FORM 5  PHYSICAL EDUCATION (OPTION)  TIME: 1h 30min

Name: _________________________________  Class: _____________

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

40% THEORY PAPER  45% PRACTICAL (CHOOSE 3)  15% PORTFOLIO  100% FINAL SCORE

<table>
<thead>
<tr>
<th>ATHLETICS (15%)</th>
<th>GAMES (15%)</th>
<th>GYM/DANCE (15%)</th>
<th>SWIMMING (15%)</th>
<th>INTERVIEW (5%)</th>
<th>SCOUTING (5%)</th>
<th>SKILL ANALYSIS (5%)</th>
</tr>
</thead>
</table>
Section A - Movement and Physical Activities (16 marks).
Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 8 in Section A. Answer ALL parts of the chosen question.

1. **Skill Acquisition**
   
   a) In the table below, put the following physical activities next to the corresponding skill.

<table>
<thead>
<tr>
<th>Skill</th>
<th>Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>Closed Skill</td>
</tr>
<tr>
<td>ii</td>
<td>Basic Skill</td>
</tr>
<tr>
<td>iii</td>
<td>Open Skill</td>
</tr>
<tr>
<td>iv</td>
<td>Complex Skill</td>
</tr>
</tbody>
</table>

   b) Which is the local ruling body for the following sport activities?

   (i) Basketball ____________________________     [1]
   (ii) Athletics ____________________________     [1]

2. **Athletics**

   a) Mention TWO common faults in shot putting.

   (i) ___________________________________________     [1]
   (ii) ___________________________________________     [1]

   b) Name TWO jumping events.

   (i) ___________________ (ii) ___________________     [1]

   c) The techniques mentioned below are used in field events. In which field event are these techniques used?

<table>
<thead>
<tr>
<th>Technique</th>
<th>Field Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>i Gliding Technique</td>
<td></td>
</tr>
<tr>
<td>ii Hitch Kick Technique</td>
<td>[1]</td>
</tr>
</tbody>
</table>
3. **Badminton**
   a) Name the type of grip used when doing a:
      (i) backhand stroke ___________________________________________ [1]
      (ii) forehand stroke __________________________________________ [1]
   b) A badminton game is played up to __________ points. [1]
   c) In which badminton stroke does the shuttle travel slowest?
      ___________________________________________________________ [1]

4. **Dance**
   a) You are creating a duo dance. **Matching** is a relationship which can be used. Name another **TWO** different relationships.
      (i) ____________________________ (ii) ____________________________ [1]
   b) Give **ONE** practical example of how **Matching** can be used in dance.
      ____________________________________________________________ [1]
   c) Auditory stimulus can be used as a starting point for inspiring different dance moves. Suggest **ONE** other different stimulus.
      ____________________________________________________________ [1]
   d) Why is it important to consider the use of climax/highlight in a dance?
      ____________________________________________________________ [1]

5. **Gymnastics**
   a) In the table below put the following skills under the correct column.

<table>
<thead>
<tr>
<th>Cartwheel</th>
<th>Front Walkover</th>
<th>Somersault</th>
<th>Headspring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rotations/Springs</td>
<td>Turns/Wheels</td>
<td></td>
<td></td>
</tr>
<tr>
<td>[2]</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Give TWO reasons why the floor pattern, in the diagram above, shows an excellent gymnastics sequence.

(i) 

(ii) 

6. **Hockey**

In the table below put the following skills next to the correct statement.

<table>
<thead>
<tr>
<th>Flick pass</th>
<th>Indian Dribble</th>
<th>Slap hit</th>
<th>Push pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ii</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>iii</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>iv</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

7. **Swimming**

a) Which stroke does not start with a diving start?

b) Which is the fastest of all strokes?

c) Under each picture write the respective swimming stroke.

(i) ____________________________ (ii) ____________________________
8. **Volleyball**

a) When is a ‘double hit’ called?

____________________________________ [1]

b) Mention one way how the fifth set is different from the other sets.

____________________________________ [1]

c) Write down the skill related to each teaching point.

<table>
<thead>
<tr>
<th>Teaching Point</th>
<th>Skill</th>
</tr>
</thead>
<tbody>
<tr>
<td>i Contact the ball near your forehead.</td>
<td></td>
</tr>
<tr>
<td>ii The ball is played on the forearms.</td>
<td></td>
</tr>
</tbody>
</table>

SECTION B – Health Related Fitness [16 marks].
Answer all questions in this section.
Answer all parts of each question.

1. For each sentence below indicate whether it is health related or fitness related. Underline the correct answer.

   (i) I train basketball three times a week.  
   Health related / Fitness related

   (ii) I wash the car every Saturday.  
   Health related / Fitness related [1]

2. Fill in the table below with the correct nutrient/substance:

<table>
<thead>
<tr>
<th>Function</th>
<th>Nutrient/Dietary Component</th>
</tr>
</thead>
<tbody>
<tr>
<td>i Keeps the digestive system in good working order.</td>
<td></td>
</tr>
<tr>
<td>ii Helps the body grow and repair itself.</td>
<td></td>
</tr>
<tr>
<td>iii Anaemia is caused by the lack of this substance.</td>
<td></td>
</tr>
</tbody>
</table>

3. Write down the correct body somatotype under the corresponding picture.

<table>
<thead>
<tr>
<th>Mesomorph</th>
<th>Ectomorph</th>
<th>Endomorph</th>
</tr>
</thead>
</table>

   (i) __________________________ (ii) __________________________ [1]
4. Jack needs a total energy of 2500 calories per day. What happens to his body weight if his intake is 2000 calories per day?

__________________________________________  [1]

5. The following words are components of **general** or **specific** fitness. Put these words under the appropriate column.

<table>
<thead>
<tr>
<th>agility</th>
<th>endurance</th>
<th>coordination</th>
<th>flexibility</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Fitness</strong></td>
<td><strong>Specific Fitness</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>strength</td>
<td>balance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>speed</td>
<td></td>
<td></td>
<td>reaction time</td>
</tr>
</tbody>
</table>

[2]

6. Select the pictures which show:

(i) Cardiovascular Endurance: Pictures ____________ and ____________  [1]
(ii) Muscular Endurance: Pictures ____________ and ____________  [1]

7. a) Mention **ONE** test that measures agility.

________________________________________________  [1]

b) Which of the following statements shows an example of agility?
Underline the correct answer.

A. to make a fast start.
B. to dodge an opponent.
C. to play a long ball.
D. to run a distance in the shortest time.  [½]

8. A shot put thrower needs to improve his power. Which of the following weight training methods would you recommend? Underline the correct answer.

A. training with heavy weights (80-100% of the maximum).
B. training with medium weights (60-80% of the maximum).
C. training with light weights (40-60% of the maximum).  [½]
9. Write the type of strength which is required by the athlete in each picture.

(i) _________________________  (ii) _________________________  [2]

10. Mention TWO tests that measure leg power.

(i) _________________________  (ii) _________________________  [2]

SECTION C – Body Systems and Performance [36 marks].
Answer ALL questions in this Section.
Answer ALL parts of EACH question.

1. The diagrams below show the bones of the leg.
   a) Name the parts of the leg that are labelled with letters W, X, Y and Z.  [4]
   b) Name the type of joint marked A & B.  [2]

| W __________________________ | A __________________________ |
| X __________________________ | B __________________________ |
| Y __________________________ |
| Z __________________________ |

2. There are three types of muscle contraction. Write the phrases below next to the corresponding definitions.

<table>
<thead>
<tr>
<th>Isometric contraction</th>
<th>Isotonic contraction</th>
<th>Isokinetic contraction</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>ii</td>
<td>iii</td>
</tr>
<tr>
<td>Muscle contraction is kept constant throughout the whole range of movement.</td>
<td>There is muscle contraction but no movement.</td>
<td>There is muscle contraction and movement.  [3]</td>
</tr>
</tbody>
</table>
3. The picture below shows a part of the respiratory system.
   (i) Label the trachea with the letter X. [1]
   (ii) Label the bronchus with the letter Y. [1]
   (iii) Draw the diaphragm. [1]

4. Mention ONE function of the circulatory system.

   __________________________________________________________ [1]

5. The diagram below shows a heart and the vessels connecting each chamber.

   
   Right side of the heart
   
   C
   
   A
   
   B
   
   Left side of the heart

   a) Name blood vessel A __________________________________ [1]
   b) Name the lower chambers of the heart labelled B.

   ______________________________________________________ [1]
   c) Draw an arrow to show in which direction the blood is flowing through vessel C. [1]
   d) Which part of the heart carries oxygenated blood?

   ______________________________________________________ [1]

6. Which graph shows plateauing?

   A
   B
   C

   Graph _____________________________ [1]

7. Name the principle of training that takes place when a person stops training
because s/he is injured.

8. Give **TWO** ways how an athlete can apply the overload principle in training.
   (i) ______________________________________________________________________ [1]
   (ii) ______________________________________________________________________ [1]

9. Carbon dioxide is a substance carried in blood. Mention **THREE** other substances.
   (i) _______________ (ii) _______________ (iii) _______________ [3]

10. What is the function of antibodies?
    ______________________________________________________________________ [1]

11. Under each picture, write down the fitness component that is being tested.

   (i) _______________ (ii) _______________ (iii) _______________ [3]

12. Complete these sentences using the following words:

   **fartlek**  **weight**  **circuit**  **interval**

   a) A sequence of exercises, taking place at different stations, is called ___________ training.

   b) Alternating between fixed periods of exercise and fixed periods of rest is called ___________ training.

   c) Resistance training using machines is called ___________ training.

   d) Exercising involving changes of speed, distance and type of exercise without stopping is known as ___________. [2]

13. Which instrument is used to measure maximum strength?
    ______________________________________________________________________ [1]

14. What kind of drug can be illicitly used:
15. Complete the table below:

<table>
<thead>
<tr>
<th>Injury</th>
<th>Signs and symptoms</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>Overstretching of a muscle.</td>
<td></td>
</tr>
<tr>
<td>ii</td>
<td>Fracture.</td>
<td>Do not move injured area.</td>
</tr>
<tr>
<td>iii</td>
<td>Severe pain at the joint. The joint will look deformed. Swelling.</td>
<td>Support injured area. Immobilize. Apply ice.</td>
</tr>
</tbody>
</table>

SECTIONS D – Sports in Society [12 marks].
Answer ALL questions in this Section.
Answer ALL parts of EACH question.

1. Write down the type of competition shown in the diagrams below.

   A vs B
   C vs D
   A vs C
   B vs C
   A vs D
   Team B

   (i) __________________    (ii) __________________    (iii)  _________________ [3]

2. What are ‘mixed competitions’?

   ________________________________________________________________ [1]

3. Mention TWO considerations to keep in mind before building an indoor sports facility.

   (i) _____________________________________________________________ [1]
   (ii) ____________________________________________________________ [1]

4. Mention ONE disadvantage of outdoor sports facilities.

   ________________________________________________________________ [1]

5. Mention ONE way how the ‘Kunsill Malti ghall-Isport’ encourages participation in sports.

   ________________________________________________________________ [1]
6. De Coubertin believed that sportspersons benefit through participation in International competitions. Mention ONE such advantage.

__________________________________________________________________________________ [1]

7. The Olympic Games were sometimes faced with financial, political or racial problems. Put the following Olympic games next to the correct description.

**1936 Berlin**  **1972 Munich**  **1984 Los Angeles**  **1992 Barcelona**

<table>
<thead>
<tr>
<th>Olympic Game</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i)</td>
<td>The Soviet Union and other Eastern Bloc boycotted these games in retaliation for American boycott.</td>
</tr>
<tr>
<td>(ii)</td>
<td>Hitler attempted to use these games as a huge propaganda exercise.</td>
</tr>
<tr>
<td>(iii)</td>
<td>These games were completely dominated by the Palestinian terrorist attack on the Israeli Team.</td>
</tr>
<tr>
<td>(iv)</td>
<td>The break up of the Soviet Union and the reunification of East and West Germany brought a new look to the Olympic Games.</td>
</tr>
</tbody>
</table>

__________________________________________________________________________________ [2]

8. Mention ONE function of clubs.

__________________________________________________________________________________ [1]