FORM 3 PHYSICAL EDUCATION (OPTION) TIME: 1h 30min

Name: ___________________________ Class: _____________

FOR TEACHER’S USE ONLY

DISTRIBUTION OF MARKS

<table>
<thead>
<tr>
<th>Section A</th>
<th>Section B</th>
<th>Section C</th>
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<tr>
<td>16</td>
<td>16</td>
<td>36</td>
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</table>

THEORY PAPER (80%)

<table>
<thead>
<tr>
<th>40% THEORY PAPER</th>
<th>45% PRACTICAL (CHOOSE 3)</th>
<th>15% PORTFOLIO</th>
<th>100% FINAL SCORE</th>
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<tbody>
<tr>
<td>ATHLETICS (15%)</td>
<td>GAMES (15%)</td>
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<td>GYM/DANCE (15%)</td>
<td>SWIMMING (15%)</td>
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<td>SWIMMING (15%)</td>
<td>INTERVIEW (15%)</td>
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</table>
SECTION A – 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) A good sports official:

☐ A Accepts criticism.
☐ B Speaks wisely.
☐ C Shows confidence and gains respect.
☐ D All of the above. [1]

b) A minor sports official can be:

☐ A A referee.
☐ B An umpire.
☐ C A linesman.
☐ D None of the above. [1]

c) An effective physical education teacher:

☐ A Is unfair towards students.
☐ B Has a good knowledge of physical health, nutrition and exercise.
☐ C Shouts at and embarrasses students.
☐ D All of the above. [1]

d) Which statement best describes the main role of a sports coach?

☐ A He assists athletes in developing their full potential.
☐ B He is only concerned with winning at all costs.
☐ C He shows signs of favouritism.
☐ D He shouts at athletes and at the referee. [1]

2. Athletics

a) Upon calling their name, athletes have ____ seconds to start the throwing motion.

☐ A 30.
☐ B 40.
☐ C 50.
☐ D 60. [1]
A foul throw occurs if the shot:

b) □ A Lands outside the throwing sector.
□ B Lands on a sector line.
□ C Drops below the athlete’s shoulder during the put.
□ D All of the above. [1]

An important factor during the run up for the long jump is:

c) □ A Agility.
□ B Speed.
□ C Strength.
□ D All of the above. [1]

During the 100 m acceleration phase, a sprinter should:

d) □ A Keep the body low and gradually increase speed.
□ B Keep the body high and gradually increase speed.
□ C Gradually lift the head up and increase speed.
□ D None of the above. [1]

3. Dance

a) The four effort motion factors are:

□ A Time, weight, space, shape.
□ B Time, weight, shape, flow.
□ C Time, weight, space, flow.
□ D Time, body, shape, space. [1]

b) The two extreme ends of the time factor are:

□ A Direct/indirect.
□ B Fast/slow.
□ C Unison/canon.
□ D Powerful/soft. [1]
c) Dance phrases are held together by:
- □ A  Repetition.
- □ B  Line.
- □ C  Rhythm.
- □ D  Form. [1]

d) Which various body actions can a dancer use to make the choreography more interesting?
- □ A  Gestures and balances.
- □ B  Control and mobility.
- □ C  Turning and travelling.
- □ D  All of the above. [1]

4. **Games**

a) A player is *fouled out* after committing 5 personal fouls during a _______________ game.
- □ A  Volleyball.
- □ B  Football.
- □ C  Basketball.
- □ D  Hockey. [1]

b) Dig, Spike and Set are all skills played in:
- □ A  Badminton.
- □ B  Hockey.
- □ C  Basketball.
- □ D  Volleyball. [1]

c) During a football match, a coach uses a 4-2-3-1 formation if a team:
- □ A  Has good attacking midfielders.
- □ B  Wants to disrupt the other team’s ball possession.
- □ C  Wants to give more strength to the midfield.
- □ D  All of the above. [1]
d) A standard hockey match consists of two ______ minute halves.
   □ A 25.
   □ B 35.
   □ C 45.
   □ D 55. [1]

5. **Gymnastics**

a) Which fitness component is required for gymnastics?
   □ A Reaction time.
   □ B Balance.
   □ C Agility.
   □ D None of the above. [1]

b) Tick the correct image for the straddle jump:
   □ A
   □ B
   □ C
   □ D [1]

c) During an official gymnastics competition, floor routines must not take more than:
   □ A 50 seconds.
   □ B 60 seconds.
   □ C 80 seconds.
   □ D 90 seconds. [1]
d) During an official gymnastics vaulting competition, when do the judges deduct points?

- **A** When the gymnast falls while landing.
- **B** When the vault lacks distance from the box.
- **C** When the vault lacks height off the box.
- **D** All of the above. [1]

6. **Swimming**

a) If the backstroke kick is weak:

- **A** The hips and legs will go down.
- **B** The breathing rhythm will be lost.
- **C** The stroke will be efficient.
- **D** None of the above. [1]

b) How should the hand go in the water during the backstroke?

- **A** Leading with the little finger first.
- **B** Leading with the thumb first.
- **C** Leading with the palm facing downwards.
- **D** Leading with the index finger first. [1]

c) Where should a swimmer look during the front crawl?

- **A** Head in the water.
- **B** Face in the water.
- **C** Face above the water.
- **D** None of the above. [1]

d) During the front crawl, as one hand leaves the water the other hand:

- **A** Should leave the water too.
- **B** Should be by the hip.
- **C** Should just be entering the water.
- **D** Should be by the shoulder. [1]
SECTION B – Health Related Fitness (16 marks)

Answer ALL questions in this section. Answer ALL parts of EACH question.

1. Joanne is starting an exercise programme. Give her TWO suggestions.
   
   i. ________________________________________________________ [1]
   
   ii. ________________________________________________________ [1]

2. The pictures below show an example of each type of strength. Name the type of strength shown by each picture:

   i. _______________ ii. _______________ iii. _______________ [3]

3. There are TWO forms of balance. Which are they?

   i. _____________________ [1]
   
   ii. _____________________ [1]

4. Put the correct term next to each definition in the table below:

<table>
<thead>
<tr>
<th>Definition</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. The ability to respond quickly to an action.</td>
<td></td>
</tr>
<tr>
<td>ii. The ability to change speed and direction quickly.</td>
<td></td>
</tr>
<tr>
<td>iii. The ability to perform a task quickly and forcefully.</td>
<td>[3]</td>
</tr>
</tbody>
</table>
5. State ONE way how eye-hand coordination helps a badminton player.

___________________________________________________ [1]

6. Health is a state of physical, mental and social wellbeing. Insert the correct type of wellbeing next to each statement in the table below:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Type of wellbeing</th>
</tr>
</thead>
<tbody>
<tr>
<td>You are free from injury and disease.</td>
<td></td>
</tr>
<tr>
<td>You have food, clothes and shelter.</td>
<td></td>
</tr>
<tr>
<td>You do not suffer from high levels of stress.</td>
<td>[3]</td>
</tr>
</tbody>
</table>

7. Besides showering regularly, mention another TWO factors which improve personal hygiene.

i. ___________________________________________ [1]

ii. ___________________________________________ [1]

SECTION C – Body Systems and Performance (36 marks)

Answer ALL questions in this section. Answer ALL parts of EACH question.

1. Mention THREE functions of the skeletal system.

i. ___________________________________________ [1]

ii. ___________________________________________ [1]

iii. ___________________________________________ [1]

2. Fill in the missing sections in the table with the words below:

<table>
<thead>
<tr>
<th>Name</th>
<th>Type</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>i.</td>
<td></td>
<td>Are very important for protection.</td>
</tr>
<tr>
<td>ii.</td>
<td>Long</td>
<td>Are used in movement such as running and throwing.</td>
</tr>
<tr>
<td>iii.</td>
<td></td>
<td>Provide shape, support and protection.</td>
</tr>
</tbody>
</table>
| iv.      | Phalanges | Are used to grip things.                  | [6]
3. Name the connective tissue which:
   i. Joins muscle to bone, enabling movement. _______________________________ [1]
   ii. Reduces friction and acts as a shock absorber. ___________________________ [1]
   iii. Joins bone to bone, stabilizing the joint. _______________________________ [1]

4. a) What do we call the type of muscle which makes up the heart?
   ____________________________________________ [1]

   b) Voluntary muscles have fast twitch and slow twitch muscle fibres. Mention ONE sport which requires an athlete to have more:
   i. Fast twitch muscle fibres _____________________________________________ [1]
   ii. Slow twitch muscle fibres___________________________________________ [1]

   c) Name ONE voluntary muscle.
   ____________________________________________ [1]

5. Muscles work in pairs, one contracts and one relaxes. State which muscle:
   i. Contracts ________________________________ [1]
   ii. Relaxes _________________________________ [1]

6. Look at the pictures and then write the type of muscle contraction under each picture:
   Isotonic, Isometric

   i. ______________________   ii. ______________________ [2]
7. Write the technical word used when a muscle:
   i. Grows in size because it is being used. ________________________ [1]
   ii. Stays painfully locked. ______________________________ [1]
   iii. Tires and cannot contract anymore. ________________________ [1]

8. Write the names of the muscles indicated. Choose from the list below:
   Pectorals, Deltoid, Abdominals, Biceps

   i. ___________________ [1]
   ii. ___________________ [1]
   iii. ___________________ [1]
   iv. ___________________ [1]

9. a) Which test measures agility?

    ________________________________________________________________ [1]

   b) What is the name of Fitness Test A?

    ________________________________________________________________ [1]
10. Insert the correct name next to each section of the spinal column:

<table>
<thead>
<tr>
<th>Letter</th>
<th>Vertebrae</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>
<tr>
<td>D</td>
<td></td>
</tr>
<tr>
<td>E</td>
<td></td>
</tr>
</tbody>
</table>

Thoracic, Sacral, Coccyx, Lumbar, Cervical

11. The picture below shows an instrument which is used for certain body measurements:

a) What is this instrument called?

b) What does this instrument measure?
SECTION D – Sports in Society (12 marks)

Answer ALL questions in this section. Answer ALL parts of EACH question.

1. Mention TWO things which local authorities need to keep in mind when planning for leisure facilities.
   i. ___________________________________________________________________ [1]
   ii. ___________________________________________________________________ [1]

2. Give ONE reason why in certain countries leisure time has increased whilst in other countries it has decreased:
   i. Increased - ___________________________________________________________________ [1]
   ii. Decreased - ___________________________________________________________________ [1]

3. Name TWO leisure time activities which are not expensive and can be done by most people.
   i. ___________________________________________________________________ [1]
   ii. ___________________________________________________________________ [1]

4. a) What do we call a competition which starts as a league and ends as a knockout?
       ___________________________________________________________________ [1]
   b) Give ONE example of such a competition.
       ___________________________________________________________________ [1]

5. In which type of competition does a team:
   i. play two rounds on a home and away basis?
       ___________________________________________________________________ [1]
   ii. play one round against all other teams?
       ___________________________________________________________________ [1]
Look at the types of competitions below and then insert the correct name of each:

i. ______________________

ii. ______________________

END OF PAPER