

Annual Examinations for Secondary Schools 2020

YEAR 10 **PHYSICAL EDUCATION (OPTION)** **TIME: 1h 30 min**

Name: _____

Class: _____

Section A	Section B	Section C	Section D	TOTAL MARK THEORY PAPER (80)
16	16	36	12	

40% THEORY PAPER	45% PRACTICAL (CHOOSE 3)				15% PORTFOLIO	100% FINAL MARK
	ATHLETICS (15%)	GAMES (15%)	GYM/DANCE (15%)	SWIMMING (15%)		

Section A – Movement and Physical Activities (16 marks).

Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 9 in Section A. Answer ALL parts of the chosen questions.

1. Skill Acquisition and Rules

a Skills can be practiced in either a 'closed' or 'open' situation. Mention a volleyball passing exercise or drill that may be considered as:

i Closed: _____ [1]

ii Open: _____ [1]

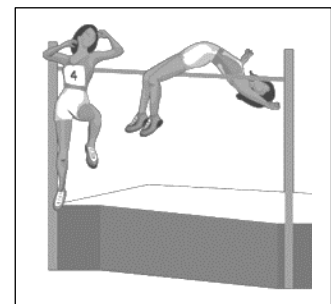
b Etiquette in sports is not a form of rule, but is an expected behaviour among athletes. Mention a **DIFFERENT** example of etiquette in each of the following sports:

i Football: _____ [1]

ii Tennis: _____ [1]

2. Athletics

a i What type of high jump technique is shown in the picture?



[½]

ii Mention **TWO** types of high jump techniques, other than the one shown in the picture.

[1]

b The shot put is thrown from the throwing circle. Mention **ONE** rule related to the throwing circle.

[1]

c Name **ONE** middle distance running event. _____

[½]

d Mention **TWO** teaching points of proper running technique.

i _____

[½]

ii _____

[½]

3. **Dance**

a In the table below, place the following words under the appropriate headings.

pathways fast/slow movements levels acceleration

Spatial Content	Dynamic Content

[2]

b Explain the following terms:

i Climax/Highlight: _____
_____ [1]

ii Stimulus: _____
_____ [1]

4. **Field Hockey**

a Name **TWO** rules related to the use of the stick.

i _____ [½]

ii _____ [½]

b Mention **TWO** teaching points of a push pass.

i _____ [1]

ii _____ [1]

c Name **TWO** other passes which are used in field hockey.

i _____ ii _____ [1]

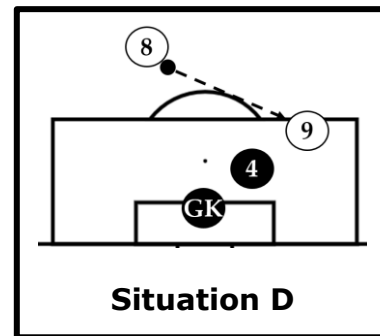
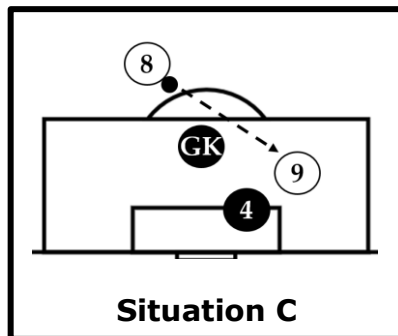
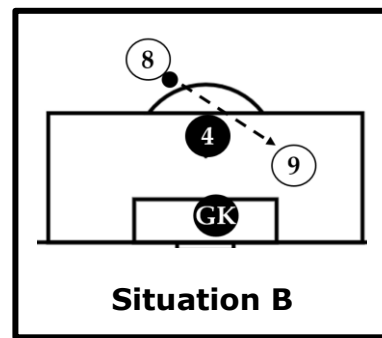
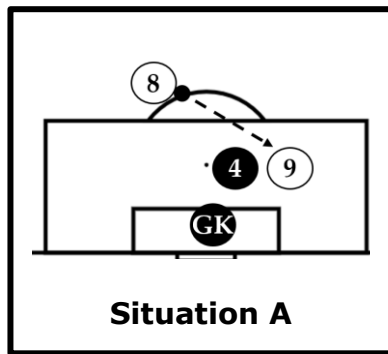
5. **Football**

a Mention **TWO** important points which a player needs to consider when defending 1vs1 against an attacker in a central area just outside the penalty area.

i _____ [½]

ii _____ [½]

- b In which of the following situation/s is player '9' considered in an **offside** position, as he receives the ball from teammate player '8'? Opponents (defenders) are player '4' and the goalkeeper (GK).



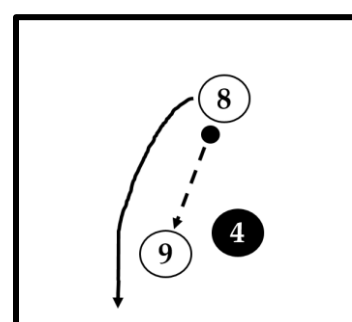
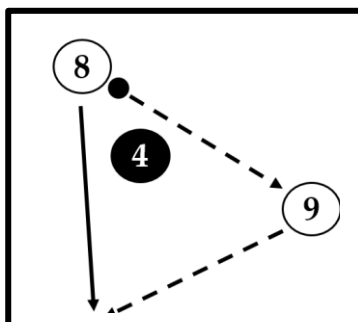
Offside positions situation/s: _____ [1]

- c A defensive header is different from an attacking header. List **ONE** technical/tactical point which a player needs to apply when heading the ball in defence.

_____ [1]

- d Analyse the two situations below, where player '8' is performing an attacking combination with player '9', in order to beat opponent '4'. Name the attacking combinations illustrated in the pictures below.

Movement of ball \dashrightarrow
 Movement without ball \longrightarrow



i _____ ii _____ [1]

6. **Gymnastics**

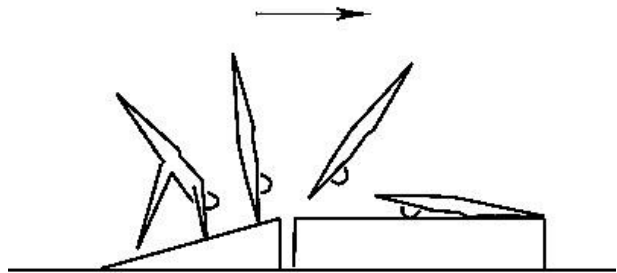
a A young gymnast is finding it difficult to turn into a backward roll. Identify **TWO** lead up exercises that can help to improve the backward roll.

Drill 1: _____ [1]

Drill 2: _____ [1]

b Underline the correct answer. The exercise shown below is a good progression for the:

- i handstand forward roll.
- ii back handspring.
- iii front handspring.
- iv front walkover.



[1]

c Which gymnastics event requires the spring board as a compulsory equipment during the competition?

_____ [½]

d How many seconds is the gymnast allowed to re-mount the beam after a fall during a competition?

_____ [½]

7. **Netball**

a Court lines confine netball players to restricted areas. Choose the statement (letter) that corresponds to the correct playing area/s of the players below.

A	Everywhere except the shooting circles.
B	Center and attacking thirds but not the shooting circles.
C	Center and defensive thirds but not the shooting circles.
D	Defensive third of the court including the shooting circle.
E	Center and attacking thirds including the shooting circle.

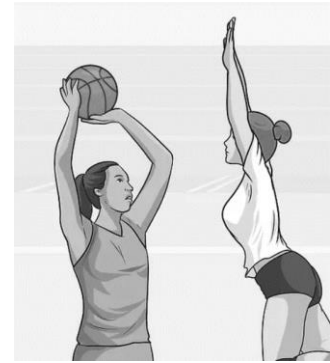
i WA (wing attack) permitted playing area. _____ [½]

ii GK (Goal Keeper) permitted playing area. _____ [½]

b The GA shoots the ball, while the GD defends with her arms up and over the ball, 0.7m away.

i Name the infringement called by the umpire to the defending player.

ii What sanction is given to the GD?



[1/2]

[1/2]

iii Mention **TWO** points to explain the correct defensive stance when defending.

[1/2]

[1/2]

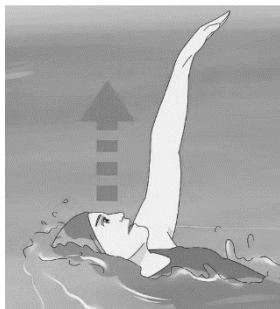
c A team wants to make a substitution. When can this occur?
(Underline the **TWO** correct statements)

- i During an interval.
- ii At any time of the game.
- iii After a goal has been scored.
- iv When play is stopped for injury/illness or blood.

[1]

8. **Swimming**

a Mention **TWO** important points for a good arm action in backstroke.



i. _____

[1/2]

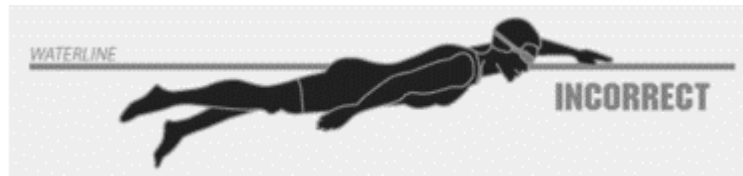
ii. _____

[1/2]

b The butterfly and the breaststroke are strokes performed on the chest, with both arms moving symmetrically. Explain the **COMMON** rule regarding the finish of the race of these strokes?

[1]

- c Mention **TWO** reasons why the front crawl technique in the picture below is incorrect.



i _____ [½]

ii _____ [½]

d i Which is the fastest stroke? _____ [½]

ii Which is the slowest stroke? _____ [½]

9. **Volleyball**

- a Complete the following sentences related to the point system used in an official volleyball match.

i The first four sets are decided up to _____ points. [½]

ii The fifth set is decided up to _____ points. [½]

iii A set is always won with a minimum of _____ points difference. [½]

- b i Which skill is shown in the picture?



[½]

- ii Mention **ONE** important point one needs to consider when performing this skill.

[1]

- c Continue the sequence below to demonstrate a normal rally in volleyball:




1. Service ➡ 2. _____ ➡ 3. _____ ➡ 4. Spike [1]

Section B – Health Related Fitness [16 marks].

Answer ALL questions in this Section.

Answer ALL parts of each question.

- 1 a Under each picture state which is the best source of Vitamin derived from the following food items.
Choose from Vitamin A, Vitamin C and Vitamin D.

 Carrots	 Strawberries	 Salmon
i	ii	iii

[1½]

- b Which of the above mentioned foods is a water soluble vitamin?

[½]

- c Identify **ONE** condition resulting from a deficiency of:

i Vitamin A _____

[½]

ii Vitamin C _____

[½]

- 2 a Explain why a higher intake of carbohydrates is important in an athlete's diet.

[1]

- b Describe the method of carbohydrate loading.

[1]

- 3 Explain by giving **ONE** reason why it is important to include unsaturated fat in the diet.

[1]

- 4 In 2018 the World Health Organisation concluded that Malta has one of the highest and most worrying rates of obesity, standing at 29.8%.

- a Give **ONE** reason why obesity is on the increase.

[1]

- b Write down **TWO** health problems that can develop from obesity.
- i _____ ii _____ [1]

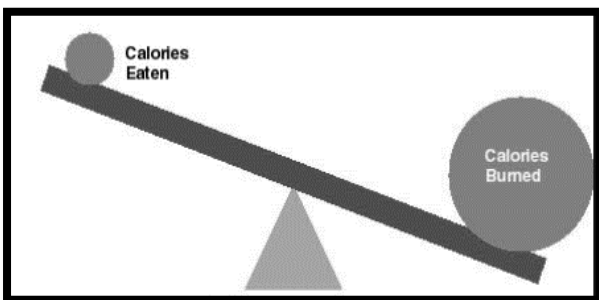
- 5 a Kim found, through a blood test, that she has a deficiency of calcium. Give **ONE** recommendation of how she can change her food intake to increase calcium content.
- _____ [1]

- b Identify **ONE** possible health problem that may result from a lack of calcium.
- _____ [1]

- 6 Mention **TWO** factors that can affect a person's energy requirements.
- i _____ ii _____ [1]

- 7 What is the function of water in our bodies?
- _____ [1]

- 8 Analyse the picture and identify what happens to the body weight.



The body weight is _____ . [1]

- 9 i Mark with an **X**, to indicate the performer who relies mostly on cardiovascular endurance.
- Javelin Thrower Weightlifter Marathon runner [½]

- ii Mark with an **X**, to indicate the activity which relies mostly on muscular endurance.
- Long jump Gymnastics routine Shot put [½]

- 10 Define the following terms:
- i Anaerobic energy: _____ [1]
- ii Oxygen debt: _____ [1]

Section C – Body Systems and Performance [36 marks].

Answer ALL questions in this Section.

Answer ALL parts of each question.

1 Risk of injury during sport can be reduced by following the rules of the game. Mention another way how injury can be minimised. _____ [1]

2 Fill in the appropriate injury name or description of the injury in the table below.

	Injury	Description of injury	
i		A blow to the head, which shakes the brain around.	[½]
ii	Dislocation		[1]
iii		A slight crack in the bone caused by overtraining.	[½]
iv	Cramp		[1]

3 a Read the statements and put a tick (✓) next to the examples of the overload principles of training. [1]

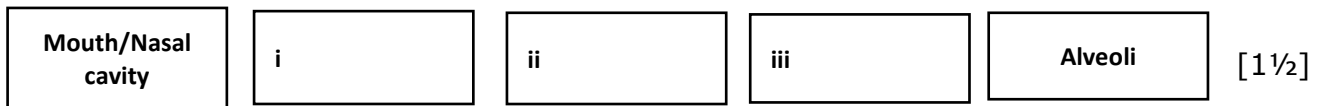
- i A javelin thrower who lifts too much during a weights session.
- ii A weightlifter who loses muscle hypertrophy due to not training because of injury.
- iii A hockey player who adapts the training session to suit his/her needs.
- iv A basketball player who works harder than normal during a pre-season.
- v A gymnast who trains 7 sessions instead of 6 sessions a week.
- vi A football player training by using a variety of methods.

b From question 3a, choose the best statement that describes what is:

Specificity: _____ [½]

Reversibility: _____ [½]

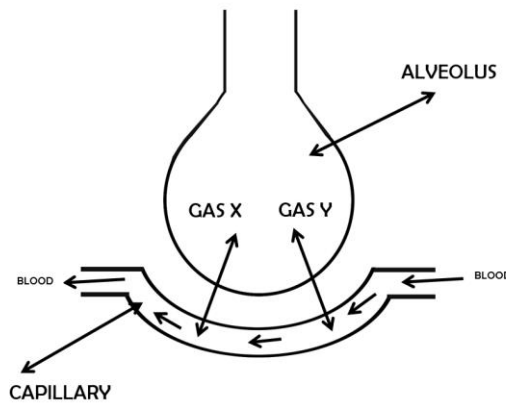
- 4 a Insert the missing parts of the path of oxygen after it enters the nasal or mouth cavity.



- b Describe how the function of filtering is done in the nasal cavity in the respiratory system.

_____ [1]

- c This picture shows gaseous exchange between a capillary and an alveolus.



- i Name the process that happens here. _____ [½]

- ii Identify the gases labelled X and Y.

Gas X _____ Gas Y _____ [1]

- iii Describe what happens to Gas X as it enters the capillary.

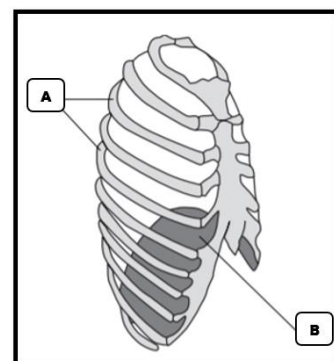
_____ [1]

- 5 The diagram below shows the structures that help breathing.

- a Name Part A and Part B

Part A: _____

Part B: _____



[1]

b Describe how the parts A and B move when breathing in happens.

[2]

6 The breathing rate changes when doing different activities. It increases during exercise and decreases at rest. Explain why this change occurs.

[1]

7 The table below shows the breathing rate patterns of two students performing the same activity.

	Breathing rate in breaths per minute	
	Marvin	Kevin
Before exercise started	15	13
As soon as exercise stopped	42	27
3 mins after exercise stopped	34	18
5 mins after exercise stopped	26	14
7 mins after exercise stopped	20	13
9 mins after exercise stopped	15	13

a Calculate the maximum change in breathing rate of Marvin. _____ breaths per minute.

[1]

b How long did it take for the breathing rate to return to normal for Kevin? _____ minutes.

[1]

c Suggest which student is more likely to be a regular athlete and give a reason for your answer.

[1]

8 a In warm up and cool down, different types of stretching techniques are performed. Indicate the type of stretching technique most suitable for:

i Warm Up: _____

[½]

ii Cool Down: _____

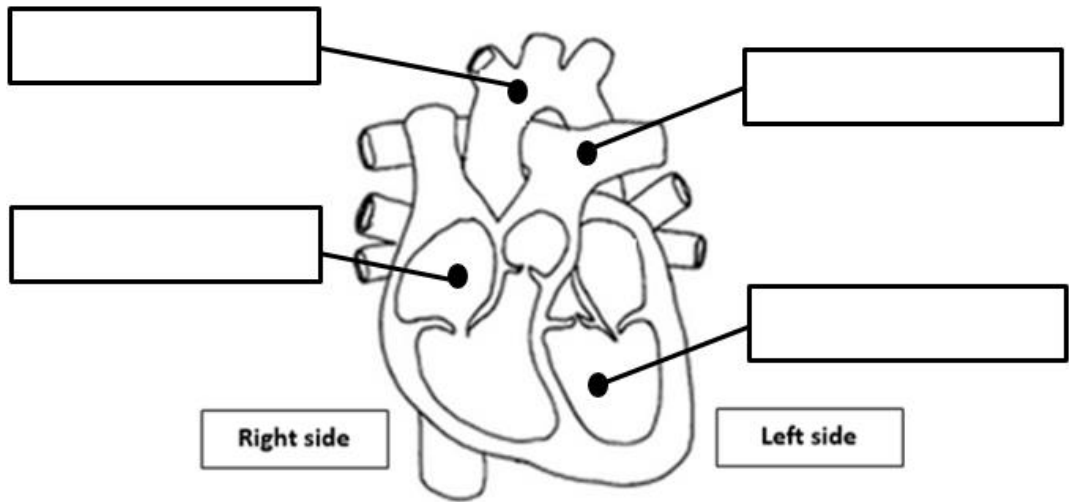
[½]

b Besides the stretching techniques, mention **ONE** other main difference between warm up and cool down.

[1]

- 9 Peter is devising a pre-season training program for a handball team.
- a One of the training methods which he decided to incorporate in his sessions, is a strength fitness circuit. Mention **FOUR** type of exercises, which he can include in such a circuit.
- i _____ ii _____
- ii _____ iv _____ [2]
- b In order to build up a good endurance base, he decided to utilize long interval training. Mention **TWO** other types of training methods which can be used to improve the players' endurance.
- i _____ ii _____ [1]
- c Peter decided to occasionally include plyometrics as one of the training methods. Define plyometrics.
- _____ [1]
- d To improve the players' speed, he planned to propose short interval training. Give **ONE** characteristic for each of the following training variables, so that Peter will be working specifically on speed:
- i Intensity: _____ [1]
- ii Time on each repetition (run): _____ [1]
- iii Recovery between repetitions: _____ [1]
- 10 Mention **TWO** functions of the circulatory system.
- i _____ [1]
- ii _____ [1]
- 11 Give **ONE** function of each of the following blood cells.
- i Platelets: _____ [½]
- ii White blood cells: _____ [½]
- 12 Mention the main **functional** difference between arteries and veins.
- _____
- _____ [1]

- 13 Complete the heart diagram below, by inserting the appropriate anatomical name of the marked areas.

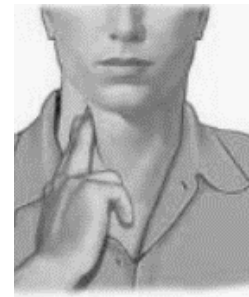


[2]

- 14 All veins in the circulatory system carry deoxygenated blood. Is the above statement true? Give **ONE** reason for your answer.

[1]

- 15 The person in the picture is checking the heart rate by putting the finger tips on the carotid pulse. Mention **TWO** other areas where the pulse can be felt.



i _____

[1/2]

ii _____

[1/2]

- 16 i Briefly explain the effect of exercise on the heart rate.

[1/2]

- ii Give a reason for your answer.

[1/2]

6 a There are different types of sports books. What type of sport book is shown in the picture?

b Mention another type of sport book.



[1/2]

[1/2]

c Mention **TWO** other types of sports publications other than books.

i _____ ii _____

[1]

7 Sports can benefit financially from television through TV rights. However, television can also have some negative effects. Give **TWO** examples of how television can impact sport negatively.

i _____

[1/2]

ii _____

[1/2]