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

Name: _______________________________ Class: ____________

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DISTRIBUTION OF MARKS

<table>
<thead>
<tr>
<th>Section A</th>
<th>Section B</th>
<th>Section C</th>
<th>Section D</th>
<th>TOTAL MARK THEORY PAPER (80%)</th>
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<tr>
<td>16</td>
<td>16</td>
<td>36</td>
<td>12</td>
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40% THEORY PAPER

<table>
<thead>
<tr>
<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>
<td>INTERVIEW (15%)</td>
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<td>GYM/DANCE (15%)</td>
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<td>SWIMMING (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 Assists athletes in developing their full potential.
      - □ B Is only concerned with winning at all costs.
      - □ C Shows signs of favouritism.
      - □ D 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]
b) \( A \) *foul throw* occurs if the shot:

- □ 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.  

\[1\]

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

- □ A Agility.
- □ B Speed.
- □ C Strength.
- □ D All of the above.  

\[1\]

d) During the 100m acceleration phase, a sprinter should:

- □ 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.  

5. Gymnastics

a) Which fitness component is required for gymnastics?

- A Reaction time.
- B Balance.
- C Agility.
- D None of the above.

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. Using a bicycle as a means of transport is one of the many good exercise habits which can be carried out as a daily routine. Suggest TWO similar habits.
   
i. ................................................................. [½]
   
ii. ................................................................ [½]

2. An increase in the breathing rate is one of the short-term effects of exercise. Select another TWO short-term effects of exercise.
   
i. ................................................................. [½]
   
ii. ................................................................ [½]

3. Which type of strength is being predominantly used by the following athletes?

   i. ![Image of an athlete] ________________ strength [1]

   ii. ![Image of a volleyball player] ________________ strength [1]

   iii. ![Image of a push-up] ________________ strength [1]
4. How can plyometric exercises help a sprinter?

__________________________________________________________________ [1]

5. Flexibility is considered as an important factor in many sports. State TWO advantages of being flexible.

i. ____________________________________________________________________ [1]

ii. ____________________________________________________________________ [1]

6. Adrian knows that improving his speed will make him a better football player.

a) Which are the TWO components of speed that Adrian needs to improve?

__________________ time and ________________ time [1]

b) Give ONE reason why speed is considered an important factor in football.

__________________________________________________________________ [1]

7. Identify ONE instance when power is used during the following sport events. (The first one is given as an example.)

<table>
<thead>
<tr>
<th>Sport Event</th>
<th>Power is used …</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long jump</td>
<td>During the take-off phase</td>
</tr>
</tbody>
</table>

i. ____________________________________________________________________ [1]

ii. ____________________________________________________________________ [1]

8. Brian is a hockey player and his team plays a competitive match every Sunday. On Saturday evenings, he regularly meets his friends at a local pub and consumes a considerable amount of alcohol.

a) Mention ONE effect this may cause on his performance on the pitch on Sunday.

__________________________________________________________________ [1]

b) Mention ONE long term-effect that regular consumption of alcohol may cause to Brian.

__________________________________________________________________ [1]
9. Wearing protective equipment during a rugby game is one of the safety precautions that should be taken during this activity. Specify TWO other safety measures that should be considered during a rugby match.

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. Cartilage, tendons and ligaments are all connective tissues. Describe the function of each.

i. Cartilage: ___________________________________________ [1]

ii. Tendons: ___________________________________________ [1]

iii. Ligaments: _________________________________________ [1]

3. Fill in the table below with the names of the bones and their type. Bone A is done for you as an example.

<table>
<thead>
<tr>
<th>Bone</th>
<th>Name</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Femur</td>
<td>Long Bone</td>
</tr>
<tr>
<td>B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>D</td>
<td></td>
<td></td>
</tr>
<tr>
<td>E</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4. Mention **THREE** main functions of the spinal column.
   i. ________________________________________________________________ [1]
   ii. ________________________________________________________________ [1]
   iii. ________________________________________________________________ [1]

5. One can group muscles in three categories. Fill in the table below by describing **ONE** particular characteristic of **EACH** type of muscle group.

<table>
<thead>
<tr>
<th>Type of muscle</th>
<th>ONE characteristic of this type of muscle</th>
<th>[1]</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Voluntary/Skeletal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ii. Involuntary/Smooth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>iii. Cardiac</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

6. Muscles work in pairs to cause movement. Fill in the table below to match the agonist/antagonist muscles.

<table>
<thead>
<tr>
<th>Agonist Muscle</th>
<th>Antagonist muscle</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Biceps</td>
<td></td>
</tr>
<tr>
<td>ii.</td>
<td>hamstring</td>
</tr>
</tbody>
</table>

7. a) What type of isotonic contraction are the biceps muscles undergoing in the figure below?

_______________ contraction. [1]
b) What type of isotonic contraction are the hamstring muscles undergoing in the figure below?

________________ contraction. [1]

8. Describe briefly the following muscle conditions.
   i. Muscle fatigue: ____________________________________________ [1]
   ii. Muscle cramp: ___________________________________________ [1]
   iii. Muscle atrophy: _________________________________________ [1]

9. a) Which fitness component is being assessed in the test shown in the figure below?

________________________ [1]

b) What is this test called?

_______________________ [1]

10. Complete the table below to show which fitness component is assessed by each of the corresponding test. (An example is given.)

<table>
<thead>
<tr>
<th>Name of test</th>
<th>Fitness component tested</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illinois Agility Run</td>
<td>Agility</td>
</tr>
<tr>
<td>i. Bleep test</td>
<td></td>
</tr>
<tr>
<td>ii. Sit up test</td>
<td></td>
</tr>
<tr>
<td>iii. Standing broad jump</td>
<td></td>
</tr>
<tr>
<td>iv. 30 metres sprint</td>
<td></td>
</tr>
<tr>
<td>v. Cooper 12 minute run</td>
<td></td>
</tr>
</tbody>
</table>
| vi. Sergeant jump     |                          | [6]
11. BMI (Body Mass Index) is one of the most popular body measurements. What TWO measurements are taken to calculate one’s BMI?

__________________       and       ____________________  [1]

SECTION D – Sports in Society (12 marks)

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

1. What are combined competitions? You may give examples.

________________________________________________________________________  [1]

2. Organize a league competition on a two round basis by completing the table below. Consider the home/away element of such a competition.

<table>
<thead>
<tr>
<th>Teams: A, B, C and D</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First Round</strong></td>
</tr>
<tr>
<td><strong>Home team</strong></td>
</tr>
<tr>
<td>A</td>
</tr>
<tr>
<td>VS</td>
</tr>
<tr>
<td>VS</td>
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<td>VS</td>
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<tr>
<td>VS</td>
</tr>
</tbody>
</table>

[1]

3. a) Look at the type of competition below and insert appropriate team names, so that Parma and Roma reach the final, with Parma ending as winners of the Coppa Italia.

![Diagram of soccer competition]

b) What type of competition is the above called? ____________________________  [1]

c) State ONE disadvantage of such a competition.

________________________________________________________________________  [1]
4. Badminton is one sport which usually uses a ladder type of competition. Name another sport which uses this same type of competition.

______________________________ [1]

5. a) Suggest TWO ways how local councils can encourage residents to increase their physical activity during their leisure time.

i. ________________________________ [1]

ii. ________________________________ [1]

b) Give ONE reason why the local councils should take such an initiative.

______________________________ [1]

6. Give ONE reason why the amount of leisure time may increase or decrease.

i. Increase:

______________________________ [1]

ii. Decrease:

______________________________ [1]

END OF PAPER