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>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>16</td>
<td>36</td>
<td>12</td>
<td></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>GYM/DANCE (15%)</td>
<td>SWIMMING (15%)</td>
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<td></td>
<td>INTERVIEW (15%)</td>
<td></td>
<td></td>
</tr>
</tbody>
</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 sport official:
      - □ A Encourages good sportsmanship.
      - □ B Makes sure that the rules of the game are followed.
      - □ C Is physically and mentally prepared for the role.
      - □ D Is all of the above. [1]

   b) The role of a physical education teacher is to:
      - □ A Shout at students.
      - □ B Motivate children to be active.
      - □ C Be unfair with students.
      - □ D Concentrate only on one area of the syllabus. [1]

   c) A good relationship between a coach and an athlete/player leads to:
      - □ A Improved performance.
      - □ B Lack of commitment.
      - □ C Signs of favoritism.
      - □ D None of the above. [1]

   d) Which skills should a sport coach have?
      - □ A Organisation.
      - □ B Team-building.
      - □ C Providing feedback.
      - □ D All of the above. [1]

2. **Athletics**

   a) A valid shot put throw occurs if the thrower’s foot touches:
      - □ A The outside of the throwing circle.
      - □ B The top of the stop board.
      - □ C The inside of the stop board.
      - □ D All of the above. [1]
b) After how many false starts is an athlete disqualified during a 100m race?

- B 2.
- C 3.
- D None of the above.  

[1]

c) An important factor upon the start signal of a 100m race is:

- A Agility.
- B Balance.
- C Strength.
- D Reaction time.  

[1]

d) The approach and landing are two phases of the long jump. Which are the other two phases of the long jump?

- A Run up and Jumping.
- B Take-off and Flight.
- C Take-off and Jumping.
- D Jumping and Flight.  

[1]

3. Dance

a) An example of stimulus can be:

- A Repetition.
- B Visual.
- C Tempo.
- D None of the above.  

[1]

b) The amount of tension used during a movement is known as:

- A Rhythm.
- B Space.
- C Force.
- D Quality.  

[1]
c) Which motion factor is referred to when using the terms strong and light?
   □ A  Weight.
   □ B  Space.
   □ C  Shape.
   □ D  Flow.  [1]

d) When planning a dance composition which of the following point/s is/are considered?
   □ A  Deciding on a starting position.
   □ B  Choice of music.
   □ C  Use of space.
   □ D  All of the above.  [1]

4. Games

a) After how many personal fouls is a player fouled out during a basketball game?
   □ A  4.
   □ B  5.
   □ C  6.
   □ D  7.  [1]

b) To give a flick pass in hockey, the ball must be:
   □ A  Scooped.
   □ B  Pushed.
   □ C  Passed on the floor.
   □ D  Dribbled.  [1]

c) What type of formation is shown in this diagram?
   □ A  1-4-4-2.
   □ B  1-4-4-3.
   □ C  1-4-5-1.
   □ D  1-4-3-3.  [1]
d) How can a team maintain possession during a netball match?

□ A No communication.
□ B Low dribbling.
□ C Running with the ball.
□ D Pass and seek space.

5. **Gymnastics**

a) What is the skill shown in the picture called?

□ A Front walk over.
□ B Back walk over.
□ C Cartwheel.
□ D Handstand.

b) During floor work, points are deducted if the gymnast:

□ A Goes out of the floor area.
□ B Goes over the given time limit.
□ C Looses balance upon landing and missteps.
□ D Does all of the above.

c) During a vault, what happens if a gymnast starts the run up, stops and goes to start again?

□ A Gymnast is disqualified.
□ B Gymnast restarts the vault.
□ C Points are deducted.
□ D Gymnast tries again at the end of the list.

d) Which fitness factors are important during a vault?

□ A Speed and Endurance.
□ B Power and Endurance.
□ C Speed and Power.
□ D None of the above.
6. **Swimming**

a) How many arm pulls and leg kicks can a breaststroke swimmer perform underwater after a start or a turn?

- [ ] A 1 arm pull and 1 leg kick.
- [ ] B 2 arm pulls and 2 leg kicks.
- [ ] C 3 arm pulls and 3 leg kicks.
- [ ] D 4 arm pulls and 4 leg kicks.  

b) Which type of kick is used in the breaststroke?

- [ ] A Flutter kick.
- [ ] B Dolphin kick.
- [ ] C Frog kick.
- [ ] D None of the above.  

c) Tick which swimming aid helps to improve kicking in the front crawl?

- [ ] A
- [ ] B
- [ ] C
- [ ] D  

d) A good front crawl kick is important to:

- [ ] A Stabilise the body.
- [ ] B Provide some of the overall speed.
- [ ] C Minimise energy use.
- [ ] D Carry out all of the above.
Answer ALL questions in this section. Answer ALL parts of EACH question.

1. Regular exercise improves one’s body shape. Mention ONE other benefit of exercise.

2. Underline the TWO correct statements out of the four mentioned below.
   During exercise, the:
   i. Pulse rate decreases.
   ii. Breathing rate increases.
   iii. Body temperature decreases.
   iv. Skin reddens.

3. Mention ONE factor which may affect fitness.

4. Give ONE reason why one’s fitness is usually at its best in the early twenties.

5. Mention TWO fitness components which basketball players need to jump higher.
   i. __________________________
   ii. __________________________ [2]

6. Which fitness component helps an athlete to:
   i. have a wider range of movement?
      __________________________ [1]
   ii. continue working over longer periods of time without getting tired?
      __________________________ [1]
7. Which type of strength is an athlete working on when performing:
   i. a side plank?
      ____________________
      [1]
   ii. plyometric jumps over high hurdles?
      ____________________
      [1]
   iii. 30 consecutive push-ups?
      ____________________
      [1]

8. Which of the following three fitness components is predominantly used in the diagrams below? Put the right answer next to each picture.

<table>
<thead>
<tr>
<th>Speed</th>
<th>Agility</th>
<th>Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

   i. ____________________
      [1]
   ii. ____________________
      [1]
   iii. ____________________
      [1]
9. John trains handball and is a regular smoker. Specify ONE effect this may cause on his performance during a match.

__________________________________________________________________________ [1]

10. Suggest ONE safety measure a swimmer should take before a swimming session.

__________________________________________________________________________ [1]

SECTION C – Body Systems and Performance (36 marks)

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

1. Insert the correct word next to each statement:

<table>
<thead>
<tr>
<th>Patella</th>
<th>Ligaments</th>
<th>Scapula</th>
<th>Femur</th>
</tr>
</thead>
</table>

a) The connective tissues that connect bones together. _____________ [1]

b) One type of flat bone. _____________ [1]

c) One type of irregular bone. _____________ [1]

d) The longest bone found in the human body. _____________ [1]

2. Name the FIVE regions of the spinal column in the diagram below. [5]
3. a) What **two** movements occur at a hinge joint.

   i. ______________________  ii. ______________________

b) Ball and socket joints allow movements in several directions. Mention the **two** areas where we can find such joints in our body.

   ii. ______________________  ii. ______________________

4. What type of movement occurs when performing these actions?

<table>
<thead>
<tr>
<th>Action</th>
<th>Type of movement at joint</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Movement at the elbow joint when performing a bicep curl.</td>
<td>______________________</td>
</tr>
<tr>
<td></td>
<td>[1]</td>
</tr>
<tr>
<td>ii. Movement at the knee joint when kicking a football.</td>
<td>______________________</td>
</tr>
<tr>
<td></td>
<td>[1]</td>
</tr>
<tr>
<td>iii. Movement at the shoulder joint when performing the backstroke.</td>
<td>______________________</td>
</tr>
<tr>
<td></td>
<td>[1]</td>
</tr>
</tbody>
</table>
5. Which type of contraction are the quadriceps muscles undergoing in each of the three figures below? Choose ONE answer from the following:

<table>
<thead>
<tr>
<th>Isometric</th>
<th>Concentric</th>
<th>Eccentric</th>
</tr>
</thead>
</table>

i. ______________________________ [1]

ii. ______________________________ [1]

iii. ______________________________ [1]

6. Muscles work in pairs to cause movement. Which muscle is the:

a) i. Agonist _______________________

ii. Antagonist ________________________ [1]

b) i. Agonist _______________________

ii. Antagonist ________________________ [1]
7. Give the anatomical name of the muscles indicated in the diagram below:

8. a) Explain briefly the Bleep test (or the progressive shuttle run).

b) What is the main difference between the Bleep test and the Cooper test?

c) Mention another test used to measure endurance (muscular/cardiovascular):
9. The diagrams below show **TWO** types of tests.

a) Write the name of each test in the space under each diagram:

![Diagram 1](image1.png)  ![Diagram 2](image2.png)

i. ____________________  ii. ____________________  [2]

b) Which fitness component do the above tests measure? ________________  [1]

10. Weight is one of the measurements that are taken to calculate one’s BMI (Body Mass Index). Which other measurement is taken?

_________________________  [1]

11. What is the name of the test shown in the diagram above?

_________________________  [1]

b) Give **ONE** reason why this test is considered to be a good test for agility.

___________________________________________________________________________  [1]
SECTION D – Sports in Society (12 marks)

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

1. Put these types of competitions under the correct pictures: [4]

<table>
<thead>
<tr>
<th>Ladder</th>
<th>Knockout</th>
<th>League</th>
<th>Round Robin</th>
</tr>
</thead>
</table>

**Table:**

<table>
<thead>
<tr>
<th>Round #</th>
<th>Match #</th>
<th>Teams</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>A vs. B</td>
<td>9:00</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>C vs. D</td>
<td>9:07</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>A vs. C</td>
<td>9:14</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>B vs. D</td>
<td>9:21</td>
</tr>
<tr>
<td>3</td>
<td>5</td>
<td>A vs. D</td>
<td>9:28</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>B vs. C</td>
<td>9:35</td>
</tr>
</tbody>
</table>

i. ________________________  

ii. ________________________  

**Table:**

<table>
<thead>
<tr>
<th>Team</th>
<th>Played</th>
<th>Missed</th>
<th>Win</th>
<th>Score Draw</th>
<th>No Score Draw</th>
<th>Loss</th>
<th>Goals For</th>
<th>Goals Against</th>
<th>Goal Difference</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Viking Y</td>
<td>13</td>
<td>0</td>
<td>7</td>
<td>2</td>
<td>1</td>
<td>3</td>
<td>28</td>
<td>21</td>
<td>7</td>
<td>30</td>
</tr>
<tr>
<td>Manchester Wildcat D</td>
<td>11</td>
<td>0</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>35</td>
<td>19</td>
<td>16</td>
<td>26</td>
</tr>
<tr>
<td>Manchester Wildcat Youth</td>
<td>11</td>
<td>0</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>33</td>
<td>15</td>
<td>18</td>
<td>25</td>
</tr>
<tr>
<td>Sheffield Hallam*</td>
<td>11</td>
<td>6</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>38</td>
<td>27</td>
<td>11</td>
<td>28</td>
</tr>
<tr>
<td>LUCC</td>
<td>11</td>
<td>0</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>4</td>
<td>44</td>
<td>27</td>
<td>17</td>
<td>25</td>
</tr>
<tr>
<td>Lancaster University Open*</td>
<td>10</td>
<td>7</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>5</td>
<td>18</td>
<td>18</td>
<td>0</td>
<td>19</td>
</tr>
<tr>
<td>Loughborough B</td>
<td>11</td>
<td>0</td>
<td>6</td>
<td>1</td>
<td>1</td>
<td>9</td>
<td>15</td>
<td>39</td>
<td>-24</td>
<td>13</td>
</tr>
<tr>
<td>MUCC</td>
<td>10</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>1</td>
<td>9</td>
<td>0</td>
<td>42</td>
<td>-42</td>
<td>11</td>
</tr>
</tbody>
</table>

iii. ________________________  

iv. ________________________
2. Give one reason why a knockout competition is the quickest way to run a tournament.

__________________________________________________________________ [1]

3. Look at the competition format below and then answer the questions.

<table>
<thead>
<tr>
<th>Phase 1</th>
<th>Semifinal</th>
<th>Final</th>
</tr>
</thead>
<tbody>
<tr>
<td>P</td>
<td>W</td>
<td>L</td>
</tr>
<tr>
<td>Gladiators</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>Wasps</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>Stars</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>Bulls</td>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td>Galliants</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Ryders</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>Stingers</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>Lions</td>
<td>6</td>
<td>1</td>
</tr>
</tbody>
</table>

a) What is this type of competition called?

__________________________________________________________________ [1]

b) Give one example of an international sport event which uses this type of competition format.

__________________________________________________________________ [1]

4. Look at these pictures and then answer the questions below.

a) Which two pictures below show an example of a healthy recreational activity?

Pictures _______ and _______. [2]
b) Mention **ONE** other healthy physical recreational activity (not shown in the pictures) which you can do in your leisure time.

__________________________________________________________________  [1]

5. List **TWO** types of leisure facilities which are provided by local authorities to promote an active healthy lifestyle.

i.  ___________________________________________________________  [1]

ii. ___________________________________________________________  [1]

END OF PAPER