FORM 5 PHysical Education (OPTION)  TIME: 1h 30min

Name: ________________________________  Class: __________

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<td>16</td>
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<td>36</td>
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40% THEORY PAPER  45% PRACTICAL (CHOOSE 3)  15% PORTFOLIO  100% FINAL SCORE

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<th>ATHLETICS (15%)</th>
<th>GAMES (15%)</th>
<th>GYM/DANCE (15%)</th>
<th>SWIMMING (15%)</th>
<th>INTERVIEW (5%)</th>
<th>SCOUTING REPORT (5%)</th>
<th>SKILL ANALYSIS (5%)</th>
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Section A – Skill Acquisition, 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.

**Skill Acquisition**

1  a i. Identify ONE reason why feedback is important.

____________________________________________________________________________________ 1

ii. Give ONE example of how a player can get external feedback.

____________________________________________________________________________________ 1

b Under each picture write whether it is an open skill or a closed skill.

![](image1)

i. ___________ ii. ___________ iii. ___________ iv. ___________ 2

2 **Athletics**

a What action should a sprinter avoid as soon as he leaves the starting blocks?

____________________________________________________________________________________ 1

b In the discus throw, what special safety precaution is taken?

____________________________________________________________________________________ 1

c Which **TWO** techniques are used in the long jump in order to prolong the flight phase?

   i. ________________________________________________________________________________ 1

   ii. ______________________________________________________________________________ 1
3  **Basketball**

a  What general position should a defender take in order to obstruct an attacker with the ball?

___________________________________________________________________

___________________________________________________________________  1

b  What is meant by a ‘turnover’ in Basketball?

___________________________________________________________________

___________________________________________________________________  1

c  What are these **TWO** faults called in Basketball?

i.  A player dribbles, stops and restarts dribbling.

___________________________________________________________________

___________________________________________________________________  1

ii. A player runs with the ball held in his/her hand.

___________________________________________________________________

___________________________________________________________________  1

4  **Dance**

a  A dance is often accompanied by music. Mention **ONE** other sound which may be used.

___________________________________________________________________

___________________________________________________________________  1

b  Besides personal qualities such as good posture and expressive skills, select **ONE** other quality required for a good performance.

___________________________________________________________________

___________________________________________________________________  1

c  Write **ONE** point which helps a dancer to perform this skill.

___________________________________________________________________

___________________________________________________________________  1

d  Matching is one type of action which shows a relationship in dance. Give **ONE** other example of a relationship with a partner.

___________________________________________________________________

___________________________________________________________________  1
5  **Football**

a  Which popular team formation is best for both defence and attack?

___________________________________________________________________  1

b  A high ball may be trapped using various body parts. What is the body action used in all cases in order to control the ball?

___________________________________________________________________  1

c  Describe briefly an ‘etiquette’ gesture seen when an opposing player gets injured during play and the referee does not notice.

___________________________________________________________________  1

d  Which **TWO** football skills are most important for playing a possession game?

i.  __________________________  ½

ii. __________________________  ½

6  **Gymnastics**

a  State **ONE** rule related to the use of the mat area.

___________________________________________________________________  1

b  Mention **ONE** thing which judges look for when giving marks for ‘execution’.

___________________________________________________________________  1

c  Controlled landing is important when jumping or vaulting. Point out **TWO** things a gymnast must do in order to land without overstepping.

i.  __________________________  ½

ii. __________________________  ½

d  What is the main difference between performing a half twist (round off) on the floor and performing a half twist from a vault?

___________________________________________________________________  1
7  **Handball**

a. Refer to the diagram to answer the following:
   i. Shade the goalkeeper area.
   
   ii. Name the line marked with an arrow.

b. A faulty substitution results in ________ minute suspension for the entering player.

c. A game **starts** with a throw off. Where should both teams be on the court?

8  **Netball**

a. What is the main responsibility of the Goal Attack player?

b. A player runs with the ball. What would be the umpire’s decision?

c. Give **ONE** reason why dodging is used in Netball.

d. A player jumps to catch the ball and lands with both feet simultaneously. What could be the next move?

9  **Swimming**

a. Which body part gives a swimmer the required power to push off from the wall after performing a tumble turn?
b What swimming aid may be used by swimmers, in their training sessions, to develop upper body strength?

___________________________________________________________________ 1

c What action is taken if a swimmer jumps off the starting blocks before the signal?

___________________________________________________________________ 1

d What pattern do the heels make when doing the breaststroke kick?

___________________________________________________________________ 1

SECTION B – Health Related Fitness (16 marks).
Answer ALL questions in this section. Answer ALL parts of EACH question.

1 Under each column, write TWO habits to avoid and TWO good habits to practise to improve health.

<table>
<thead>
<tr>
<th></th>
<th>Habit 1</th>
<th>Habit 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Habits to avoid</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| ii. Good habits        |                            |                            | 2

2 Health has many aspects, including physical and social wellbeing. Put the following factors under either physical wellbeing or social wellbeing.

decent housing, adequate food, clean air environment, access to medical care

<table>
<thead>
<tr>
<th></th>
<th>i. Physical wellbeing</th>
<th>ii. Social wellbeing</th>
</tr>
</thead>
</table>
|                        |                            |                            | 2

3 Look at the picture to your right:

i. Write TWO food sources seen in the picture.

ii. Write the main nutrient found in the chosen foods.

Food Source 1 ________________ Food Source 2 ________________ 1

Nutrient ________________ Nutrient ________________ 1
Identify **TWO** substances which need to be constantly replaced during strenuous activity.

i. ___________________________ ½

ii. ___________________________ ½

Under **EACH** picture, write the fitness component related to the picture.

![Picture 1](image1.png)  ![Picture 2](image2.png)  ![Picture 3](image3.png)

i. _________________  ii. _________________  iii. _________________  3

Mention **ONE** negative effect and **ONE** positive effect as a result of increasing age on an athlete.

i. Negative effect: ________________________________ 1

ii. Positive effect: ________________________________ 1

A basketball player dribbles the ball, jumps and shoots at basket. What fitness component is shown by the combination of these skills?

______________________________  1

The diagram shows a student doing the ‘sit and reach’ test. Identify **TWO** mistakes shown in the picture. (You may describe the mistake or use arrows to show where the mistake is.)

![Diagram](image4.png)

i. ___________________________  1

ii. ___________________________  1

Name **ONE** type of sport which would be suitable for someone who has been classified as an ‘endomorph’.

______________________________  1
SECTION C – Body Systems and Performance (36 marks).
Answer ALL questions in this section. Answer ALL parts of EACH question.

1 a What type of bone are the vertebrae?
___________________________________________________________________

1 b Use the following terms to label the diagram below:
thoracic, lumbar, cervical, intervertebral discs

i. ii. iii. iv. 2

1 c Which part of the spinal column bears the most body weight and is likely to become injured?
___________________________________________________________________

1 d What is the main function of intervertebral discs? Underline the correct answer.
i. Limit movement.
ii. Absorb shock.
iii. Link muscle to bone. 1

2 a Why do endurance athletes, e.g. cyclists, perform better if they have more red blood cells?
___________________________________________________________________

1 b Where are red blood cells produced?
___________________________________________________________________

1
From the list below, choose the type of body movement shown by the picture.

extension, flexion, abduction, rotation

i.  

ii.  

iii.  

iv.  

_________________  _____________  _____________  _____________  2

What is the main function of the heart? Underline the correct answer.

i. Pumps blood around the body.
ii. Provides the body with energy.
iii. Keeps the body warm.
iv. Permits gas exchange.

1

b

Fill in the blanks using FOUR of the following terms:

artery, to, body, away, atria, oxygenated, deoxygenated

The aorta is an ______________ which transports _____________________ blood ________________ from the heart to the ________________.

2

What type of freely moveable joint is found at the shoulder?

__________________________________  1

Write TWO of the bones that form the shoulder joint.

_________________   _________________  2

What is the name of the muscle found at the back of the arm labelled ‘X’?

_________________  1

What type of muscle is ‘X’? Underline the correct answer.

i. Skeletal
ii. Smooth
iii. Cardiac

1
In the table below put the following terms next to the correct statement.

**tendons, cartilage, ligaments**

<p>| | |</p>
<table>
<thead>
<tr>
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<th></th>
</tr>
</thead>
</table>
| i. | Strong fibrous bands.  
     | Link a bone to a bone.                                           |
| ii. | A flexible connective tissue.  
     | Acts as a shock absorber.                                     |
| iii. | A tough band of fibrous connective tissue.  
     | Link muscles to bones.                                      |

6 a Why do some athletes use anabolic steroids?

______________________________________________________________________________

1

b Write ONE negative effect of taking such a drug over a long term.

______________________________________________________________________________

1

7 a i. Ballet dancers need to rise up on their toes. Give the anatomical name of the muscle which contracts to permit such an action.

______________

1

ii. When one muscle contracts, the other muscle ________________.

1

b All the joints in this picture are of one type. Name the type of joint.

______________

1

c Which is the largest bone found in the lower leg?

______________

1
d i. What happens to the muscle when a cramp occurs?

______________________________________________________________________________

1
ii. What is the treatment for foot cramps?

___________________________________________________________________ 1

e Specify which ONE of the following principles of training needs to be applied:

*progression, overload, reversibility, specificity*

| i. To improve in one particular area such as ballet. | 1 |
| ii. To reduce the chance of injury. | 1 |

8 a Recommend ONE cardiovascular endurance fitness test for endurance runners.

___________________________________________________________________ 1

b Write ONE short term effect of aerobic exercise on the respiratory system.

___________________________________________________________________ 1

c How is the resting heart rate of an athlete different from that of a person who does not exercise regularly?

___________________________________________________________________ 1

9 A gymnast falls off the beam and dislocates the hip.

i. What is a dislocation?

___________________________________________________________________ 1

ii. Write ONE of the immediate signs of a hip dislocation.

___________________________________________________________________ 1

10 Name ONE sport and write an injury common to that sport.

Sport: ________________________ Injury: ________________________ 1
SECTION D - Sports in Society (12 marks).

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

1 Which of these sports programmes is NOT run by Kunsill Malti għall-Isport? Underline the correct answer.
   i. Malta Marathon.
   ii. Girls on the Move.
   iii. Sports for All.
   iv. Skola Sport. 1

2 During the opening ceremony of the Olympic Games, which country has the honour of marching first?

   ____________________________________ 1

3 Which of these Games come under the control of the Malta Olympic Committee? Underline the correct answer.
   i. Asian Games.
   ii. Mediterranean Games.
   iii. Europa Games.
   iv. Friendly Games. 1

4 Which type of competition is described by the statements below?

<table>
<thead>
<tr>
<th>League, Knockout, Combined Competition, Ladder, Round Robin</th>
</tr>
</thead>
<tbody>
<tr>
<td>a  Each team plays once against all other teams.</td>
</tr>
<tr>
<td>b  Used in clubs to challenge for ranking.</td>
</tr>
<tr>
<td>c  Only winners continue to play in this competition.</td>
</tr>
</tbody>
</table>

   ____________________________________ 1
   ____________________________________ 1
   ____________________________________ 1

5 Name TWO different types of sports facilities which should be found in a school.
   i. ____________________________________ ½
   ii. ____________________________________ ½

6 The media has a great influence on the way we look at sports. Give TWO examples of media.
   i. ____________________________________ ½
   ii. ____________________________________ ½
Sports has been used for political means. During which Olympic Games (Year or City) did these two incidents take place?

i. __________________________    ii. __________________________   2

In a sports club committee, name the person who is responsible for:

i. Keeping record of the meetings’ minutes. __________________________ 1

ii. Issuing Press Releases. __________________________ 1