DO NOT WRITE ABOVE THIS LINE

Name: _______________________________ Class: ________

Instructions:

• Answer all questions in the spaces provided

SECTION A: Skill Acquisition, Movement and Physical Activities (12 marks)
Underline the correct answer.

1. Dance

i) Body awareness in Dance means:

a. Moving in different directions
b. Recognising and exploring what the body can do
c. Transferring own body weight
d. Using general space

(1)

ii) Walking, galloping and dodging are examples of:

a. Gestures
b. Balances
c. Travelling
d. Jumping

(1)
iii) Space is where the body or body parts can move. Which of the following describes the space factor?
   a. Moving forward and backward
   b. Performing a balance at medium level
   c. Travelling along a curved pathway
   d. All of the above

iv) Which of the following are related to Relationships in Dance?
   a. Leading and following
   b. Controlled movements
   c. Acceleration and deceleration
   d. Clockwise and Anti-clockwise movements

2. Handball

i) During a Handball match, field players are not allowed to:
   a. Charge into an opponent
   b. Kick the ball
   c. Slap the ball
   d. All of the above

ii) A Handball match starts with a:
   a. Jump-ball
   b. Kick-off
   c. Throw-off
   d. Centre pass

iii) Which of the following is a critical element of the wrist pass in Handball?
   a. Flex and extend elbows sideways
   b. Raise elbows high
   c. Swing arms in a downward motion
   d. None of the above

iv) The quickest way to advance the ball down the court is by:
   a. Blocking
   b. Dribbling
   c. Dodging
   d. Passing
3. Hockey

i) A long corner in Hockey is awarded when:
   a. defenders unintentionally cause ball to go over the backline
   b. a defender fouls an offensive player
   c. a foot foul is committed
   d. the goal-keeper blocks a shot

ii) Indian dribble is used in Hockey to:
   a. take shots at goal
   b. change direction of ball to beat an opponent
   c. run fast
   d. none of the above

iii) The goal-keeper in Hockey:
   a. wears a different coloured gear
   b. wears protective equipment
   c. can use any part of the body to stop the ball when the ball is inside the circle
   d. all of the above

iv) When the defense manages to intercept the ball in front of its own goal, it attempts to:
   a. shoot the ball
   b. move the ball up-field
   c. block the opponents
   d. flick the ball

Section B - Health Related Fitness (35 marks)

1. The following is the definition of health as given by the World Health Organisation. The words in bold are incorrect. Write down the appropriate words in the lines underneath.

   Health is an incomplete state of physical, emotional and social well-being and not only
   the presence of disease or sickness.

   i. ___________________________   ii. ___________________________  
   iii. ___________________________  iv. ___________________________  (2)
2. Which type of health is being referred to in the following statements?
   i. Claire follows a balanced diet. _______________________
   ii. Martin is a good leader at school. _______________________
   iii. Elaine is motivated to do well. _______________________

3. Write True or False in the space provided
   i. Regular showers help prevent accumulation of bacteria _____________
   ii. Blisters are fungal infections _____________
   iii. Keeping your nails short can be a safety precaution in sport _____________
   iv. In gymnastics, rules specify that hair must be neatly tied _____________

4. Write down ONE long-term effect of smoking on the body.
   ________________________________________________________________________

5a. Alcohol is classified as a (depressant, narcotic).
5b. Explain the answer you gave in question 5a.
   ________________________________________________________________________

6. Give ONE example of how poor social and economic factors affect one's health.
   ________________________________________________________________________

7. You are a hockey coach. Write down TWO safety precautions you will keep reminding your
   players about before and during a match.
   i. _______________________________________________________________________
   ii. _______________________________________________________________________

8a. Your club is organising a football tournament. Write down ONE situation over which you might
    not have any type of control (uncontrolled environment).
    _______________________________________________________________________
8b. Based on the situation you mentioned in 8a, explain what you will do and how you will react.
    _______________________________________________________________________

9. Peter trains regularly. He jogs twice a week for 1 hour, he does weight training once a week and
    he swims once a week before work. Write down:
   i. a long-term effect that this exercise schedule will have on Peter's heart.
   _______________________________________________________________________
   ii. a long-term effect that this exercise schedule will have on Peter's muscles
   _______________________________________________________________________
10. John is 50 years old. He suffers from high blood pressure. He decided to start an exercise programme at the local gym. He would like to lose 10kg in the coming months. Write down:

i. John's physical condition

ii. John's aim for exercising

11. Why are age divisions necessary in sports?

12. The following are Sheldon's somatotype scales. Label with the appropriate term: endomorph, mesomorph, ectomorph

i. 1 7 1 = _______________________

ii. 7 1 1 = _______________________

iii. 1 1 7 = _______________________

13. After a race, your coach speaks to you about your performance. What is this called?

14. Write down TWO fitness components which the following performers need to work on.

15. Explain the following fitness components

i. co-ordination = _______________________

ii. strength = _______________________

16. Write True or False near the following statements

i. When running, an athlete is using dynamic strength.

ii. The handstand is an example of simple strength.

iii. Jumping is an example of explosive strength.
17. For which type of strength is this training appropriate?
   i. 1 RM (repetition maximum) ________________________________
   ii. Light weights, many repetitions ________________________________ (2)

18. Write down TWO benefits of being flexible.
   i. ________________________________
   ii. ________________________________ (2)

Section C - Body Systems and Performance (25 marks)

1. Label the following bones on the skeleton.

2. Write down TWO important functions of the skeleton.
   i. ________________________________
   ii. ________________________________ (2)

3. Fill in the following paragraph with the following words:
   irregular, protect, wrist, long, muscle, foot

   Bones are classified in four categories. The humerus is an example of a ____________ bone. The ____________ and ____________ bones are good examples of short bones. Flat bones are bones which ____________ the body organs and provide ____________ attachment. The vertebrae and the sacrum are examples of ____________ bones. (3)
4. Give an example of where in the body we find:
   i. an immovable joint = ________________________________
   ii. a slightly movable joint = ________________________________
   iii. a freely movable joint = ________________________________ (3)

5i. Give another name for 'freely movable joints'. ________________________________
5ii. Give an example of a hinge joint in the body. ________________________________
5iii. The thumb is an example of a _____________ joint. (3)

6. Answer the following questions related to the knee joint.

   The Knee Joint

   a. Write down the scientific name of the knee cap.
      ________________________________

   b. Bones are connected together by ________________.

   c. We call the bending of the knee 'flexion'. What do we call the straightening of the knee?
      ________________________________ (3)

7. Write the appropriate word near the following statements related to the spinal column.
   i. The largest vertebrae to which the back muscles are attached ________________
   ii. The remnants of the human tail __________________
   iii. These are the first two vertebrae (give two answers) ____________ _____________ (4)

8. Explain the difference between 'abduction' and 'adduction'.
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________. (2)
Section D – Sports in Society (8 marks)

1. The following teams will be taking part in a round-robin tournament: Valletta, Hamrun, Birkirkara and Sliema. Write down the fixtures for this tournament. **Hint: each team has to play 3 times.**

   (3)

2. The World Cup finals are known as being 'combined' competitions. The first phase of the World Cup finals is played using a __________________ type of competition while the second phase is played using a __________________ type of competition.

   (2)

3i. Write down ONE advantage of a league competition.

   ____________________________________________________________

3ii. Teams who end at the bottom of a league table get ________________ to a lower division.

   (2)

4. Mention a sport in which a ladder competition can be used.

   ____________________________________________________________

   (1)