

Annual Examinations for Secondary Schools 2022

YEAR 11 PHYSICAL EDUCATION (OPTION) TIME: 1h 30min

Name: _____

Class: _____

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

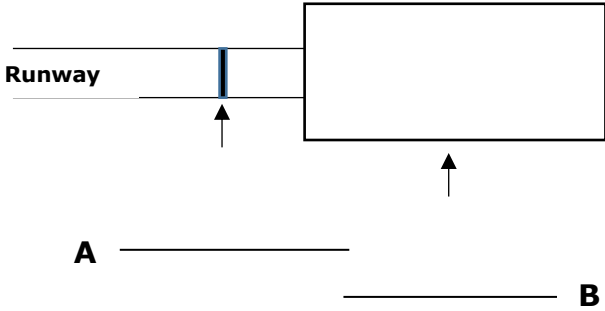
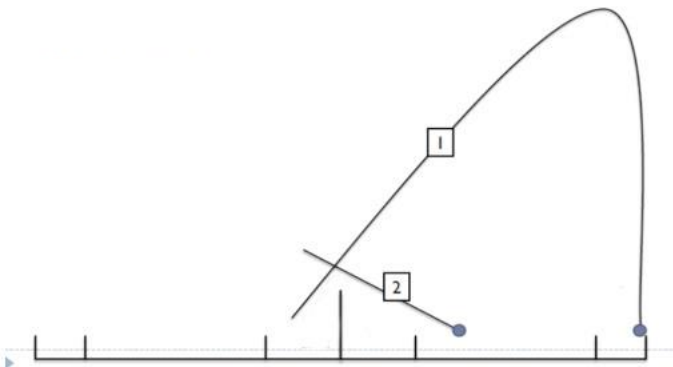
40% THEORY PAPER	45% PRACTICAL (CHOOSE 3)				15% PORTFOLIO	100% FINAL MARK
	ATHLETICS (15%)	GAMES (15%)	GYM/DANCE (15%)	SWIMMING (15%)		

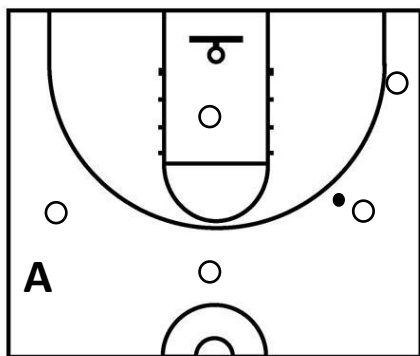
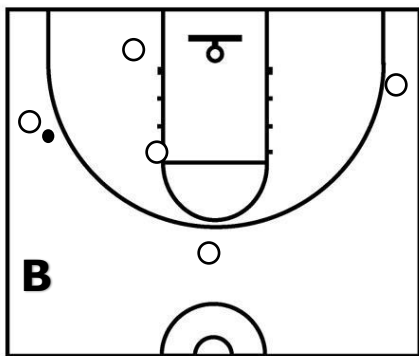
Section A – Movement and Physical Activities [16 marks].

Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 9 in Section A.

Answer ALL parts of the chosen questions.

1.	a	<p>Skill Acquisition</p> <p>Mention ONE quality of an official who oversees a game or sport event.</p> <p>_____</p>	[1]
	b	<p>Give ONE reason why rules are often changed.</p> <p>_____</p>	[1]
	c	<p>Skills can be open or closed. Place these activities in the skill continuum below.</p> <div style="text-align: center;"> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Open Skill</div> <div style="margin: 0 20px;">Cartwheel</div> <div style="margin: 0 20px;">3v3 football</div> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Closed Skill</div> </div> <p>_____</p>	[1]
	d	<p>Physical motor skills can be classified into simple and complex skills. Give TWO examples for each.</p>	
	i	Simple skill: _____	[½]
	ii	Complex skill: _____	[½]
2.	a	<p>Athletics</p> <p>Give TWO teaching points related to the shot-put grip and placement.</p> <p>i _____</p> <p>ii _____</p>	[1] [1]
	b	<p>Identify TWO phases of the long jump.</p> <p>i _____ ii _____</p>	[1]

	c	<p>Label the long jump area in the diagram below.</p> 	[1]
3.	a	<p>Badminton</p> <p>Explain how one should properly hold the Backhand (Thumb) Grip.</p> <p>_____</p>	[1]
	b	<p>The diagram below shows the path of different badminton shots.</p> 	[1]
	i	<p>Identify Shot 1 and Shot 2.</p> <p>Shot 1 _____ Shot 2 _____</p>	[1]
	ii	<p>Explain when these shots are tactically played during a match.</p> <p>_____</p> <p>_____</p>	[1]
	c	<p>What is the legal height of the shuttle cock's impact during the service?</p> <p>_____</p>	[½]

	d	<p>If the score is 7-4 in your favour, mention from which part of the court you are serving.</p> <p>_____</p>	[½]								
4.	a	<p>Basketball</p> <p>Explain why the shot clock is reset to 14 seconds.</p> <p>_____</p>	[½]								
	b	<p>Identify the foul that is not awarded by free throws after a team has reached the bonus.</p> <p>_____</p>	[½]								
	c	<p>Mention TWO types of dribble that a player can use to beat his opponent.</p>									
	i	<p>_____ ii _____</p>	[1]								
	d	<p>Draw the defensive setup of a 2-3 zone in diagram A and man to man in diagram B. Defensive players are to be drawn with the letter X.</p> <table><tr><th colspan="2">Key</th></tr><tr><td>O</td><td>Offensive player</td></tr><tr><td>O●</td><td>Offensive player with ball</td></tr><tr><td>X</td><td>Defensive player</td></tr></table> <div><div><p>i</p><p>A</p></div><div><p>ii</p><p>B</p></div></div>	Key		O	Offensive player	O●	Offensive player with ball	X	Defensive player	[1] [1]
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O	Offensive player										
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5.	a	<p>Dance</p> <p>Mention TWO important points to consider when planning a dance choreography.</p>									
	i	<p>_____ ii _____</p>	[1]								

	b	Music is an auditory stimulus. Write down TWO other type of stimuli used in dance.	
	i	_____ ii _____	[1]
	c	The dance element level refers to one of the following statements. Underline the correct answer.	[½]
	i	The relative height of dancers to each other.	
	ii	The volume of the music.	
	iii	The arrangement of dancers on stage.	
	iv	The body's position relative to the ground.	
	d	Which choreographic principle is shown in the photo?	[½]
	i	Variety.	
	ii	Contrast.	
	iii	Unity.	
	iv	Diversity.	
	e	Explain the term contrast in educational dance by giving an example.	
		_____	[1]
6.		Football	
	a	Mention TWO situations when the referee consults with the video assistant referee (VAR).	
	i	_____	[½]
	ii	_____	[½]
	b	i Mention the technique used by the goalkeeper when s/he needs to save a ball that is coming far from him.	
		_____	[½]
		ii What type of movement can a goalkeeper do before a penalty shot is taken?	
		_____	[½]



	c	Team A is winning 1-0 in the cup final with 5 minutes remaining.	
	i	Mention ONE tactical strategy (team formation) that the coach of Team B may adopt. _____	[½]
	ii	Mention ONE tactical strategy (team formation) that the coach of Team A may adopt. _____	[½]
	d	Player A is on a counterattack facing the goalkeeper in 1vs1 situation. Mention TWO types of shots that he can use to score.	
	i	_____ ii _____	[1]
7.	a	Gymnastics State TWO teaching points of a backward roll.	
	i	_____	[1]
	ii	_____	[1]
	b	A gymnast requires flexibility, name TWO other physical (fitness factors) attributes required by a gymnast.	
	i	_____ ii _____	[1]
	c	Write down the missing phase in the vault sequence. The first and last have been done for you. i Approach ii _____ iii _____ iv Landing	[1]
8.	a	Netball Explain how the centre pass is decided in a game. _____	[½]
	b	A tactic used in Netball is keeping a stationary position behind or in front of an opponent to momentarily hold up progress of that player or area. Identify the name of this tactic. _____	[½]

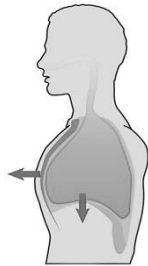
	c	<p>Netball players have a specific position and playing area. In the table below insert the missing information.</p> <div data-bbox="821 163 1398 501"> </div> <table border="1" data-bbox="375 555 1374 1039"> <thead> <tr> <th></th><th>Player</th><th>Position in court</th><th>Responsibility of players</th></tr> </thead> <tbody> <tr> <td></td><td>Goal Attack GA</td><td>1, 2, 3</td><td>Moves with GS to create shooting opportunities from all areas of the circle.</td></tr> <tr> <td>i</td><td>Wing Defence WD</td><td></td><td></td></tr> <tr> <td>ii</td><td>Goal Keeper GK</td><td></td><td></td></tr> </tbody> </table>		Player	Position in court	Responsibility of players		Goal Attack GA	1, 2, 3	Moves with GS to create shooting opportunities from all areas of the circle.	i	Wing Defence WD			ii	Goal Keeper GK			<p>[1½]</p> <p>[1½]</p>
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9.	a	<p>Swimming</p> <p>When is a swimmer not allowed to swim on the back in the Backstroke?</p> <p>_____</p> <p>[1]</p> <p>b i Identify the stroke shown in the picture below.</p> <p>_____</p> <p>[½]</p> <p>ii Label the diagram with the respective arm stroke phase.</p> <div data-bbox="395 1599 1139 1921"> <table> <thead> <tr> <th></th><th>Pull</th><th>Push</th><th>Recovery</th></tr> </thead> <tbody> <tr> <td></td><td>_____</td><td></td><td></td></tr> <tr> <td></td><td></td><td>_____</td><td></td></tr> <tr> <td></td><td></td><td></td><td>_____</td></tr> </tbody> </table> </div> <p>[½]</p> <p>[½]</p> <p>[½]</p>		Pull	Push	Recovery		_____					_____					_____	<p>[1]</p> <p>[½]</p> <p>[½]</p> <p>[½]</p>
	Pull	Push	Recovery																

	c	Mention ONE common rule regarding the finish of the Breaststroke and the Butterfly stroke? _____	[1]
Section B – Health Related Fitness [16 marks]. Answer ALL questions in this Section. Answer ALL parts of each question.			
1.	a	Identify the stage, in a 100m sprint event, that requires a short reaction time. _____	[½]
	b	Give TWO examples from other sports where reaction time is also important. i _____ ii _____	[1]
	c	Give ONE example of an exercise/drill which will lead to an improvement in reaction time. _____	[½]
	d	How is power different from effective power? _____ _____	[2]
2.	a	A hockey player and a gymnast both need flexibility. Use examples of sporting actions from hockey and gymnastics to explain the above. _____ _____ _____	[1]
	b	Distinguish between active and passive stretching. _____ _____	[2]

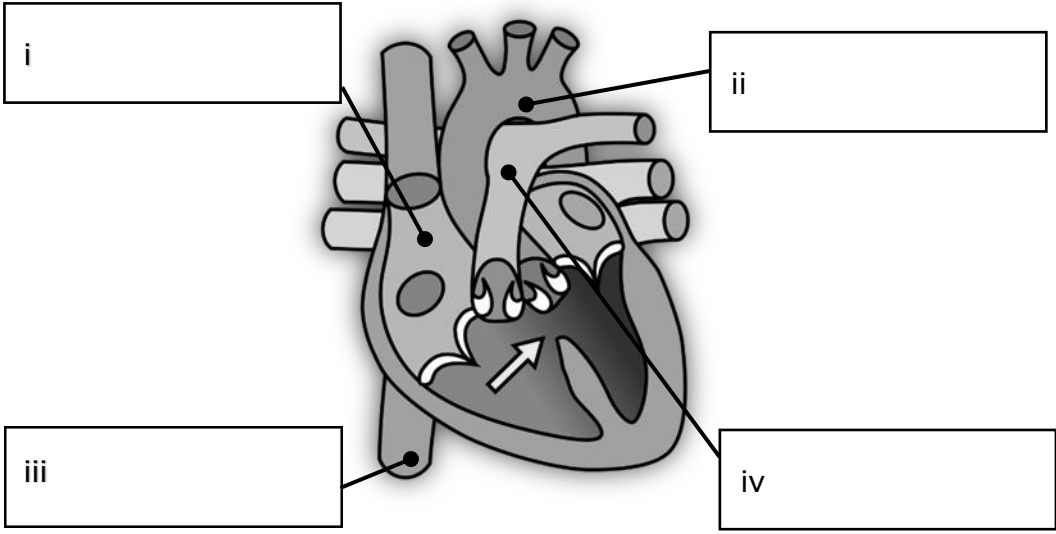
3.			Give ONE reason how exercise could help social well-being. _____	[1]
4.	a		Give ONE reason to explain why protein is important for the body. _____ _____	[1]
	b		Mention TWO examples of food classified as protein.	
	i		_____ ii _____	[1]
	c		A marathon runner needs the right balance of carbohydrates and fats. Briefly explain why this is important for performance. _____ _____	[1]
5.	a		What is dehydration and how can it be overcome? _____ _____	[1]
	b		The rate of water lost from the body can increase drastically if an athlete exercises under certain conditions. Identify TWO of these conditions.	
	i		_____ ii _____	[1]
6.	a		Maria is a 20-year-old athlete. Calculate her aerobic threshold. _____ _____	[2]
	b		Identify TWO waste products produced when Maria is working aerobically.	
	i		_____ ii _____	[1]

Section C – Body Systems and Performance [36 marks]. Answer ALL questions in this Section. Answer ALL parts of each question.														
1.			<p>Complete the table below.</p> <table border="1"> <thead> <tr> <th>Type of Training</th> <th>Definition</th> </tr> </thead> <tbody> <tr> <td>Continuous training</td> <td></td> </tr> <tr> <td></td> <td>A session having various stations that include specific fitness and strength exercises.</td> </tr> <tr> <td></td> <td>It is a combination of fast, moderate and slow running on a different terrain.</td> </tr> <tr> <td>Interval training</td> <td></td> </tr> </tbody> </table>	Type of Training	Definition	Continuous training			A session having various stations that include specific fitness and strength exercises.		It is a combination of fast, moderate and slow running on a different terrain.	Interval training		<p>[1]</p> <p>[½]</p> <p>[½]</p> <p>[1]</p>
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2.			<p>Name a test that measures static strength of the arm and describe the test protocol (procedure) in not more than three sentences.</p> <p>i Test: _____</p> <p>ii Protocol: _____</p> <p>_____</p> <p>_____</p>	<p>[½]</p> <p>[1½]</p>										
3.			<p>What does the term BMI stand for and what values are required to calculate BMI?</p> <p>i BMI: _____</p> <p>ii Values: _____</p>	<p>[1]</p> <p>[1]</p>										
4.	a		<p>Explain the term blood doping.</p> <p>_____</p>	[1]										
	b		<p>How does blood doping effect performance?</p> <p>_____</p> <p>_____</p>	[1]										

5.		<div>Classify the following performance enhancing drugs under their respective classification.</div> <div>Beta Blockers Stimulant Corticosteroids Diuretics</div> <table><tr><th>Banned</th><th>Restricted</th></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr></table>	Banned	Restricted					[2]									
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6.	<div><div></div><div></div><div></div><div>i</div><div>ii</div><div>iii</div><div>iv</div></div>	<div>The synovial joints in our body allow movements in different directions. Complete the table below.</div> <table><tr><th>Types of joints</th><th>Location</th><th>Movement allowed</th></tr><tr><td></td><td>Base of thumb</td><td></td></tr><tr><td></td><td></td><td>Rotation</td></tr><tr><td>Condylloid</td><td></td><td></td></tr><tr><td></td><td>Knee</td><td></td></tr></table>	Types of joints	Location	Movement allowed		Base of thumb				Rotation	Condylloid				Knee		<div>[1]</div> <div>[1]</div> <div>[1]</div> <div>[1]</div>
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7.	<div><div></div><div></div><div></div><div>i</div><div>ii</div></div>	<div>The following table shows the four different types of bones. Put the following bones under the respective classification.</div> <div>tibia tarsals patella carpals clavicle ribs vertebrae femur</div> <table><tr><th>Long Bones</th><th>Short Bones</th><th>Irregular Bones</th><th>Flat Bones</th></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>	Long Bones	Short Bones	Irregular Bones	Flat Bones									[4]			
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8.	<div><div>a</div><div></div><div></div><div>i</div><div></div><div>b</div></div>	<div>Give TWO examples of involuntary muscles.</div> <div>_____ ii _____</div> <div>Choose ONE of the answers above and explain its function.</div> <div>Involuntary muscle: _____</div> <div>Function: _____</div>	<div>[1]</div> <div>[1]</div>															

9.	a	Mention TWO effects on the respiratory system during vigorous physical activity.	
	i	_____	[1]
	ii	_____	[1]
	b	Explain why face masks are not allowed while doing vigorous physical activity.	
		_____	[1]
	c	Mention the TWO types of breathing.	
	i	_____ ii _____	[1]
	d	i Name the process which allows oxygen to be taken in from the air and for it to be 'exchanged' into carbon dioxide.	
		_____	[1]
	ii	Where does this exchange takes place in the body?	
		_____	[1]
	e	What is happening in the body when the diaphragm is flattening?	
		_____	[1]
			
10.	a	Describe the process of measuring the pulse rate per minute from the radial location.	

		_____	[2]
	b	Mention TWO other places where you can measure your heart rate, other than the one mentioned above.	
	i	_____ ii _____	[1]

	c	<p>On the diagram, label the following:</p> <p>Vena Cava Pulmonary Artery Right Atrium Aorta</p> 	[2]
11.	a	<p>Define the main differences between an externally caused injury and an internally caused injury.</p> <p>_____</p> <p>_____</p> <p>_____</p>	[2]
	b	<p>Identify the TWO steps that should be taken to treat a dislocation.</p>	
	i	<p>i _____ ii _____</p>	[1]
<p>Section D – Sports in Society [12 marks]. Answer ALL questions in this Section. Answer ALL parts of each question.</p>			
1.		<p>The local council has built a fitness centre. Suggest ONE way how the local council can encourage residents to make use of this centre during their leisure time.</p> <p>_____</p>	[1]
2.	a	<p>One of the functions of Media in the world of sport is to 'educate'. Explain by giving ONE example how the media educates the audience.</p> <p>_____</p>	[1]

	b	Outline ONE disadvantage of Media involvement in sports. _____	[1] [1]															
3.		<p>Different types of competitions can help in the planning of games and sports. Write the appropriate term or type of competition next to the statement.</p> <table><tr><th></th><th></th><th>Term/ Type of Competition</th></tr><tr><td>i</td><td>A type of tournament known as an elimination tournament.</td><td></td></tr><tr><td>ii</td><td>A procedure in which good teams/players are placed in fixtures in such a way that they do not meet each other at the very start of a tournament.</td><td></td></tr><tr><td>iii</td><td>Emma is a badminton player. Her ranking position is 4th and she decides to play against another player whose position is 2nd to improve her position.</td><td></td></tr><tr><td>iv</td><td>A competition where all losers go on to play among themselves.</td><td></td></tr></table>			Term/ Type of Competition	i	A type of tournament known as an elimination tournament.		ii	A procedure in which good teams/players are placed in fixtures in such a way that they do not meet each other at the very start of a tournament.		iii	Emma is a badminton player. Her ranking position is 4 th and she decides to play against another player whose position is 2 nd to improve her position.		iv	A competition where all losers go on to play among themselves.		 [½] [½] [½] [½]
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4.		<p>It is argued that 'politics' and 'sport' are interrelated.</p> <p>i Explain how politics can influence sport positively? _____</p> <p>ii Give an example of how historically politics exploited sport for its own purposes. _____</p>	 [1] [1]															

5.			<p>Sponsorship deals, between the sponsor and an athlete, may bring both advantages and disadvantages. Study the table below and fill in the missing information.</p> <table><tr><td></td><td>Advantages</td><td>Disadvantages</td></tr><tr><td>For the athlete</td><td>Reduces financial pressure, enabling training and competition to be full-time.</td><td></td></tr><tr><td>For the sponsor</td><td></td><td>Wrong image presented by poor behaviour of individual or team sponsored.</td></tr></table>		Advantages	Disadvantages	For the athlete	Reduces financial pressure, enabling training and competition to be full-time.		For the sponsor		Wrong image presented by poor behaviour of individual or team sponsored.	<p>[1]</p> <p>[1]</p>
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6.			<p>Paris will be hosting the 2024 Olympic Games. Give ONE example how Paris will benefit by hosting the Olympic Games.</p> <p>_____</p>	<p>[1]</p>									
7.	a		<p>For a country to participate in the Small Nations Games (GSSE), they must satisfy certain criteria. Mention TWO of them.</p> <p>i _____</p> <p>ii _____</p>	<p>[½]</p> <p>[½]</p>									
	b		<p>Mention FOUR countries that can participate in the Small Nations Games.</p> <p>_____</p> <p>_____</p>	<p>[1]</p>									