



St. Nicholas College  
Boys Secondary Naxxar

**BS**  
*Naxxar*

Half-Yearly Examinations  
February 2014

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**FORM 3 | PHYSICAL EDUCATION (OPTION) TIME: 1h 30 min**

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Name \_\_\_\_\_

Class \_\_\_\_\_

Section A	Section B	Section C	Section D	TOTAL MARK THEORY PAPER (80%)
14	24	32	10	

40% THEORY PAPER	60% PRACTICAL (CHOOSE 3)		100% FINAL SCORE
	ATHLETICS (30%)	SWIMMING (30%)	

## Section A – Movement and Physical Activities (14 marks)

Answer ALL questions in this section.

1. **Skill Acquisition** – Underline the correct answers

a The sports activity that is **not** taught at school during P.E. lessons is:

- i Games
- ii Board Games
- iii Outdoor Education
- iv Athletic Activities

[1]

b Teachers also differentiate during PE lessons. This means that:

- i The P.E teacher teaches just one sport.
- ii Activities are presented at different levels to meet the level of ability of all students.
- iii The P.E teacher teaches more than one sport.
- iv Exercises performed during P.E. lessons are all very easy.

[1]

c How is the coach different from the teacher?

- i The coach teaches more than one sport whereas the teacher teaches only one sport.
- ii The teacher is usually assisted by a group of specialists whereas the coach is always on his own.
- iii The coach uses a lot of equipment whereas the PE teacher does not.
- iv The coach is a specialist in one sport and the teacher teaches more than one sport.

[1]

d A good sports official.

- i Must have a full and thorough knowledge of the rules.
- ii May not be physically fit.
- iii Can sometimes be biased in his judgement.
- iv All of the above.

[1]

### **Athletics**

a Which of the following events is **not** a sprint. Underline the correct answer.

- 100m
- i 800m
- ii 200m
- iii 400m
- iv

[1]

What is the starting command for a sprint?

b

\_\_\_\_\_

Give **TWO** instances when a sprinter is disqualified during a race. [1]

c

i

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

ii

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

d

During the 800m race, when can the athletes move to the inner lane?  
Underline the correct answer.

After the first lap

i After the first curve

ii After the second curve.

iii In the final straight.

iv

[1]

3. **Swimming**

a Name **TWO** swimming strokes besides the front crawl.

i

\_\_\_\_\_

ii

\_\_\_\_\_ [2]

b Mention **TWO** critical elements (coaching points) of the leg movement in the front crawl technique

i

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

ii

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

c In which race is the swimmer already in the water at the starting block at the start of the race?

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

**SECTION B – Health Related Fitness [24 marks].**

**Answer ALL questions in this section. Answer all parts of EACH question.**

1. Complete the table below. The first one has been done for you.

<b>Benefits of exercise</b>	<b>Mental / Physical / Social Benefit</b>
Improved confidence.	Mental benefit
Losing weight.	

i	Relief of stress.		[1]
ii	A better posture.		[1]
iii	Making friends.		[1]
iv			[1]

2. Smoking and alcohol affects one's health. List **TWO** other factors which have a negative effect on health.

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

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

3. Give **ONE** reason why drinking alcohol can have a negative effect on a player's performance.

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

4. State **TWO** ways how disease can be prevented.

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

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

5. Explain the difference between health-related fitness and skill-related fitness.

\_\_\_\_\_

\_\_\_\_\_ [2]

6. Flexibility is one component of health related fitness. Name **TWO** other components.

i \_\_\_\_\_ ii \_\_\_\_\_ [2]

7. Gender is one factor which may affect fitness.

Identify **TWO** other factors.

i \_\_\_\_\_

ii \_\_\_\_\_



[1]



[1]

8. Give **ONE** aspect of health related or sport related fitness which is particularly important for each of the following activities:

	Fitness Factor
high jump	
100 metres sprint	
Gymnasitcs	

[3]

9. Write the appropriate sport fitness component under each picture.

	
i.	ii.

[2]

10. Describe **TWO** short term effects of exercise on our body.

i. \_\_\_\_\_ [1]

ii. \_\_\_\_\_ [1]

11. State **TWO** benefits of taking part in an exercise programme.

i. \_\_\_\_\_ [1]

ii. \_\_\_\_\_ [1]

### SECTION C – Body Systems and Performance [32 marks].

Answer **ALL** questions in this section. Answer **ALL** parts of **EACH** question.

1. How many bones are there in the human's body? Underline the correct answer.

i 103

- ii 33
- iii 206
- iv 220

[1]

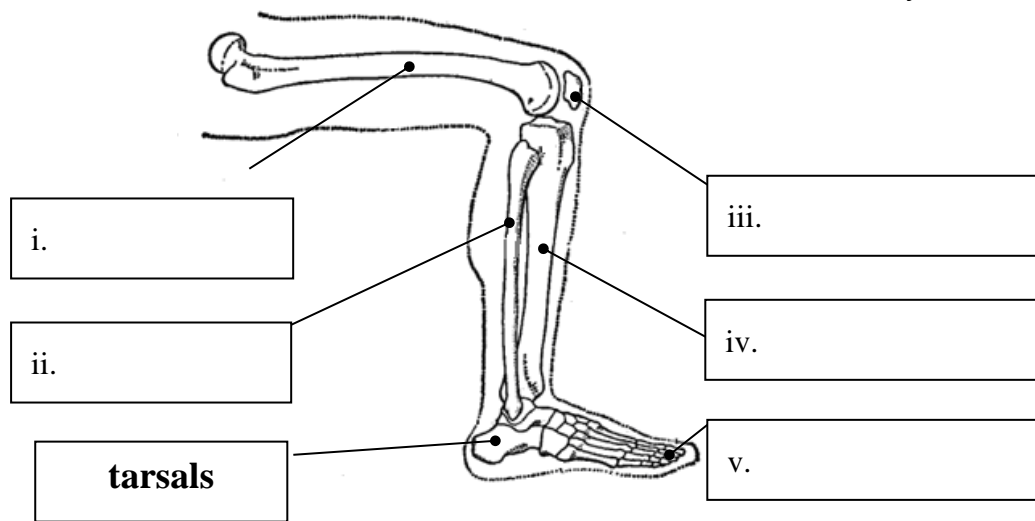
2. One of the functions of the skeletal system is the production of blood cells. Mention **THREE** other functions of the skeletal system.

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

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

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

3. The diagram below shows the bones of the leg. Label the diagram. One has been done for you.



[5]

4. A Look at the table below and mark in corresponding boxes;
- i the long bone with the letter X. [1]
  - ii the irregular bone with the letter Y. [1]
  - iii the flat bone with the letter Z. [1]

<b>Classification</b>			

b Explain the main function of:

i Flat bones.

\_\_\_\_\_

[1]

ii Long bones.

\_\_\_\_\_

[1]

5. a How many bones make up the vertebral column? Underline the correct answer.

i 37

ii 33

iii 40

iv 23

[1]

b Give **TWO** functions of the vertebral column.

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

[2]

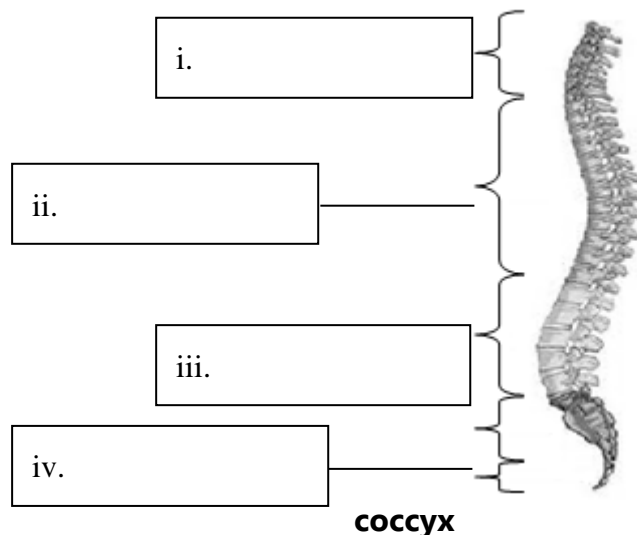
c Use the keywords below to label the vertebral column.

**Thoracic**

**Sacral**

**Lumbar**

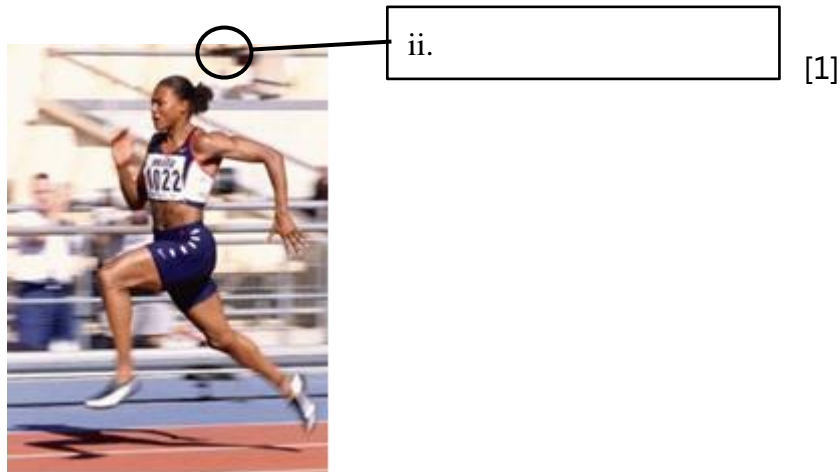
**Cervical**



[4]

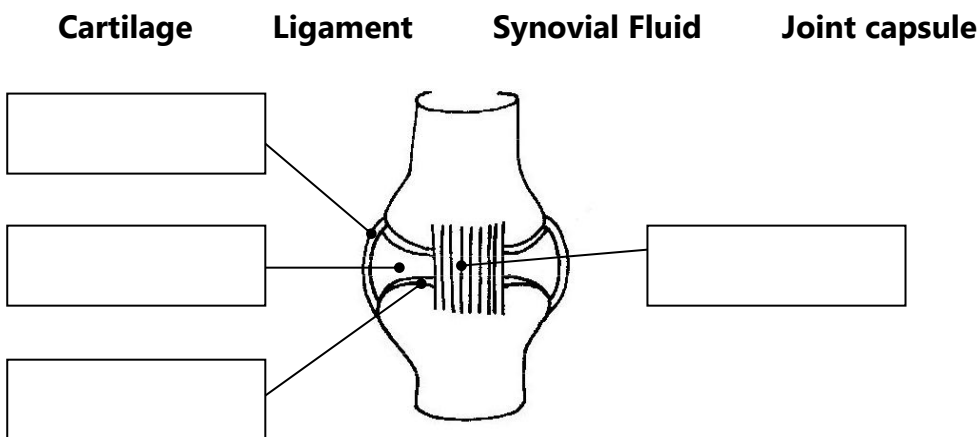
6. In the picture below, write down the type of joints in the respective boxes.

[1]



ii. \_\_\_\_\_ [1]

7. The diagram below shows the drawing of the knee joint. Use the keywords below and label the diagram. [4]

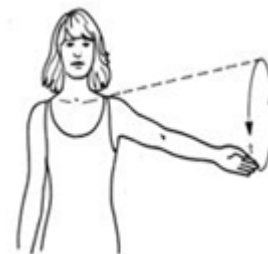


8. Explain the function of:

a Ligaments: \_\_\_\_\_ [1]

b Cartilage: \_\_\_\_\_ [1]

9. Under each picture write down the type of muscle movement which is taking place.



i \_\_\_\_\_ ii \_\_\_\_\_ iii \_\_\_\_\_ [3]

**SECTION D – Sports in Society [10 marks].**

**Answer ALL questions in this section. Answer all parts of EACH question.**

1. a List **FOUR** different types of competitions.



i \_\_\_\_\_ ii \_\_\_\_\_  
iii \_\_\_\_\_ iv \_\_\_\_\_ [2]

b Name the type of competition where if you lose you do not progress to the next round.  
\_\_\_\_\_ [1]

c Name the type of competition where all players have their names listed and the idea is to challenge people above you.  
\_\_\_\_\_ [1]

d Name the type of competition which can be the hardest to win because it takes place over a long period of time.  
\_\_\_\_\_ [1]

2. These are the fixtures of a type of competition.

**Team A vs Team B**  
**Team B vs Team D**  
**Team C vs Team D**  
**Team A vs Team C**  
**Team A vs Team D**  
**Team B vs Team C**

What is this type of competition called?  
\_\_\_\_\_ [1]

3. Choose **ONE** type of competition.  
**CHOSEN COMPETITION:** \_\_\_\_\_

Write **ONE** advantage and **ONE** disadvantage of this type of competition.

**ADVANTAGE:**

i.

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[1]

**DISADVANTAGE:**

ii.

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[1]

4. a What are combined competitions?

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[1]

b Give **ONE** example of a tournament where combined competition is used.

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[1]