Year 9 - Physical Education (Option)  

**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>
<th>THEORY PAPER (80)</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>16</td>
<td>36</td>
<td>12</td>
<td></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>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TIME: 1h 30min**
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. a Underline the best statement which describes an effective physical education teacher.
   i Teaches the students who are motivated.
   ii Motivates children to be active.
   iii Shouts and embarrasses students.
   iv None of the above. [1]

   b What is the role of a sports coach?
   _________________________________________________________________ [1]

   c Give TWO personal qualities which make a sports official competent in managing and controlling the game.
   i __________________________________________ ii __________________________________________ [2]

2. Athletics

   a Underline the correct answer. In the shot put, a foul throw occurs when:
   i the shot lands outside the throwing sector.
   ii the thrower leaves the circle before the shot put lands.
   iii the thrower leaves the circle from in front.
   iv all of the above. [1]

   b Give ONE reason why it is important for a sprinter to stay low when he/she leaves the starting blocks.
   _________________________________________________________________ [1]

   c How many false starts are allowed in a 200 metre sprint race?
   _________________________________________________________________ [1]

   d Mention ONE technique which is used in the flight phase during the long jump.
   _________________________________________________________________ [1]
3. **Basketball**

   a. Jack has committed his third foul. What is the opposing team awarded if it is the 8th foul Jack’s team have committed?

   ____________________________________________________________ [1]

   b. The coach wants the team to defend using ‘man to man’. Mention TWO important points when guarding the ball in such defensive strategy.

   i. ____________________________________________________________ [1]

   ii. ____________________________________________________________ [1]

   c. Explain ONE important role of the playmaker in attack.

   ____________________________________________________________ [1]

4. **Dance**

   a. Mirroring is a type of action which shows a relationship in dance. Give ONE other example of a relationship with a partner.

   i. ____________________________________________________________ ii. ____________________________________________________________ [1]

   b. Laban developed a model which includes motion factors to understand body movement. List TWO factors.

   i. ____________________________________________________________ ii. ____________________________________________________________ [1]

   c. You are given a piece of music as a starting point/stimulus. Suggest TWO different starting points/stimuli for the dance composition, other than music.

   i. ____________________________________________________________ ii. ____________________________________________________________ [1]

   d. When planning a dance routine Maria selected an upbeat and energetic piece of music. Suggest TWO kinds of movement for this type of music.

   i. ____________________________________________________________ ii. ____________________________________________________________ [1]
5. **Gymnastics**

a. Vaulting consists of four phases. The first two have been done for you. List the last **TWO** phases.

i. Run up  
ii. Take off  
iii. iv.  

[2]

b. The image below shows a gymnast performing a forward roll and finishing in a standing position. Suggest **ONE** other way that a gymnast can come out from a forward roll.

___________________________________________________________________  

[1]

c. Mention **ONE** quality that a gymnast must have to deliver a good performance.

___________________________________________________________________  

[1]

6. **Hockey**

a. Give **ONE** instance when the centre pass is taken.

___________________________________________________________________  

[1]

b. What is the umpire’s decision if there is an offence by a defender in the circle which prevents a clear chance of scoring?

___________________________________________________________________  

[1]

c. Describe what happens when a bully is taken to resume play.

___________________________________________________________________  

[1]

d. Explain the role of the sweeper in hockey.

___________________________________________________________________  

[1]

7. **Swimming**

a. The F.I.N.A. rule states that “**At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.**” List **ONE** stroke which this rule is referring to.

___________________________________________________________________  

[1]
b  Use the following images which show the swimming strokes labelled A, B, C, and D to answer the questions below.

- [Image: STROKE A]
- [Image: STROKE B]
- [Image: STROKE C]
- [Image: STROKE D]

i  Give the letter of the stroke which is considered the slowest out of the four strokes.

____________________________________  [1]

ii  Find the stroke which uses a dolphin kick.

____________________________________  [1]

iii  Mention **ONE** important point regarding the arm action of stroke B.

____________________________________  [1]

8.  **Volleyball**

a  Describe when rotation in a Volleyball game happens.

____________________________________  [1]

b  Explain **TWO** roles of the Libero.

i  __________________________________  [1]

ii  __________________________________  [1]

8.  **Volleyball**

a  Describe when rotation in a Volleyball game happens.

____________________________________  [1]

b  Explain **TWO** roles of the Libero.

i  __________________________________  [1]

ii  __________________________________  [1]

8.  **Volleyball**

a  Describe when rotation in a Volleyball game happens.

____________________________________  [1]

b  Explain **TWO** roles of the Libero.

i  __________________________________  [1]

ii  __________________________________  [1]

8.  **Volleyball**

a  Describe when rotation in a Volleyball game happens.

____________________________________  [1]

b  Explain **TWO** roles of the Libero.

i  __________________________________  [1]

ii  __________________________________  [1]

8.  **Volleyball**

a  Describe when rotation in a Volleyball game happens.

____________________________________  [1]

b  Explain **TWO** roles of the Libero.

i  __________________________________  [1]

ii  __________________________________  [1]

c  How many players are allowed on the court per team during play?

____________________________________  [½]

d  The ball may only be touched twice before returning it over the net. State whether the above statement is true or false.

____________________________________  [½]
Section B – Health Related Fitness [16 marks].
Answer ALL questions in this Section.
Answer ALL parts of each question.

1. Mention TWO types of strength other than static strength and give an example for each.

<table>
<thead>
<tr>
<th>Type of Strength</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Static strength</td>
<td>Holding a plank</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Kurt is a very unfit person but recently he decided to change his lifestyle.
   a Suggest ONE advice you would give Kurt who is about to start to exercise.

   ___________________________ [1]

   b State TWO reasons why taking part in regular exercise may improve his health.

   i ___________________________ [1]
   ii ___________________________ [1]

3. Put the words below in the appropriate column.
   coordination muscular strength agility cardiovascular endurance

<table>
<thead>
<tr>
<th>Factors of Health Related Fitness</th>
<th>Factors of Skill Related Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. Give ONE practical example how speed can be an important factor in sport.

   ___________________________ [1]

5. Flexibility can be static or dynamic. Explain the difference between them. You can give examples to illustrate your answer.

   ___________________________ [2]
6. A physical trainer gives a player the exercise shown in the picture below to help him improve his performance.

   a) Identify ONE fitness factor being practised.

   ______________________________________________________ [1]

   b) Give ONE practical example how improving this fitness factor can help this player in a game.

   ______________________________________________________ [1]

7. In order to adopt a healthier lifestyle Jane decided to stop smoking.

   a) Suggest TWO other factors that she needs to avoid to contribute to a healthier lifestyle.

      i) ______________________________________________________ [1]

      ii) ______________________________________________________ [1]

   b) Mention ONE reason how smoking can affect Jane’s athletic performance.

   ______________________________________________________ [1]

8. The World Health Organisation defines health as the complete physical, mental and social well-being. In the table below, write the component of health which best describes the following statements.

<table>
<thead>
<tr>
<th>Component of Health</th>
<th>Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>When Maria goes for a run every morning she feels relaxed and can cope</td>
</tr>
<tr>
<td></td>
<td>better with her day to day problems. [½]</td>
</tr>
<tr>
<td>ii</td>
<td>John trains regularly in the gym and his muscles are getting stronger.</td>
</tr>
<tr>
<td></td>
<td>[½]</td>
</tr>
</tbody>
</table>

9. Identify ONE reason why is it important to wear flip flops when using public showers.

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

1. The diagram below shows an image of the spine and the thoracic cage.

![Diagram of spine and thoracic cage with labeled parts A, B, C, D, and E.]

a Identify the major organs which are protected by parts B and E.

Part B: ________________________           Part E: ________________________ [2]

b Joints are classified into three categories according to their range of movement or mobility. Classify the type of joint found between Part A and Part B which helps the body while breathing.

___________________________________________________________________ [1]

c Explain why part labelled C is called ‘floating rib’.

___________________________________________________________________ [1]

d The first two bones of the neck are the atlas and the axis.

i State which movement can occur between these two bones.

___________________________________________________________________ [1]

ii What is this synovial joint called?

___________________________________________________________________ [1]

e Mention ONE function of cartilage discs (part labelled D) that are found between the vertebrae.

___________________________________________________________________ [1]
Part E is divided into 5 regions. Use some of the keywords below to link the region with the corresponding statement.

<table>
<thead>
<tr>
<th>Region</th>
<th>Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>These vertebrae support the rib cage.</td>
</tr>
<tr>
<td>ii</td>
<td>These vertebrae are fused and have no special use.</td>
</tr>
</tbody>
</table>

The diagram of this joint shows a damaged cartilage.

a Use the following letters to label the diagram.

- W - patella
- X - femur
- Y - tibia
- Z - fibula

b Mention ONE way how cartilage can be damaged.

___________________________________________________________________ [1]

c Describe how the synovial fluid is helpful in this type of joint.

___________________________________________________________________ [1]

d Explain the function of the following connective tissues in the knee joint.

i Tendon

___________________________________________________________________ [1]

ii Ligament

___________________________________________________________________ [1]

e List the TWO movements that can be performed at this joint.

Movement 1: ______________________ Movement 2: ______________________ [1]
3. Look at the diagram below and answer questions a to c.

a. Fill the boxes above by writing the respective anatomical names of the bones. [3]

b. Identify the type of joint found at the following parts of the arm.

<table>
<thead>
<tr>
<th>Body Part</th>
<th>Joint Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Elbow</td>
<td>HINGE</td>
</tr>
<tr>
<td>The wrist</td>
<td></td>
</tr>
<tr>
<td>The thumb</td>
<td></td>
</tr>
</tbody>
</table>

[½] [½]

c. Evaluate the picture above and complete the following sentences.

i. Skeletal muscles work in pairs. The bicep muscle is causing the movement in this picture and therefore it is termed as ________________ muscle. [1]

ii. ________________ is the movement being performed at the elbow. [1]

iii. The muscle is shortening, contracting and changing its shape. Therefore the type of movement is called ________________. [1]

iv. The ________________ of the muscle is the point where the muscle tendon attaches to the fixed bone. [1]

v. In this picture the insertion of the triceps is the ________________. [1]
4. Within the skeletal muscles there are two types of muscle fibres. Briefly describe why the two types of muscle fibres are more appropriate for certain types of sport events. You may give examples to explain your answer.

___________________________________________________________________
___________________________________________________________________

[3]

5. Poor posture can affect uneven muscle development. Mention another effect which can be caused by lack of good posture.

___________________________________________________________________ [1]

6. Underline the correct statement. The purpose of fitness testing is to:
   i identify a category an athlete fits in
   ii give the athlete a workout
   iii to rank the athlete according to the rest of the group
   iv determine what the person can do and where he/she can improve [1]

7. After the Harvard step test has been completed, the pulse rate is recorded at different intervals. Explain how the pulse rate provides a guide to basic cardiovascular fitness.

___________________________________________________________________
___________________________________________________________________ [1]

8. Identify the fitness components that the following tests measure.

   i.
   ii.
   iii. [3]
9. a A group of students are about to perform a bleep test. They set up some cones to perform the test. Describe briefly how the equipment should be organised.

___________________________________________________________________ [1]

b When does the test stop?

___________________________________________________________________ [1]

c Name the fitness factor which this test examines.

___________________________________________________________________ [1]

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

1. Nowadays people have more leisure time than they used to have. Give TWO reasons to justify this statement.
   i  _____________________________________________________________________ [1]
   ii _____________________________________________________________________ [1]

2 Name TWO places where you can spend your leisure time.
   i  _____________________________ ii _____________________________ [1]

3. Under each diagram below, identify which type of competition is shown.

   i.  
   ii.  [2]
4. Amy is taking part in a squash club competition. She wants to challenge another player who is two positions above her. What type of competition is she taking part in?

______________________________________________________________________________ [1]

5. Give ONE advantage and ONE disadvantage of the competitions below.

a

<table>
<thead>
<tr>
<th>Knock out competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advantage</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

[2]

b

<table>
<thead>
<tr>
<th>League competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advantage</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

[2]

6. Explain what a ‘plate’ competition involves.

______________________________________________________________________________ [1]

7. Give an example of a combined competition.

______________________________________________________________________________ [1]