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>16</td>
<td>16</td>
<td>36</td>
<td>12</td>
<td>40%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>THEORY PAPER</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td>(80%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>40% THEORY PAPER</th>
<th>45% PRACTICAL (CHOOSE 3)</th>
<th>15% PORTFOLIO</th>
<th>100% FINAL SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATHLETICS (15%)</td>
<td>GAMES (15%)</td>
<td>INTERVIEW (5%)</td>
<td>ATHLETICS (15%)</td>
</tr>
<tr>
<td>GAMES (15%)</td>
<td>GYM/DANCE (15%)</td>
<td>SCOUTING (5%)</td>
<td>GAMES (15%)</td>
</tr>
<tr>
<td>GYM/DANCE (15%)</td>
<td>SWIMMING (15%)</td>
<td>SKILL ANALYSIS (5%)</td>
<td>GYM/DANCE (15%)</td>
</tr>
<tr>
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<td></td>
<td></td>
<td>GYM/DANCE (15%)</td>
</tr>
<tr>
<td>INTERVIEW (5%)</td>
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<tr>
<td>SKILL ANALYSIS (5%)</td>
<td></td>
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<td>SKILL ANALYSIS (5%)</td>
</tr>
</tbody>
</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. Closed Skill</td>
<td></td>
</tr>
<tr>
<td>ii. Basic Skill</td>
<td></td>
</tr>
<tr>
<td>iii. Open Skill</td>
<td></td>
</tr>
<tr>
<td>iv. Complex Skill</td>
<td></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 events 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>
</tbody>
</table>
   | ii. Hitch Kick Technique|             | [1]
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></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Turns/Wheels</td>
</tr>
</tbody>
</table>

   [2]
b) Give **TWO** reasons why the floor pattern, in the diagram above, shows an excellent gymnastics sequence.

(i) ___________________________________________________________________ [1]

(ii) ___________________________________________________________________ [1]

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. This is used when the ball is played to a partner. Usually the stick does not make a sound when one plays this skill.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ii. The ball is hit at the lower part like a chip in football.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>iii. This is best used to take shots at goal.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| iv. This skill is used to change the direction of the ball to beat an opponent. | | | [4]

7. **Swimming**

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

_________________________________________________________________ [1]

b) Which is the fastest of all strokes?

_________________________________________________________________ [1]

c) Under each picture write the respective swimming stroke.

(i) ___________________________________________________________________ (ii) ___________________________________________________________________ [2]
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.

(i) Contact the ball near your forehead.

________________________________________________________________________ [1]

(ii) The ball is played on the forearms.

________________________________________________________________________ [1]

**SECTION B – Health Related Fitness [16 marks].**

*Answer ALL questions in this Section.*

*Answer ALL parts of EACH question.*

1. Give ONE reason why an individual could be physically fit but still unhealthy.

________________________________________________________________________ [1]

2. What is the importance of these dietary components in the body?

(i) **Fibre**

________________________________________________________________________ [1]

(ii) **Proteins**

________________________________________________________________________ [1]

3. Name TWO tests that measure ‘cardiovascular endurance’.

(i) ___________________________________________ [1]

(ii) ___________________________________________ [1]

4. Jack has a basal metabolic rate (BMR) of 1000 calories and a working energy of 1500 calories. What is the effect on his body if he consumes 2000 calories per day?

________________________________________________________________________ [1]

5. Explain what is meant by ‘agility’.

________________________________________________________________________ [1]
6. Write down the correct body somatotype under each picture.

(i) ___________________________ (ii) ___________________________ [2]

7. a) Competitive sports frequently require **specific fitness** components. Identify **TWO** of these fitness components.

(i) ___________________________ (ii) ___________________________ [1]

b) Give **ONE** advice to someone who wants to improve **general fitness** but has not exercised for a long time.

________________________________________________________________ [1]

8. a) Write the type of strength required by the athlete in each picture.

(i) ___________________________ (ii) ___________________________ [2]

b) Underline the weight training method you would recommend for:

(i) a shot putter increasing power:
   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]

(ii) a cyclist increasing muscular endurance:
   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. Give **ONE** practical example to show when a player uses power in a team game.

________________________________________________________________ [1]

10. Name another source of protein other than meat and fish.

________________________________________________________________ [1]
SECTION C – Body Systems and Performance [36 marks].
Answer ALL questions in this Section.
Answer ALL parts of EACH question.

1. Give ONE function of the circulatory system.
   ____________________________________________________________________
   ____________________________________________________________________ [1]

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

   ![Diagram of heart and vessels]

   a) Name the vessel labelled A which is connected to the left ventricle.
      ________________________ [1]

   b) Draw arrows to show the direction of blood flow through vessels B and C. [2]

   c) Write down whether the blood vessel labelled C carries oxygenated or
      de-oxygenated blood. ________________________ [1]

3. Match each statement below to A, B, C or D.

<table>
<thead>
<tr>
<th>A–Platelets</th>
<th>B–Red blood cells</th>
<th>C–White blood cells</th>
<th>D–Plasma</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) fight germs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(ii) mainly water</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(iii) stick together easily</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(iv) contain haemoglobin</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(v) make blood clot</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
   | (vi) carries glucose and hormones |         |                    |          | [3]

   ____________________________________________________________________
4. a) Albert is a long distance runner. Which type of training method is most suitable for this type of event?
__________________________________________ [1]

b) Give **ONE** way how Albert can make his training sessions harder.
__________________________________________ [1]

5. The sit and reach test measures flexibility of the back and hamstrings. Describe the procedure for carrying out this test.
__________________________________________ [2]

6. The picture 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]

7. Complete these sentences:
   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]
8. The diagram below shows the bones of the leg.
Name the parts indicated by the letters A, B, C and D.

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Name the parts indicated by the letters A, B, C and D.

A _______________ [1]
B _______________ [1]
C _______________ [1]
D _______________ [1]

9. Give the definition of ‘isometric contraction’.

________________________________________________________________________
________________________________________________________________________ [1]

10. The pictures below show an isotonic contraction. Underneath each picture write down the type of muscle contraction at the bicep.

(i) __________________________

(ii) __________________________ [2]

11. The table below shows the definitions of four moveable joints. One has been done for you. Complete the table below.

<table>
<thead>
<tr>
<th>Joint</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pivot Joint</td>
<td>This joint is between the atlas and axis bones in the neck.</td>
</tr>
<tr>
<td>i.</td>
<td>The bones move a little bit in all directions by sliding over each other.</td>
</tr>
<tr>
<td>ii.</td>
<td>The joint can move in all directions and it can rotate as well.</td>
</tr>
<tr>
<td>iii.</td>
<td>This joint is found only in the thumb.</td>
</tr>
</tbody>
</table>
12. **Specificity** and **Progression** are two principles of training. Give a brief explanation of each.

(i) Specificity: ___________________________________________________________ [1]

(ii) Progression: _________________________________________________________ [1]

13. The diagram below shows the picture of a foot. Label the picture with the letter:

(i) E to show the Effort. [1]

(ii) P to show the Pivot. [1]

14. 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>Pain and swelling.</td>
</tr>
<tr>
<td>(ii)</td>
<td>Fracture.</td>
<td>Call emergency help. Do not move injured area.</td>
</tr>
<tr>
<td>(iii)</td>
<td>Severe sickening pain at the joint. The joint will look deformed. Lots of swelling.</td>
<td>Support and do not move injured area. Apply an ice to reduce the swelling.</td>
</tr>
</tbody>
</table>

15. What kind of drug can be illicitly used:

a) to help a boxer lose weight before a bout? [1]

____________________

b) to stop the body from feeling pain? [1]

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

1. Suggest ONE consideration to keep in mind before building an indoor sports facility.

________________________________________________________________________ [1]

2. Mention ONE way how the K.M.S. encourages participation in sports.

________________________________________________________________________ [1]

3. De Coubertin believed that sportspersons benefit through participation in International competitions. Mention ONE such advantage.

________________________________________________________________________ [1]

4. The Olympic Games were sometimes faced with financial, political or racial problems. Write down the appropriate year and city to match the corresponding description.

<table>
<thead>
<tr>
<th>Year and City</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i)</td>
<td>These games were completely dominated by the Palestinian terrorist attack on the Israeli Team.</td>
</tr>
<tr>
<td>(ii)</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]

5. Give ONE advantage of a league competition.

________________________________________________________________________ [1]

6. Explain what is meant by ‘plate competition’.

________________________________________________________________________ [1]

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

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

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

8. Mention TWO functions of clubs.

(i) ________________________________________________ [1]

(ii) ______________________________________________ [1]