscle from the list below in the appropriate spaces: [4]

(i) ______________ (ii) ______________ (iii) ______________ (iv) ______________

- Latissimus Dorsi, Gastrocnemius, Triceps, Quadriceps


___________________________________________ _________________________________

12. Which **TWO** measurements do we need to take to measure the Body Mass Index (B.M.I.)? [2]

(i) _________________________________

(ii) _________________________________

13. Put the correct word in the table below: [5]

<table>
<thead>
<tr>
<th>Fitness Component</th>
<th>Fitness Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>a)</td>
<td>Sit and Reach.</td>
</tr>
<tr>
<td>b)</td>
<td>Bleep test.</td>
</tr>
<tr>
<td>c)</td>
<td>Strength.</td>
</tr>
<tr>
<td>d)</td>
<td>Body Composition.</td>
</tr>
<tr>
<td>e)</td>
<td>30m dash.</td>
</tr>
</tbody>
</table>

**Speed, Skinfold, Hand Grip Dynamometer, Endurance, Flexibility**
SECTION D – Sports in Society [12 marks]

Answer ALL questions in this Section. Answer ALL parts of each question.

1. What type of competition is the UEFA Champions’ League?
   ___________________________________________ _______________________________ [1]

2. a) Which type of competition usually lasts for a whole season?
   ___________________________________________ _______________________________ [1]
   b) Why is a league competition played on a home and away basis?
   ___________________________________________ _______________________________ [1]

3. 3 teams (A, B, C,) are taking part in a triangular tournament.
   a) Continue filling the fixtures: [1]
      A plays ___
      B plays  C
      C plays ___
   b) What is this competition called?
      ___________________________________________ _______________________________ [1]

4. Sports facilities are often found in schools. Mention ONE way how the community can make use of such facilities.
   ___________________________________________ _______________________________ [1]

5. Mention TWO ways how a local council can encourage residents to be active during their leisure time.
   (i) ___________________________________________ _______________________________ [2]
   (ii) ___________________________________________ _______________________________ [2]

6. a) Name ONE physical activity which you could do during your leisure time.
   ___________________________________________ _______________________________ [1]
b) Mention ONE activity which is competing with sports for leisure time activities.

__________________________________________ _________________________________ [1]

7. Suggest TWO important things which local authorities need to keep in mind when planning for a recreational area.

(i) ________________________________________________________________

(ii) ________________________________________________________________ [2]