

# KULLEĠĠ SAN BENEDITTU

## Boys' Secondary, Kirkop

Mark

### HALF-YEARLY EXAMINATION – 2013/2014

FORM 3

PHYSICAL EDUCATION

TIME: 1h 30min

**Instructions to students:**

*Answer ALL questions. This paper carries 80 marks.*

Section A (20)	Section B (30)	Section C (24)	Section D (6)	Theory (40)	Practical (60)	Total (100)

DO NOT WRITE ABOVE THIS LINE

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

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

#### **SECTION A - Skill Acquisition, Movement and Physical Activities [20 marks]**

**Answer all questions in this section.**

##### **1. Role of the coach, teacher and officials**

a. Which of the following areas are included in P.E? *Underline the correct answer.*

i. Swimming, Gymnastics and Chess.

ii. Athletics, Formula 1 and Dance.

iii. Swimming, Athletics and Games.

iv. None of the above

1

b. Near each sentence write down who is responsible for the task. *Choose two from P.E. teacher, coach or physical trainer.*

- |                                        |       |   |
|----------------------------------------|-------|---|
| i. plans a fitness session             | _____ |   |
| ii. selects the team for the match     | _____ |   |
| iii. plans a variety of fun activities | _____ | 3 |

c. Write down one way how a coach gives feedback to his team.

\_\_\_\_\_ 1

## 2. Athletics

a. Which of the following runs is considered as ‘middle-distance’? The 100m or the 1500m?

\_\_\_\_\_ 1

b. Write **True** or **False** near the following sentences:

- |                                                                                                    |       |  |
|----------------------------------------------------------------------------------------------------|-------|--|
| i. The start for the 100m is ‘On your marks’, ‘Set’, ‘Go’.                                         | _____ |  |
| ii. You can touch the ground between the take-off board and the sand pit when doing the long-jump. | _____ |  |
| iii. The angle of release of the shot put should be 90°.                                           | _____ |  |
| iv. An athlete who does a false start is disqualified immediately.                                 | _____ |  |

2

c. Mention two points of effective running style.

i. \_\_\_\_\_

ii. \_\_\_\_\_

2

## 3. Swimming

a. Underline the correct answer.

- |                                                                                           |   |
|-------------------------------------------------------------------------------------------|---|
| i. An Olympic pool is (25m, 100m, 50m) long.                                              |   |
| ii. The (backstroke, free style) is the only stroke in which swimmers start in the water. | 1 |

b. What happens to the legs when a swimmer's head is kept out of the water?

\_\_\_\_\_

1

c. Describe the freestyle kick in two points.

i. \_\_\_\_\_

ii. \_\_\_\_\_

2

d. Which finger goes in the water first when doing the back stroke?

\_\_\_\_\_

1

#### 4. Basketball

a. The lay-up is one type of shot in basketball. Name another type of shot.

\_\_\_\_\_

1

b. The **bold** number in each sentence is wrong. Write down the correct number.

i. A team can remain in possession of the ball for **30** seconds. \_\_\_\_\_

ii. A basketball team on court is made up of **7** players. \_\_\_\_\_

2

c. When should a player use a low dribble in basketball?

\_\_\_\_\_

1

d. A coach can use man-to-man marking in basketball. What other type of defence is used?

\_\_\_\_\_

1

**SECTION B - Health Related Fitness [30 marks]**

**Answer ALL questions in this Section. Answer ALL parts of each question.**

1. Underline the correct words in the following definition of health issued by the WHO.

Health is a (complete, incomplete) state of (economic, physical), mental and (financial, social) well-being and not only the absence of (education, disease) or disability.

2

2. *Matthew is considered a 'healthy' person. He goes for a jog every day. For school, he takes some brown bread and a fruit salad. He has a lot of friends. Matthew is very organized and controls his emotions.*

Write down what shows that Matthew is:

physically healthy = \_\_\_\_\_

mentally healthy = \_\_\_\_\_

socially healthy = \_\_\_\_\_

3

3. What happens when we do not shower regularly? Give two points.

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

2

4. Write down CONTROLLED ENVIRONMENT or UNCONTROLLED ENVIRONMENT near the following sentences.

i. the football pitch is covered with snow = \_\_\_\_\_

ii. the football net is torn = \_\_\_\_\_

1

5. Why is alcohol considered to be a depressant?

\_\_\_\_\_ 1

6. Explain what passive smoking is.

\_\_\_\_\_ 1

7. Mention one safety equipment used in:

i. football = \_\_\_\_\_

ii. boxing = \_\_\_\_\_ 2

8. Walter is 65 years-old. He suffers from high blood pressure. He wants to start a fitness program because he wants to lose weight. According to exercise guidelines write down what shows his:

i. physical condition = \_\_\_\_\_

ii. long-term aim for exercise = \_\_\_\_\_

1

9. Brian trains athletics. Which fitness components does he need when? **Choose from: agility, speed, power, stamina.**

i. throwing the shot-put \_\_\_\_\_

ii. doing the run-up for the long-jump \_\_\_\_\_

2

10. Fill in the table below. The first one has been done for you.

Fitness Component	Explain	Example when used in sport
Flexibility	The range of motion at a joint	Doing a split in gymnastics
Muscular Endurance		
	Moving the body fast	

4

11. Write down 2 benefits of exercise.

i. \_\_\_\_\_

ii. \_\_\_\_\_

2

12. From everyday life, write an example of how we need the following fitness components. The first one has been done for you.

i. flexibility = reaching a high shelf

ii. strength = \_\_\_\_\_

iii. cardiovascular endurance = \_\_\_\_\_

2

13. Explain what body composition is.

\_\_\_\_\_

1

14. Write down **ONE** fitness component suitable for:

i. gymnastics = \_\_\_\_\_

ii. football = \_\_\_\_\_

1

15. There are 3 types of strength: **static, dynamic, explosive**. Write the correct type of strength shown:

i. during the shot put throw \_\_\_\_\_

ii. during a 50m free style race \_\_\_\_\_

2

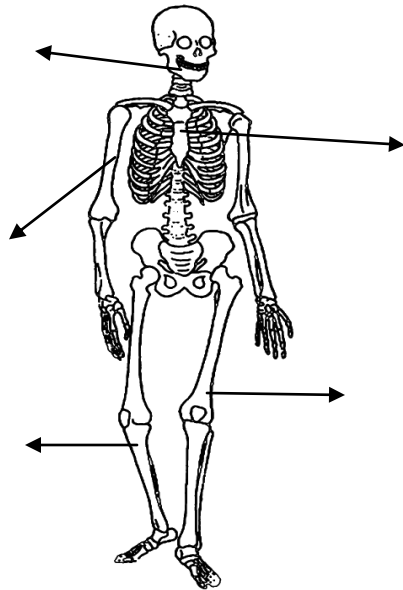
16. Give a reason why flexibility is important.

\_\_\_\_\_

1

**SECTION C – Body Systems and Performance (24 marks)**

**Answer ALL questions in this Section. Answer ALL parts of each question.**



Label the diagram with the following bones:

*breast bone*

*tibia*

*humerus*

*mandible*

*femur*

5

2. Write True or False near the following statements.

i. The skeleton gives the body its shape. \_\_\_\_\_

ii. The skeleton blocks our movement. \_\_\_\_\_

iii. The skeleton offers protection. \_\_\_\_\_

3

3. The skeleton offers storage and production of \_\_\_\_\_.

1

4. Bones can be long, short, flat or irregular. *Answer the following questions.*

i. The femur is a (long, short) bone. \_\_\_\_\_

ii. The skull is a (irregular, flat) bone. \_\_\_\_\_

iii. Which bones are needed for fine movements? \_\_\_\_\_

iv. Name the short bones found in the fingers and toes. \_\_\_\_\_

2

5. Name the first two vertebrae.

\_\_\_\_\_

1

6. The spine is made up of 5 regions. *Answer the following questions.*

i. What gives the spine its strength?

\_\_\_\_\_

ii. To which part of the spine are the back muscles attached?

\_\_\_\_\_

2

7. Write True or False near the following statements.

i. Synovial joints are freely moveable joints.

\_\_\_\_\_

ii. The shoulder is a hinge joint.

\_\_\_\_\_

iii. The coccyx are the first two vertebrae.

\_\_\_\_\_

3

8. Fill in with the following words. One has been done for you:

***hinge, condyloid, slide, ball and socket, rotation***



Our bones are joined together to provide movement. The \_\_\_\_\_ joints allow movement in different directions, while with pivot joints, only \_\_\_\_\_ is possible. The main \_\_\_\_\_ joint is found in the wrist while the elbow is a good example of a \_\_\_\_\_ joint. The bones of the hands and ankles can only slide on top of each other.

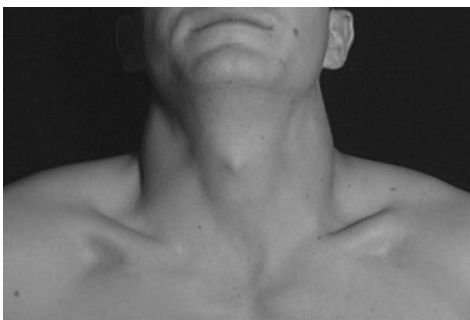
2

9. What is the function of a ligament?

\_\_\_\_\_

1

10. Look at the following picture.



i. Mark is tilting his head backwards.

This movement is known as (flexion, extension).

ii. Nodding the head leads to (flexion, extension).



11. Give one word for:

- i. moving a leg AWAY from the body \_\_\_\_\_
- ii. moving a leg TOWARDS the body \_\_\_\_\_ 2

**SECTION D – Sports in Society [6 marks]**

**Answer ALL questions in this Section. Answer ALL parts of each question.**

1. The following are the fixtures for next Sunday's football league.

**Manchester United vs Chelsea**

**Liverpool vs Manchester City**

i. Which two teams will be playing 'home' next Sunday?

\_\_\_\_\_ 1

ii. When do the organisers of a competition choose to do a league?

\_\_\_\_\_ 1

2. This year the FIFA World Cup will be held in Brazil. Fill in the following sentences, choosing from *knock-out*, *ladder*, *round-robin*, *league*.

i. The first phase of the competition (the group stages) is a \_\_\_\_\_ form of competition.

ii. The semi-finals are a \_\_\_\_\_ form of competition. 2

3i. Mention a sport in which a ladder competition can be organised.

\_\_\_\_\_

ii. Write down a disadvantage of this type of competition.

\_\_\_\_\_. 2