Annual Examinations for Secondary Schools 2014

FORM 5

PHYSICAL EDUCATION (OPTION)

TIME: 1h 30min

Name: _______________________________  Class: _______________

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FOR TEACHER’S USE ONLY

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  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 REPORT (5%)</th>
<th>SKILL ANALYSIS (5%)</th>
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</table>
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.

1. **Skill Acquisition**
   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.
   
   i. ___________  ii. ___________  iii. ___________  iv. ___________
   
   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 structure is used to ensure safety?
   
   _____________________________________________________________________________ 1
   
   c. Which TWO techniques are used in the long jump in order to prolong the flight phase?
   
   i. _____________________________________________________________________________ 1
   
   ii. _____________________________________________________________________________ 1
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

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 Identify TWO good practices for the promotion of good health.

i                                                                 1

ii                                                                 1

2 Fats come in three main types. Which type should be avoided most because it narrows the arteries?

___________________________________________________________________ 1

3 There are different types of bread, including white bread and wholemeal bread. Which nutrient is found in one but not in the other?

___________________________________________________________________ 1

4 Which mineral is essential for building healthy haemoglobin?

___________________________________________________________________ 1

5 There is a basic rule for maintaining one’s correct body weight. Explain this in terms of the relationship between caloric intake and energy expenditure.

___________________________________________________________________ 1
Give an example of:

a  a cause of obesity: ________________________________________________ 1

b  a cause of anorexia: ______________________________________________ 1

During prolonged strenuous exercise, the body needs to replace three essential things. One of these is water. What are the other TWO?

i. _______________________________________ ½

ii. _______________________________________ ½

Explain briefly the relationship between strength and power.

____________________________________________________________ 1

Mention ONE way how age affects fitness.

____________________________________________________________ 1

Which fitness factor combines a number of movement actions?

____________________________________________________________ 1

What fitness component is demonstrated in the picture below?

____________________________________________________________ 1

Which ‘somatotype’ is best suited for the TWO types of sport shown in these pictures?

i. ___________________________  ii. ___________________________ 2
13 Suggest ONE precaution one should take to ensure that the ‘sit and reach’ test is done correctly.

______________________________________________________________________________________ 1

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

1 a The lumbar vertebrae are the most prone to injury. Briefly explain why.

______________________________________________________________________________________ 1

b What is the main function of intervertebral discs?

______________________________________________________________________________________ 1

c Label the following diagram of the spinal column.

[Diagram of the spinal column with labels i. and ii.]

______________________________________________________________________________________ 1

d Name the first TWO vertebrae in the neck region.

______________________________________________________________________________________ 1
What type of body movement do these pictures show?

i.  

ii.  

iii.  

iv.  

Nina is an athlete and has a shortage of red blood cells. How will it affect her performance?

___________________________________________________________________

1

Where are red blood cells produced?

___________________________________________________________________

1

What is the main function of the heart?

___________________________________________________________________

1

i. Name the main artery through which the blood leaves the heart to go round the body.

___________________________________________________________________

1

ii. What type of blood is carried in this vessel?

___________________________________________________________________

1

c Give **ONE** structural difference between an artery and a vein.

___________________________________________________________________

1
5 a. What type of synovial joint is shown in the picture?
__________________________________

1

b. Name TWO of the bones that form this joint.
_________________  _________________

2

c i. What is the name of the muscle found at the back of the arm labelled ‘X’?
__________________________________

1

ii. What type of muscle is ‘X’?
_________________  

1

d. Complete the following table about connective tissues.

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>i.</td>
<td>A flexible connective tissue.</td>
<td>Acts as a shock absorber and allows smooth movement.</td>
</tr>
<tr>
<td>ii.</td>
<td>Tendons</td>
<td>Link a bone to a muscle.</td>
</tr>
<tr>
<td>iii.</td>
<td>Ligaments</td>
<td>Strong fibrous bands.</td>
</tr>
</tbody>
</table>

3

6 a. Mention ONE drug which is used to help increase muscle tissue.
__________________________________

1

b. Write ONE negative effect of taking this drug over a long period of time.
___________________________________________________________

1
7 a i. Ballet dancers need to rise up on their toes. Name the muscle which contracts to permit such an action.

_________________

ii. What type of muscle contraction is used to hold this position?

___________________

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

_________________

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

_________________

d i. Ballet dancers may get a cramp when they point their toes. What causes a foot cramp?

___________________________________________________________________ 1

ii. Suggest ONE treatment for foot cramps.

___________________________________________________________________ 1

e Which principle of training needs to be applied:
  i. to improve in one particular area such as ballet?

_________________

ii. to reduce the chance of injury?

_________________

8 a Long distance runners use tests such as the ‘Beep test’ and the ‘Cooper test’. What do these tests measure?

___________________________________________________________________ 1

b Why do elite long distance runners tend to have a low resting heart rate?

___________________________________________________________________ 1
c  Write ONE long term effect of regular aerobic exercise on the respiratory system.
_________________________________________________________________________________________________________________ 1

9  A gymnast falls off the beam and dislocates the hip.
   i. What is a dislocation?
   ______________________________________________________________________________________________________________________ 1
   ii. What is the treatment for a dislocation?
   ______________________________________________________________________________________________________________________ 1

10 Specify ONE type of soft-tissue injury.
Sport: __________________________ Injury: __________________________ 1

SECTION D - Sports in Society (12 marks).
Answer ALL questions in this section. Answer ALL parts of EACH question.

1 Name ONE sports programme (not TV), run by Kunsill Malti ghall-Isport.
_________________________________________________________________________________________________________________ 1

2 During the opening ceremony of the Olympic Games, countries march in alphabetical order. However, Greece always marches first. What is the reason for this?
_________________________________________________________________________________________________________________ 1

3 The Malta Olympic Committee (MOC) is responsible for the selection and funding of athletes taking part in certain competitions such as the Olympic Games. Mention ONE other competition where athletes are selected and funded by the MOC.
_________________________________________________________________________________________________________________ 1
4. Write what type of competition is best suited for these conditions?
   a. A lot of teams taking part, but short time available. ________________________ 1
   b. Improving one’s ranking at club level. ___________________________ 1
   c. Giving a team a chance to recover after a defeat. ________________________ 1

5. Mention **TWO** considerations when planning the building of school sports facilities.
   i. ______________________________________________________________________ ½
   ii. ______________________________________________________________________ ½

6. Give **ONE** example of how the press can cause a bad image of sports through the incorrect use of the media.
   __________________________________________________________________________ 1

7. Sporting events have been used for political means. Give **TWO** examples from the Olympic Games (Year or City) to show this political use of sports.

<table>
<thead>
<tr>
<th>Olympic Games (Year or City)</th>
<th>Political Use of Sports</th>
</tr>
</thead>
</table>
   | i.                          |                         | 1
   | ii.                         |                         | 1

8. Identify **TWO** ‘executive’ members of a sports club committee and explain briefly their role within the club.

<table>
<thead>
<tr>
<th>Member</th>
<th>Role</th>
</tr>
</thead>
</table>
   | i.     |      | 1
   | ii.    |      | 1