Name: ________________________________  Class: _______________

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.
      □ B  Fair and competent.
      □ C  Fair and strict.
      □ D  Fair and rigid.  

      [1]  

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

      [1]  

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

      [1]  

   d) Which statement best describes the role of a physical education teacher?
      
      □ A  Inspires students to become more active and participate in physical activities.
      □ 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.  

      [1]
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. [1]
   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. [1]
   c) Which of the following is **NOT** a basic gymnastic balance position?
      - □ A Arabesque.
      - □ B Cartwheel.
      - □ C Shoulder stand.
      - □ D Head stand. [1]
   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. [1]

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. [1]
   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. [1]
c) Which of the following kicks is used in the breaststroke?

- □ A  Flutter kick. [1]
- □ B  Frog kick.
- □ C  Dolphin kick.
- □ D  Scissor kick.


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. [1]
- □ B  Is bent and the hand sweeps downwards slightly.
- □ C  Is above the water surface.
- □ D  None of the above.

SECTION B - Health Related Fitness [16 marks]

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

1. A person is usually fittest in the twenties. Give ONE reason why one’s fitness usually drops at an older age.

________________________________________________________________________________________ [1]

2. Identify ONE physiological difference which puts females at a disadvantage to men in activities requiring strength.

________________________________________________________________________________________ [1]


(i) __________________________________________________________________________________________ [2]

(ii) __________________________________________________________________________________________

4. Which component of fitness

   a) is used to overcome a resistance? ____________________________________________________________ [1]

   b) is the ability to keep going for longer periods of time? ________________________________________ [1]
5. Define “sports related fitness”.

________________________________________________________________________________ [1]

6. Peter is a gymnast. He is following a special training programme to improve his flexibility and power. Suggest ONE other type of fitness component he might need to develop.

________________________________________________________________________________ [1]

7. Why is it important to warm up before a physical activity?

________________________________________________________________________________ [1]

8. Mention ONE benefit of stretching.

________________________________________________________________________________ [1]

9. Which muscles are being stretched?

a) ____________________________________________________________________________ [1]

b) ____________________________________________________________________________ [1]
10. Which fitness component is shown in each picture? [4]

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a)</td>
<td>b)</td>
<td>c)</td>
<td>d)</td>
</tr>
</tbody>
</table>

**SECTION C – Body Systems and Performance [36 marks]**

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

1. Write down the correct letter next to each statement:

   a) A fused vertebrae at the very base of the spine. ____ [1]
   
   b) The vertebrae supporting the head and the neck. ____ [1]
   
   c) The vertebrae which is the largest and prone to injuries. ____ [1]
   
   d) A fused vertebrae which is joined to the pelvic girdle. ____ [1]
   
   e) The vertebrae which is attached to and supports the ribs. ____ [1]

2. Freely movable joints are also known as:

   ____________________________________________ [1]
3. Look at the pictures below and then write the names of the types of freely movable joints in the spaces provided:

(i) ______________________  (ii) ______________________  (iii) ______________________

4. Fill in the table with the correct type of movement in the space provided:

<table>
<thead>
<tr>
<th>Description</th>
<th>Type of Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Decreasing of an angle between two bones</td>
<td></td>
</tr>
<tr>
<td>b) When the head moves from side to side</td>
<td></td>
</tr>
<tr>
<td>c) The movement of a bone or limb towards the body</td>
<td></td>
</tr>
</tbody>
</table>

5. The picture below shows a third class lever:

a) Draw a circle round the load.                               [1]

b) Mark with an (X) the muscle which produces the effort.        [1]

c) Mark the fulcrum with an arrow (↑).                          [1]

6. Suggest **ONE** way how muscle tone can be improved.         [1]
7. Give **one** reason how bad posture can damage your health.

___________________________________________________  

[1]

8. Write down the name of the muscles indicated below:

(i) ___________________  

(ii) ___________________  

(iii) ___________________  

[3]

9. a) Where are the hamstrings located?

___________________________________________________  

[1]

b) What is their function?

___________________________________________________  

[1]

10. a) In a chest press, which muscle is the agonist when lifting the bar away from the chest?

___________________________________________________ [1]

b) Name the antagonist muscle when bringing down the bar towards the chest.

___________________________________________________ [1]

11. a) Mention **one** benefit of ending a training session with a cool down.

___________________________________________________  

[1]

b) Specify **one** exercise which could be done during a cool down.

___________________________________________________  

[1]
12. a) Name **ONE** fitness test to measure speed.

b) What kind of test is used to determine the percentage of fat in a body?

13. TEST A

TEST B

a) Which fitness component is measured by Test B?

b) What is the name of Test A?

c) Which fitness component does Test A measure?

14. a) Give another name for the progressive shuttle run test.

b) Briefly describe this fitness test.
15. The graphs below show the Harvard step test results for John and Paul.

![Graphs showing Harvard step test results for John and Paul](image)

a) Who of the two has recovered quicker? ____________________________________________________________________________________________ [1]

b) What does recovery indicate about their fitness? ____________________________________________________________________________________________ [1]

**SECTION D – Sport in Society [12 marks]**

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

1. Why is the UEFA Champions’ League a combined competition?
   ____________________________________________________________________________________________ [1]

2. a) How many points are awarded for a win in a hockey league?
   ____________________________________________________________________________________________ [1]

   b) Mention **ONE** disadvantage of this type of competition.
   ____________________________________________________________________________________________ [1]

3. Organise a round robin competition for 4 teams (A, B, C, D):
   [2]
   A plays ____
   B plays  C
   C plays ____
   D plays ____
   B plays  D
   C plays ____
4. Anna is a badminton player taking part in a club competition. Her ranking position is 4\textsuperscript{th} and she decides to play against another player whose position is 2\textsuperscript{nd} to improve her position. What type of competition is Anna taking part in?

_________________________________________________________________________________________ [1]

5. Why is a knockout competition easy to organise if many teams are taking part?

_________________________________________________________________________________________ [1]

6. In a particular town, the local council has built a fitness centre. Suggest \textbf{Two} ways how the local council can encourage residents to make use of this gymnasium during their leisure time.

(i) ______________________________________________________________________________________

(ii) ______________________________________________________________________________________ [2]

7. Give \textbf{One} reason why people choose to be physically active during their leisure time.

_________________________________________________________________________________________ [1]

8. Suggest \textbf{Two} important things which local authorities need to keep in mind when planning for a recreational area.

(i) ______________________________________________________________________________________

(ii) ______________________________________________________________________________________ [2]