

KULLEĠĠ SAN BENEDITTU Secondary School, Kirkop

Mark

HALF YEARLY EXAMINATION – 2014/2015

Level 5-8

Form 4

PHYSICAL EDUCATION

TIME: 1h 30min

Instructions to students:

Answer ALL questions.

DO NOT WRITE ABOVE THIS LINE

Name: _____

Class: _____

Section A – MOVEMENT AND PHYSICAL ACTIVITIES

(20 marks)

Underline the correct answer.

Basketball



1. What is the best shot to use on a fast break?
 - a) Jump Shot
 - b) Set Shot
 - c) Bounce Pass
 - d) Lay Up

(1 mark)

2. What happens when a player commits the 5th foul?
 - a) Given a yellow card
 - b) Given a red card
 - c) Sent off the field
 - d) Given a warning

(1 mark)

3. How long is a game?
- a) 2 sessions of 30minutes each
 - b) 3 sessions of 15 minutes each
 - c) 4 sessions of 10minutes each
 - d) 4 sessions of 15minutes each

(1 mark)

4. What is the 'Give and Go' tactic?
- a) Player passes and remains in place
 - b) Player passes and goes behind team mate
 - c) Player goes towards the ring to shoot
 - d) Player passes and moves towards the ring

(1 mark)

5. How many points are awarded during a free throw?
- a) 1 point
 - b) 2 points
 - c) 3 points
 - d) 4 points

(1 mark)

Hockey



6. How many players are there in a team?
- a) 7 players
 - b) 8 players
 - c) 10 players
 - d) 11 players

(1 mark)

7. How many umpires officiate a game?
- a) 1 umpire
 - b) 2 umpires
 - c) 3 umpires
 - d) 4 umpires

(1 mark)

8. One type of dribble is the....

- a) American dribble
- b) Indian dribble
- c) English dribble
- d) French dribble

(1 mark)

9. What is a sweeper?

- a) the player that acts as the last line of defence
- b) a player that has goalkeeping privileges
- c) one of the attackers
- d) a midfielder

(1 mark)

10. The ball can only be hit with...

- a) both the face and the back of the stick
- b) the back of the stick only
- c) the face of the stick only
- d) any part of the stick

(1 mark)

Swimming



11. In which stroke/s does the swimmer jump from the starting blocks?

- a) freestyle and backstroke
- b) freestyle, backstroke and breaststroke
- c) butterfly only
- d) freestyle, breaststroke and butterfly

(1 mark)

12. The phases during the start of a stroke are performed in the following order ...

- a) ready stance, flight, take-off, entry and follow-up, preparatory stance
- b) preparatory stance, take-off, flight, entry and follow-up, ready stance
- c) take-off, preparatory stance, ready stance, take-off, entry and follow-up
- d) preparatory stance, ready stance, take-off, flight, entry and follow-up

(1 mark)

13. What is the coordination of arms, legs and breathing called in swimming?
a) buoyancy
b) streamlining
c) bilateral
d) cycle
(1 mark)
14. The kick in both the freestyle and the backstroke should initiate from ...
a) the knee
b) the toe
c) the hips
d) the waist
(1 mark)
15. What is the turn performed in the freestyle and in the backstroke called?
a) pivot or tumble
b) forward turn or roll
c) backward turn or roll
d) swing
(1 mark)
16. When should a swimmer inhale during the freestyle?
a) when face is out of water
b) when face is under water
c) when beginning the arm cycle
d) when beginning the kick
(1 mark)
17. The following points describe the front crawl's technique, except one. Which?
a) head is turned sideways for breathing
b) elbows are high above the wrist for the pull phase
c) hands are pushed forward together
d) heels just break the water surface
(1 mark)
18. How is the starting position in backstroke best described?
a) swimmer is on the starting block waiting for the starting signal
b) swimmer is in an upright stance, focused on the race
c) swimmer is holding on to the starting block with feet flat against the wall
d) swimmer is touching the wall with hands and feet, ready to push off
(1 mark)

19. During the recovery phase of the arms in backstroke, ...
- a) thumb leads as arm leaves water
 - b) small finger leads as arm leaves water
 - c) thumb goes in as arm enters water
 - d) back of the hand enters water first

(1 mark)

20. A swimming competition is called...
- a) a stroke
 - b) a group
 - c) a start-off
 - d) a meet

(1 mark)

Section B – HEALTH RELATED FITNESS

(30 marks)

Rules

1. What is etiquette?

_____ (1 mark)

2. Give an example of etiquette in sport.

_____ (1 mark)

3. Mention 2 consequences of breaking the rules.

_____ (2 marks)

Nutrition

4. Fill in the table below with the nutrient that matches the need.

Need	Nutrient
i) stored in the body and needed to help the body keep warm	
ii) needed in small amounts	
iii) particularly needed by active people	
iv) particularly needed for growth and repair of tissues	

(4 marks)

5. There are two types of amino acids – essential and non-essential amino acids. How are they different?

(2 marks)

6. Martin is a 5000m runner and gets most of his carbohydrates from pasta.

- i. Which group/type of carbohydrate is this?

(1 mark)

- ii. Apart from pasta, what other source of carbohydrate can Martin eat?

(1 mark)

- iii. What is the name given to carbohydrate stored in the body for immediate use?

(1 mark)

Principles of Training

7. Richard follows a weight training programme to improve his strength. Describe the principle of training he is using.

(1 mark)

8. Kurt was injured during a Volleyball game. He had to stop training. What principle of training is happening during his recovery?

(1 mark)

Endurance

9. What is Muscular Endurance?

(1 mark)

10. What is Cardiovascular Endurance?

(1 mark)

11. Peter is 13 years old. He has started training and wants to know his maximum heart rate.

i. How can he work it out?

(1 mark)

ii. What is Peter's maximum heart rate?

(1 mark)

Safety

12. Mention two pieces of equipment that are designed for the safety of the athlete.

(2 marks)

13. What is an overuse injury?

(1 mark)

14. What type of injury is an impact injury?

(1 mark)

Media

15. Name two types of media.

(2 marks)

16. There is a wide variety of television programmes that broadcast sport apart from documentaries. Name another two.

(2 marks)

Section C – BODY SYSTEMS AND PERFORMANCE

(30 marks)

1. Body temperature is an important function of the circulatory system. Name two other important functions.

(2 marks)

2. Mention 2 locations where your pulse can be checked.

(2 marks)

3. Mention one way of keeping the blood pressure within a healthy level.

(1 mark)

4. The heart is composed of a special kind of tissue.

- i. What is this tissue called?

(1 mark)

- ii. Is this muscle Voluntary or Involuntary?

(1 mark)

5. Put a number in the correct order to describe the flow of blood around the body. Two have been done for you.

oxygenated blood leaves the heart through the aorta	
oxygenated blood flows from the lungs to the left atrium	1
deoxygenated blood returns to the lungs from the heart	
from here blood is pumped to the left ventricle	
deoxygenated blood from the body returns to the heart	
from the right atrium, deoxygenated blood is pumped to the right ventricle	5

(4 marks)

6. What is the name of the largest artery?

(1 mark)

7. Mention 2 bad habits which may cause certain heart problems.

(1 mark)

8. Why are arteries thicker and more elastic than veins?

(1 mark)

9. Define blood pressure.

(1 mark)

10. Andrew is a healthy 26-year old. What should his average blood pressure read? (2 readings)

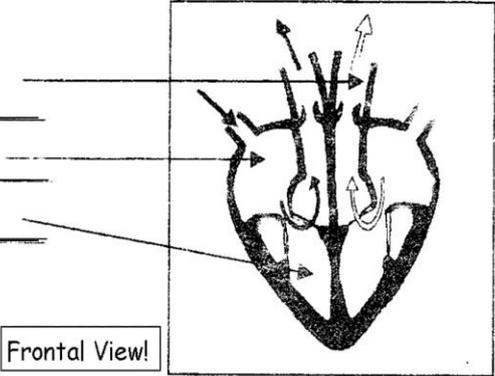
(2 marks)

11. Label the various parts of the heart.

(i) _____

(ii) _____

(iii) _____



Frontal View!

(6 marks)

12. Where is new blood produced?

(1 mark)

13. Mention two ways to reduce blood pressure.

(2 marks)

14. Blood pressure is usually lower in younger people than in adults. Mention two other factors that affect blood pressure.

(2 marks)

15. What is the function of plasma?

(1 mark)

END OF EXAM

Written Exam (80 / 2)	Practical Exam (60)	Total (100)	Corrected by