Annual Examinations for Secondary Schools 2015

FORM 5 PHYSICAL EDUCATION (OPTION) TIME: 1h 30min

Name: _______________________________ Class: _______________

FOR TEACHER’S USE ONLY

DISTRIBUTION OF MARKS

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<th>Section A</th>
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<th>Section C</th>
<th>Section D</th>
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<th>40% THEORY PAPER</th>
<th>45% PRACTICAL (CHOOSE 3)</th>
<th>15% PORTFOLIO</th>
<th>100% FINAL SCORE</th>
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<td>ATHLETICS (15%)</td>
<td>GAMES (15%)</td>
<td>SWIMMING (15%)</td>
<td>SKILL ANALYSIS (5%)</td>
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<td>INTERVIEW (5%)</td>
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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.

1  Skill Acquisition
   a  What are gross motor skills?

   ___________________________________________________________  1

   b  Write TWO personal qualities which help an official in his/her duties.

   i.  _________________________________________________________  ½
   ii. _________________________________________________________  ½

   c  Mention TWO ways how rules are enforced.

   i.  _________________________________________________________  ½
   ii. _________________________________________________________  ½

   d  Describe ONE special responsibility of a trainer.

   ___________________________________________________________  1

2  Athletics
   a  How long is one lap around a standard track?

   ________________  1

   b  Give ONE example of a:

   i. track event ________________  1
   ii. field event ________________  1

   c  Why do sprinters dip finish at the end of a race?

   ___________________________________________________________  1
3 **Badminton**

a Which stroke is best suited in these situations?

i. The shuttle is below the net height: ___________________________________ 1

ii. Defence against a smash: _____________________________________________ 1

b Describe **ONE** advantage of the short serve.

______________________________________________________________________ 1

c An opponent is weak at returning from his/her left side. Which stroke is best for an attack on this side?

______________________________________________________________________ 1

4 **Dance**

a Suggest **ONE** type of stimulus which a dancer may use in a choreography.

______________________________________________________________________ 1

b i. Give **ONE** example of a relationship which may be used in a group dance.

______________________________________________________________________ 1

ii. Illustrate how you would use the above example in a dance called *Wartime*.

______________________________________________________________________ 1

______________________________________________________________________ 1

c Name **ONE** physical skill shown by the dancer below.

______________________________________________________________________ 1
5  **Gymnastics**

a  Name **TWO** elements for which points are awarded in a gymnastic routine.

i.  __________________________________________  ½

ii. __________________________________________  ½

b  Identify **ONE** common mistake when performing the front somersault.

___________________________________________________________________

___________________________________________________________________

i.  __________________________________________  1

ii. __________________________________________  1

c  Look at the picture on the right and spot **TWO** body positions which need to be corrected.

i.  __________________________________________  1

ii. __________________________________________  1

6  **Hockey**

a  The hockey player trapped the hockey ball. What is this skill called?

____________________________________________  1

b  i.  Shade the area from where a player may score a goal.

____________________________________________  1

ii.  What is the area from where an attacker strikes the ball into the goal called?

____________________________________________  1

c  Give **ONE** example of a foul in hockey.

___________________________________________________________________  1

7  **Volleyball**

a  How many players may be substituted after a set?  ____________________________  1
b Answer the questions related to the diagram below. A coach decides to play with a 2 setter – 4 spiker formation. Indicate (by circling the numbers) where the TWO setters may be.

********** NET **********

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<td>4</td>
<td>3</td>
<td>2</td>
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<tr>
<td>5</td>
<td>6</td>
<td>1</td>
</tr>
</tbody>
</table>

2

c What is the main role of the player performing the ‘dig’?

___________________________________________________________________

1

8 Swimming

a Explain the main difference in the start of the breaststroke and the backstroke.

___________________________________________________________________

1

b i. What is the stroke shown in the picture?

________________________

1

ii. In this stroke, which part of the arm should leave the water first?

________________________

1

c Indicate ONE reason why a swimmer may be disqualified.

___________________________________________________________________

1

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

1 In the pictures below, mark with an X TWO habits for a healthy lifestyle.

i.  ii.  iii.  iv.  

2
2 a Normally we eat at breakfast, at lunch and at dinner. Which of these meals is the most important?

_______________________________ 1

b State which food items (in the box above) are high in:

<table>
<thead>
<tr>
<th></th>
<th>vitamins</th>
<th>carbohydrate</th>
<th>protein</th>
<th>fat</th>
</tr>
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<tbody>
<tr>
<td>i.</td>
<td>Vitamins</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ii.</td>
<td>Carbohydrate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>iii.</td>
<td>Protein</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| iv.   | Fat               |               |         |                      | ½

3 From which nutrient does the body obtain energy if the body is not getting enough carbohydrates or fats?

_______________________________ 1

4 What is the average percentage (%) of carbohydrates in a balanced diet meal? Mark with an X.

45 – 50% ______
50 – 60% ______
60 – 70% ______
70 – 80% ______

5 Mention ONE physical and ONE social problem associated with obesity.

i. Physical  _________________________________________________________ 1

ii. Social   _________________________________________________________ 1

6 What type of strength is developed by the following exercises?

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Type of Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Holding heavy weights stationary.</td>
<td>½</td>
</tr>
<tr>
<td>ii. Moving a heavy weight fast and repeatedly.</td>
<td>½</td>
</tr>
</tbody>
</table>
Near each statement, write the type of motivation described. An athlete works harder in sports because:

i. He/she feels pleased with the performance. __________________ ½
ii. He/she is told by the coach that the performance is good. _____________ ½

Give examples of TWO sports activities which are more suitable for an introvert.

i. ___________________ 1
ii. ___________________ 1

Give ONE reason why players are not allowed to continue playing with an uncovered bleeding wound.

_________________________________________________________________ 1

Suggest TWO ways how an individual can modify a sporting activity because of an increase in age.

i. ___________________________________________________________________ 1
ii. ___________________________________________________________________ 1

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

1 a Which of the following is a function of the skeleton? Underline the correct answer. 1

i. Blood cell production.
ii. Storage of mineral salts.
iii. Protection.
iv. All of the above.

b Write the name of the bones labelled A, B, C and D. 4
c  i. Name the type of joint found in the knee.

_______________

ii. Which bone forms part of the knee joint? Underline the correct answer.
Femur.
Phalanges.
Ulna.

d  Complete the table using the words below.

<table>
<thead>
<tr>
<th>Type of bone</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>i.</td>
<td>Flat</td>
</tr>
<tr>
<td>ii.</td>
<td>Ulna</td>
</tr>
<tr>
<td>iii.</td>
<td>Irregular</td>
</tr>
</tbody>
</table>

2  a  Specify which fitness component is tested by each of the fitness tests shown below.

i. ________________  ii. ________________  iii. ________________

b  Underline the fitness test which measures the power in the leg muscles.

i. Cooper 12 minute run.
ii. Standing broad jump.
iii. Harvard step test.
The graph shows the heart rate of a 15 year old before, during and after training.

- What happened to the heart rate during the first five minutes of the training session?
  - _____________________________________________________________________ 1

- What was:
  - i. the resting heart rate? _____________ 1
  - ii. the maximum heart rate? _____________ 1

- Underline ONE training method which includes short bursts of intense activity followed by less intense activity and is most suited to different types of terrain. 1
  - i. Continuous training.
  - ii. Interval training.
  - iii. Weight training.
  - iv. Altitude training.

- Write ONE short-term effect that physical activity and sport have on the heart.
  - _____________________________________________________________________ 1

- Is the resting heart rate of a fit person higher or lower than the resting heart rate of an unfit person?
  - ______________ 1

4  a  i. Briefly explain why reaction time is very important for a sprinter during a race.
  - _____________________________________________________________________ 1
ii. Which type of muscle fibres is most useful to be a sprinter?

___________________________________________________________________ 1

b Underline the correct answer. 400 m sprinters build-up lactic acid in their muscles because:

i. they run at a low intensity.
ii. the body cannot get enough oxygen to the muscles.
iii. they run for a short distance.
iv. the body is not trained to run as fast.

___________________________________________________________________ 1

c Specify whether the following physical activities rely on anaerobic or aerobic respiration.

i. ii. iii. iv. 2

__________ __________ __________ __________

Which type of blood cells deliver oxygen to the muscles?

___________________________________________________________________ 1

d Which is the antagonist muscle when the hamstring acts as the agonist?

Antagonist Muscle: ______________  Hamstrings 1

e What is the name of the muscle responsible for the action of breathing?

____________________ 1

5 a
b  Which **TWO** statements about gas exchange are correct? Underline the correct answers.  

i.  Gas exchange takes place between alveoli and capillaries.
ii.  Oxygen is exchanged with carbon dioxide.
iii.  White cells carry oxygen to the muscles.
iv.  The level of nitrogen increases during the process.

6  Name the type of muscle contraction shown in the pictures below.

![Images of muscle contractions]

i. ______________________  ii. ______________________  2

7  The chart below shows the most common injuries in a particular sport.

![Pie chart showing common injuries]

a  i.  Which are the most common injuries according to the chart?  

______________________________  ½

ii.  Which type of treatment would you use to treat such an injury?  

____________________________________________________  1½

b  Which **ONE** of the following statements is a precaution taken to avoid blisters?  1

i.  Reduce friction between the skin and shoes/equipment.
ii.  Keep the hands and feet moist.
iii.  Do not wear socks.
c Warming up before an activity may prevent a sport injury. Mention ONE other measure which prevents sport injuries.

___________________________________________________________________ 1

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

1 Name TWO International competitions which fall under the control of the Malta Olympic Committee.
   i. 1
   ii. 1

2 a What do we call a competition which starts as a league and ends as a knock out?
   1

   b State ONE reason why teams are ‘seeded’ in a competition.
   1

3 Suggest ONE safety precaution related to spectators in a large sports stadium.
   1

4 Which Games do these statements describe? Choose from the list provided.
   Olympic Games Commonwealth Games Asian Games
   Mediterranean Games G.S.S.E African Games
   i. Games for countries which formed part of the British Empire.
      1
   ii. Games for countries with up to one million inhabitants.
      1

5 Give ONE reason why certain sports find it hard to find a sponsor.
   1
The media shows athletes or players as role models. Give TWO examples how these role models influence the way we behave, make choices or dress.

i. ____________________________________________ 1

ii. ____________________________________________ 1

In the table below, write the correct term related to a particular Olympic Game. Choose TWO from these terms.

*Terrorist attack*  *Black Power salute*  *Race superiority*  *Political boycott*

<table>
<thead>
<tr>
<th>Olympic Game</th>
<th>Political Use of Sports</th>
</tr>
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<tbody>
<tr>
<td>i. Moscow - 1980</td>
<td></td>
</tr>
<tr>
<td>ii. Munich - 1972</td>
<td></td>
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