

**Annual Examinations for Secondary Schools 2022**

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**YEAR 9                      PHYSICAL EDUCATION (OPTION)                      TIME: 1h 30min**

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Name: \_\_\_\_\_

Class: \_\_\_\_\_

| Section A | Section B | Section C | Section D | TOTAL MARK<br>THEORY PAPER<br>(80) |
|-----------|-----------|-----------|-----------|------------------------------------|
| <b>16</b> | <b>16</b> | <b>36</b> | <b>12</b> |                                    |
|           |           |           |           |                                    |

| 40%<br>THEORY<br>PAPER | 45%<br>PRACTICAL<br>(CHOOSE 3) |                |                        |                   | 15%<br>PORTFOLIO | 100%<br>FINAL<br>MARK |
|------------------------|--------------------------------|----------------|------------------------|-------------------|------------------|-----------------------|
|                        | ATHLETICS<br>(15%)             | GAMES<br>(15%) | GYM/<br>DANCE<br>(15%) | SWIMMING<br>(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**

- a A coach analyses individual and team performances. Mention **ONE** other role of a coach.

\_\_\_\_\_ [1]

- b Complete the following statement:

A good referee \_\_\_\_\_

\_\_\_\_\_ [1]

- c Briefly explain why keeping up to date with the changes in rules is important for players, coaches and referees.

|          |  |     |
|----------|--|-----|
| Players  |  | [½] |
| Coaches  |  | [½] |
| Referees |  | [½] |

- d Which of the following **DOES NOT** describe the role of a PE teacher? Underline the correct statement. [½]

- i Help students lead a healthy and physically active lifestyle.
- ii Encourage teamwork.
- iii Choose the best students to take part in all activities.
- iv Develop sport and motor skills.

**2. Athletics**

- a There are different methods of high jump including the Fosbury flop. Mention another **TWO** techniques.



\_\_\_\_\_ [1]

- b Landing is the last phase of the Fosbury Flop. Name another high jump phase and give **ONE** teaching point for the chosen phase.

Phase: \_\_\_\_\_ [½]

Teaching point: \_\_\_\_\_  
\_\_\_\_\_ [1]

- c Athletes running an 800m race employ a pacing strategy. Running an even split is one of the strategies used. Explain what this means.

\_\_\_\_\_  
\_\_\_\_\_ [1]

- d Which is the longest track and field event which is run in the same lane?

\_\_\_\_\_ [½]

### 3. **Dance**

- a How can a dancer show a relationship with a prop in a dance routine?

\_\_\_\_\_ [1]

- b i What type of relationship can be seen in the photo?

\_\_\_\_\_



[½]

- ii What is particular about this relationship?

\_\_\_\_\_ [1]

- c A dance choreography gradually builds towards a climax. Briefly explain the meaning of climax and its importance in dance.

Meaning: \_\_\_\_\_ [½]

Importance: \_\_\_\_\_ [1]

4. **Football**

- a Give the amount of substitute players a coach may use in one match.

\_\_\_\_\_

[1]

- b Describe an instance in the game where the referee whistles for a penalty.

\_\_\_\_\_

\_\_\_\_\_

[1]

- c Counterattacks are an important tactic used to create a possible chance of scoring.

- i Mention **ONE** way how a counterattack may begin.

\_\_\_\_\_

[1]

- ii What makes a counterattack successful?

\_\_\_\_\_

[1]

5. **Gymnastics**

- a A tuck and a straight stand are basic shapes in gymnastics. Mention another **TWO**.



- i \_\_\_\_\_

[½]

- ii \_\_\_\_\_

[½]

- b The music chosen for a floor routine must highlight the unique characteristics and style of the gymnast. Mention **ONE** other important thing to keep in mind when choosing a music piece to avoid deduction in marks.

\_\_\_\_\_

[1]

- c Dance elements and tumbling need to be included in a floor routine. Mention another **TWO** aspects which judges will look for.

- i \_\_\_\_\_

[1]

- ii \_\_\_\_\_

[1]

6. **Hockey**

- a You are a right-handed player. State **ONE** instance when you would use the reverse stick.

\_\_\_\_\_ [1]

- b List **TWO** protective items worn by the goalkeeper.

i \_\_\_\_\_ ii \_\_\_\_\_ [1]

- c Give the main reason why a player in possession of the ball may use the Indian dribble.

\_\_\_\_\_ [1]

- d Explain why the game official tosses a coin prior to the start of a game.

\_\_\_\_\_ [1]

7. **Netball**

- a What do the following abbreviations of the playing positions stand for?

i WA \_\_\_\_\_ [½]

ii GS \_\_\_\_\_ [½]

- b How is play restarted after a goal is scored?

\_\_\_\_\_ [1]

- c i Why is it important to use the pivot in netball?

\_\_\_\_\_ [1]

- ii Mention **ONE** teaching point for the pivot.

\_\_\_\_\_ [1]

8. **Swimming**

- a In which stroke is the pull, breathe, kick, glide sequence performed?

\_\_\_\_\_ [½]

- b Mention **ONE** teaching point of the backstroke technique during the recovery phase.

\_\_\_\_\_ [1]

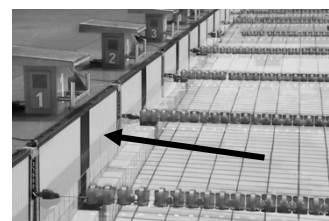
- c Mention **TWO** similarities of the backstroke and front crawl.

i \_\_\_\_\_ [½]

ii \_\_\_\_\_ [½]

- d One of the technical devices used in swimming is called a touch pad. Why is it useful?

\_\_\_\_\_  
\_\_\_\_\_



[1]

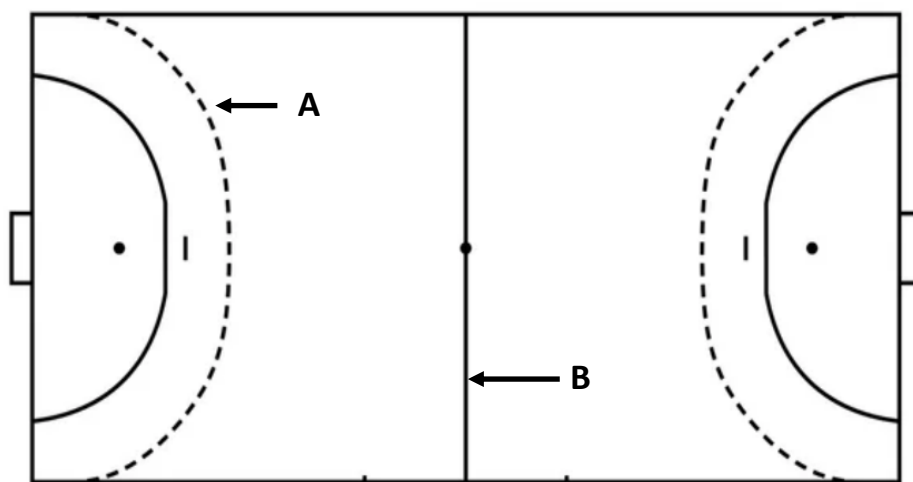
- e What type of equipment provides enough buoyancy so that swimmers keep their legs still and focus on their arm motions only?

\_\_\_\_\_

[½]

9. **Team Handball**

- a The diagram below shows a handball court. Label the court areas marked as **A** and **B**.



i Court area **A** \_\_\_\_\_ [½]

ii Court area **B** \_\_\_\_\_ [½]

- b An attacking player shoots at goal. The ball is deflected by a defending player and sent behind baseline (goal line). How is the game resumed?  
\_\_\_\_\_ [1]
- c Give **TWO** teaching points for the side pass (wrist pass).  
i \_\_\_\_\_ [1]  
ii \_\_\_\_\_ [1]

**Section B – Health Related Fitness [16 marks].**

**Answer ALL questions in this Section.**

**Answer ALL parts of each question.**

1. a Joe is physically fit but not feeling healthy at all. Mention **TWO** aspects which could be affecting his well-being.  
i \_\_\_\_\_ ii \_\_\_\_\_ [1]
- b What makes a person physically fit? Identify **ONE** characteristic.  
\_\_\_\_\_ [½]
2. a Give **ONE** example of good foot hygiene.  
\_\_\_\_\_ [½]
- b State the name of the condition given to flaky, itchy skin between the toes.  
\_\_\_\_\_ [½]
3. a Complete the following table by either writing the component of fitness or the definition:
- |     | <b>Components</b> | <b>Definition</b>                                                  |     |
|-----|-------------------|--------------------------------------------------------------------|-----|
| i   | Flexibility       |                                                                    | [1] |
| ii  |                   | A combination of strength and speed.                               | [½] |
| iii | Balance           |                                                                    | [1] |
| iv  |                   | Moving as quickly as possible from one point or place to the next. | [½] |

- b Which of the above components are classified as skill-related fitness components?  
i \_\_\_\_\_ ii \_\_\_\_\_ iii \_\_\_\_\_ [1]
4. a State the term that is used to explain 'breathing in other people's tobacco smoke'.  
\_\_\_\_\_ [½]
- b Briefly describe **ONE** effect of the chemicals in cigarette smoke on the body.  
\_\_\_\_\_ [1]
5. a Briefly explain what cardiovascular endurance is.  
\_\_\_\_\_  
\_\_\_\_\_ [1]
- b Identify another **TWO** very important components of fitness that are important in endurance events besides cardiovascular endurance.  
i \_\_\_\_\_ ii \_\_\_\_\_ [1]
- c Justify **ONE** of your choices listed in question (b) by explaining how a progression in the respective component of fitness will improve performance.  
\_\_\_\_\_  
\_\_\_\_\_ [1]
- d Write **ONE** long-term effect of cardiovascular endurance training on the body.  
\_\_\_\_\_ [1]
6. Speed may be improved to an extent. Mention **TWO** factors that affect the extent to how much speed may be improved.  
i \_\_\_\_\_ ii \_\_\_\_\_ [1]

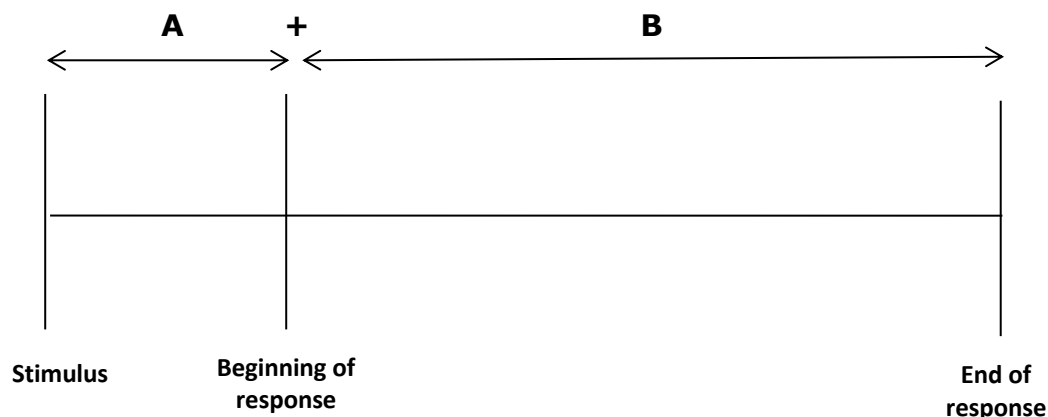
7. a Study the diagram below and give a definition for response time:

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[ 1 ]



- b In the diagram above, shade the area that represents reaction time. [½]
- c Give an example in sport for each of the following:
- i Stimulus: \_\_\_\_\_ [½]
- ii Beginning of response: \_\_\_\_\_ [½]
- d Identify **ONE** way of how reaction time may be improved.

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[1/2]

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

**Answer ALL questions in this Section.**

**Answer ALL parts of each question.**

1. a Jason is a football player. While being tackled by an opponent, he fell and hit his head against the goal post. Luckily, he was unhurt.

Which part of the skeleton provided protection to his brain?

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 [1/2]

- b According to your answer above, state the type of joint found in that part of the skeleton.

---

 [1/2]

- c List the **TWO** other types of joints other than the one mentioned in question 1b.

i \_\_\_\_\_ ii \_\_\_\_\_ [1]

2. Answer the following questions by naming the correct muscles marked **A** to **F**.

- a Give the name of the muscle marked with the letter **F**.

\_\_\_\_\_

- b State the name of the muscle that flexes the hinge joint at the elbow.

\_\_\_\_\_

- c During knee flexion, this muscle lengthens (relaxes).

\_\_\_\_\_

- d Which is the muscle that contracts during abduction of the arm?

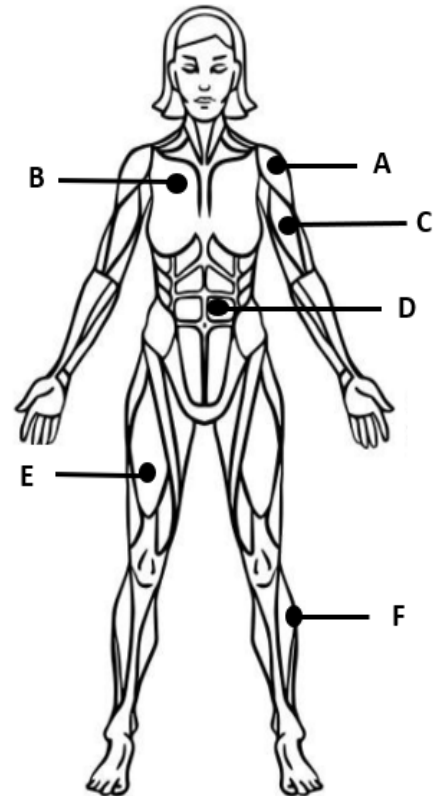
\_\_\_\_\_

- e These muscles form part of the core region of the body.

\_\_\_\_\_

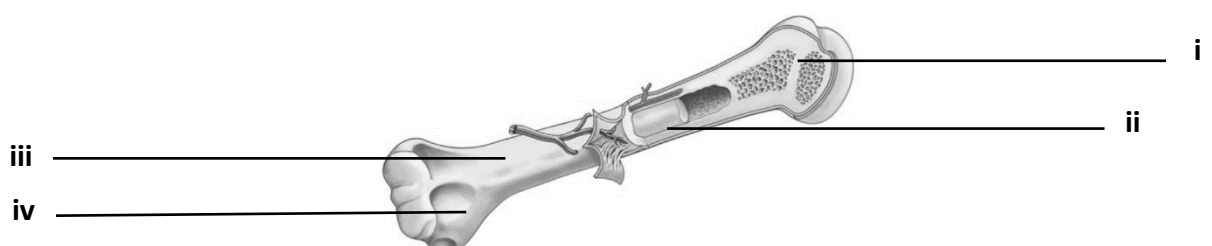
- f The location of these muscles is in the upper thoracic region of the body.

\_\_\_\_\_



3. a Name the following structures of long bones.

**Spongy bone    Bone marrow    Diaphysis    Epiphysis**



b Explain the function of cartilage found at the ends of long bones.  
\_\_\_\_\_ [1]

c In which part of the long bones are red blood cells produced?  
\_\_\_\_\_ [1]

4. a Esra is a sprinter. She requires explosive strength to push powerfully out of the blocks.

i State **ONE** fitness test suitable for testing power.  
\_\_\_\_\_ [½]

ii Explain how the above test is performed.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

b Mention any **THREE** muscles that require explosive strength for Esra to be powerful when pushing out of the blocks.

i \_\_\_\_\_ [½]

ii \_\_\_\_\_ [½]

iii \_\_\_\_\_ [½]

5. a There are six types of freely movable joints, also known as synovial joints. Condylod and Saddle joints are two of them. List any other **TWO**.

i \_\_\_\_\_ ii \_\_\_\_\_ [1]

b Synovial joints have a number of important common characteristics.

i State **ONE** function of ligaments.  
\_\_\_\_\_ [1]

ii Which part of the knee joint releases synovial fluid?

\_\_\_\_\_

[½]

iii Give **ONE** reason why the knee joint is most prone to injury.

\_\_\_\_\_

[1]

iv Name the protective outer sheet that surrounds synovial joints.

\_\_\_\_\_

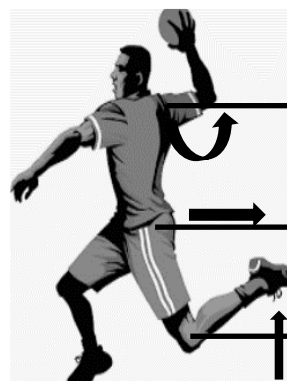
[½]

6. The diagram shows a player performing a jumpshot in handball. The arrows indicate the movements of various body parts. Name the type of movement taking place at the marked joints.

i \_\_\_\_\_

ii \_\_\_\_\_

iii \_\_\_\_\_



i

ii

iii

[½]

[½]

[½]

7. a We all possess fast and slow twitch fibres. In the table below, place the listed performers under the type of fibres mostly needed for their activity.

[4]

**Long jumper    Cyclist    Shot Putter    Gymnast**  
**Canoeist    Weightlifter    Marathon runner    Zumba Instructor**

| Slow Twitch Fibres | Fast Twitch Fibres |
|--------------------|--------------------|
|                    |                    |
|                    |                    |
|                    |                    |
|                    |                    |

b Which of the two types of fibres is not easily fatigued?

\_\_\_\_\_

[½]

c Give **TWO** characteristics of fast twitch fibres.

i \_\_\_\_\_ ii \_\_\_\_\_

[1]

8. a The diagram shows antagonistic muscle action. This refers to muscles working together but opposite each other to create movement. Place the following terms in the correct space:

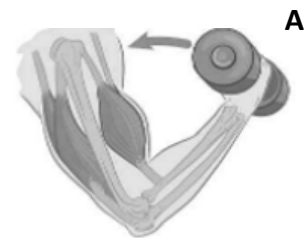
**Lengthening**

**Triceps**

**Shortening**

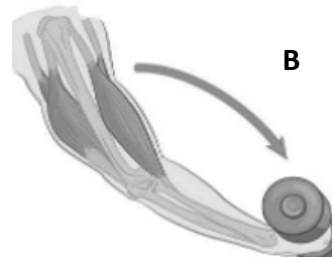
**Agonist**

i Picture **A** shows the \_\_\_\_\_  
acting as the antagonist.



[½]

ii The triceps in picture **B** is contracting  
and acting as the \_\_\_\_\_.



[½]

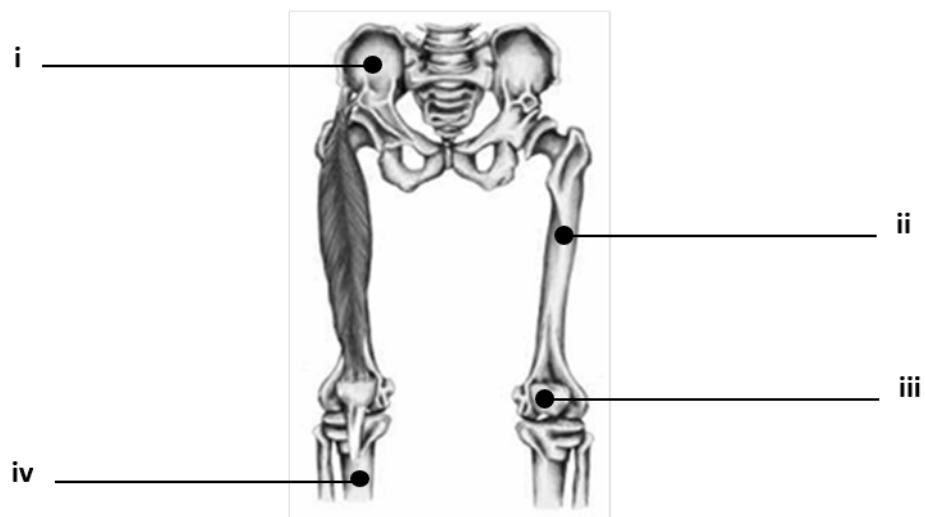
iii When a muscle acts as the antagonist it  
means that the muscle is \_\_\_\_\_.

[½]

iv The biceps in picture **A** allows flexion to take  
place at the elbow by \_\_\_\_\_.

[½]

b Identify the bones labelled in the diagram below. Write your answers in the space provided. [2]



- c Every muscle has an **Origin** and **Insertion** that attaches a muscle to bones. This is important for Antagonistic Muscle Action.

The origin of the quadriceps muscle group is attached to the

\_\_\_\_\_, while the insertion is attached to the [½]

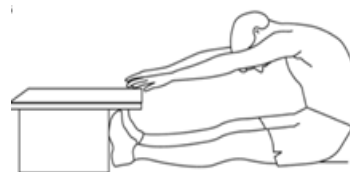
\_\_\_\_\_.

9. a The diagram shows the **Sit and Reach Test**.

- i This test measures the flexibility of the

\_\_\_\_\_ and

\_\_\_\_\_ muscles.



[½]

[½]

- ii For how long should the performer hold a stretched position after pushing the ruler on the top of the box?

\_\_\_\_\_ [½]

- b Explain the position of the legs and feet when performing the sit and reach test.

Legs: \_\_\_\_\_ [1]

Feet: \_\_\_\_\_ [1]

- c Look at the diagram in question 9 and state the kind of muscle contraction happening in the performer's arms and legs if the position is held for several seconds.

\_\_\_\_\_ [½]

### Section D – Sports in Society [12 marks].

**Answer ALL questions in this Section.**

**Answer ALL parts of each question.**

1. There are 16 Football teams participating in a Knockout competition. How many games will be played in total?

\_\_\_\_\_ [1]

2. a Mention another **TWO** types of competition other than ladder and knockout.

i \_\_\_\_\_ ii \_\_\_\_\_ [1]

- b Mention **ONE** advantage and **ONE** disadvantage of the ladder competition.

Advantage: \_\_\_\_\_ [1]

Disadvantage: \_\_\_\_\_ [1]

- c Twelve badminton players were ranked according to ability to compete in a ladder competition not based on ranking points.

- i Michelle played Josianne and won. Peter played Dorothy and won the game too. Raphael lost against Jessica and Alex lost against Sandro. Complete the table on the right according to these results. [2]

| #  | BEFORE   |
|----|----------|
| 1  | Sam      |
| 2  | Kim      |
| 3  | Dorothy  |
| 4  | Peter    |
| 5  | Claudine |
| 6  | Merja    |
| 7  | Raphael  |
| 8  | Jessica  |
| 9  | Josianne |
| 10 | Michelle |
| 11 | Sandro   |
| 12 | Alex     |

| #  | AFTER |
|----|-------|
| 1  |       |
| 2  |       |
| 3  |       |
| 4  |       |
| 5  |       |
| 6  |       |
| 7  |       |
| 8  |       |
| 9  |       |
| 10 |       |
| 11 |       |
| 12 |       |

- ii Peter would like to climb up closer to the top of the ladder. Who is he allowed to challenge to make his way up?

\_\_\_\_\_ [1]

3. a Several factors influence our participation in physical recreation. Give **TWO** different examples to explain how parents and friends may positively influence our choices.

Parents: \_\_\_\_\_ [1]

Friends: \_\_\_\_\_ [1]

- b      Enjoyment is one of the main reasons why people take part in recreational activities. Name **TWO** activities and give different reasons for enjoying them.

| Activity | Reason |
|----------|--------|
|          |        |
|          |        |

[1]

[1]

- c      Safety practices are important in recreational activities. Mention **ONE** example.

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[1]