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

Name: ________________________________  Class: ____________

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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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</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>INTERVIEW (5%)</td>
<td>SCOUTING REPORT (5%)</td>
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<tr>
<td>GYM/DANCE (15%)</td>
<td>SWIMMING (15%)</td>
<td>SKILL ANALYSIS (5%)</td>
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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  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

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.
   
   ______________________________________________________________ 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

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 *********
  4     3     2
  5     6     1
```

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) Exercise is a positive habit which promotes a healthy lifestyle. Mention **TWO** other habits which also promote a healthy lifestyle.

i. ________________________________________________________________ 1

ii. ________________________________________________________________ 1
Look at the picture of a typical breakfast and answer the questions about it.

a. Why is breakfast the most important meal of the day?

___________________________________________________________________

b.

<table>
<thead>
<tr>
<th>Bread</th>
<th>Egg</th>
<th>Sausages</th>
<th>Tomatoes</th>
</tr>
</thead>
</table>

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

i. Protein _______________________________________________ ½
ii. Vitamin _______________________________________________ ½
iii. Carbohydrate ___________________________________________ ½
iv. Fat _____________________________________________________ ½

3. A student is not eating enough carbohydrates and notices that s/he is losing weight and the muscles are getting smaller. Explain this muscle weight loss in terms of nutrients.

___________________________________________________________________

4. A healthy balanced diet contains a certain percentage (%) of carbohydrates, fats and proteins. Write down the approximate percentage (%) of these nutrients.

Carbohydrates : ______%   Fats ______%   Proteins _______%

5. Describe TWO ways how body composition influences one’s health.

i. ____________________________________________________________ 1
ii. ____________________________________________________________ 1
6 What type of strength is improved 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 load fast and repeatedly.</td>
<td>½</td>
</tr>
</tbody>
</table>

7 Motivation helps one to work harder in sports. Give an example of:

i. Intrinsic motivation: ____________________________ ½

ii. Extrinsic motivation: ____________________________ ½

8 How does one’s personality (introvert/extrovert) influence behaviour or choices in these areas? Give ONE example of each.

<table>
<thead>
<tr>
<th></th>
<th>Introvert</th>
<th>Extrovert</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Type of sport</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ii. Attitude towards training</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

9 Identify TWO health hazards encountered through physical contact in sports.

i. ____________________________ 1

ii. ____________________________ 1

10 Sporting activity has to be modified as a person grows older. Suggest ONE way how this may be done.

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

1 a The skeleton supports the body. Name ONE other function of the skeleton.

__________________________________________________________________________ 1

b Write the anatomical name of the bones labelled A, B, C and D.

A          B
          C
          D

__________________________________________________________________________ 4

c i. Name the type of joint found in the knee.

__________________________ 1

ii. Write the anatomical names of TWO of the bones which form the knee joint.

__________________________ ________________________ 2

d Complete the table below.

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

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

<table>
<thead>
<tr>
<th>Test</th>
<th>Fitness component</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g. 30 m sprint</td>
<td>Speed</td>
</tr>
<tr>
<td>i. Press ups</td>
<td></td>
</tr>
<tr>
<td>ii. Sit and reach</td>
<td></td>
</tr>
<tr>
<td>iii. Cooper 12 minute run</td>
<td></td>
</tr>
</tbody>
</table>
Name ONE fitness test used to find the explosive strength on the leg muscles.

3

The graph shows the heart rate of a 15 year old before, during and after training.

a  What happened to the heart rate during the first five minutes of the training session?

b  What was:
   i. the resting heart rate?  ____________  
   ii. the maximum heart rate?  ____________

c  i. Give ONE possible reason for the changes in the heart rate during the session.

ii. Name ONE training method which would cause an increase in heart rate and is suited to different outdoor or indoor areas.

   __________________________________________________________________________

   __________________________________________________________________________

d  Select ONE long-term effect that regular training has on the heart.

   __________________________________________________________________________
e  Briefly explain how the resting heart rate (RHR) of a fit person is different from the RHR of an unfit person.

__________________________________________________________________________________________________________________________ 1

4  a  i.  During a race a sprinter has to leave the starting blocks as fast as possible. Which is the most important fitness factor at the start of the blocks?

__________________________________________________________________________________________________________________________ 1

ii.  Which type of muscle fibre type is the most important to perform this action?

__________________________________________________________________________________________________________________________ 1

b  i.  Briefly explain why sprinters build up lactic acid in their muscles.

__________________________________________________________________________________________________________________________ 1

ii.  Mention ONE event in which respiration is mostly aerobic.

__________________________________________________________________________________________________________________________ 1

iii.  Which blood cells are responsible for delivering oxygen to the muscles?

__________________________________________________________________________________________________________________________ 1

c  Name TWO major leg muscles involved in this action.

i.  ___________________________________________________________________ 1

ii.  ___________________________________________________________________ 1

5  a  What is the role of the diaphragm?

__________________________________________________________________________________________________________________________ 1
b

The chest cavity changes shape during inspiration and expiration. What happens to:

i. the diaphragm during inspiration?

___________________________________________________________________ 1

ii. the ribs during expiration?

___________________________________________________________________ 1

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

i. __________________________

ii. __________________________ 2

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

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

________________________ ½

ii. How would you treat such an injury? Briefly explain.

___________________________________________________________________

___________________________________________________________________ 1½
b  Give **ONE** precaution taken to avoid blisters.

___________________________________________________________________ 1

c  Mention **ONE** 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 come under the control of the Malta Olympic Committee.

i.  __________________________________________________________________ 1

ii. __________________________________________________________________ 1

2  a  Which type of competition starts by giving a team a chance to recover but later on, a team needs to win in order to progress?

___________________________________________________________________ 1

b  Which is the most appropriate type of competition when time is short?

___________________________________________________________________ 1

3  What safety factor, related to *spectators*, would you consider in the construction of a large sports stadium?

___________________________________________________________________ 1

4  Which countries can participate in these two competitions?

i. Commonwealth Games

___________________________________________________________________ 1

ii. G.S.S.E.

___________________________________________________________________ 1
5 Certain types of sports find it difficult to find sponsorship. Give \textbf{ONE} reason why.

_________________________________________________________________________________________________________________________ 1

6 The media has an influence on the way we look at sports and also on the way we behave in life. Give an example for each of these influences.

i. Look at Sports:  _____________________________________________________________________________________________ 1

ii. Behave in Life:  _____________________________________________________________________________________________ 1

7 Give \textbf{TWO} examples from past Olympic games (city and year) where sports has been used for political ends.

i.  _____________________________________________________________________________________________ 1

ii.  _____________________________________________________________________________________________ 1