

**Annual Examinations for Secondary Schools 2021**

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

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

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

<b>Section A</b>	<b>Section B</b>	<b>Section C</b>	<b>Section D</b>	<b>TOTAL MARK THEORY PAPER (80)</b>
<b>16</b>	<b>16</b>	<b>36</b>	<b>12</b>	

<b>40% THEORY PAPER</b>	<b>45% PRACTICAL (CHOOSE 2)</b>				<b>15% PORTFOLIO</b>	<b>100% FINAL MARK</b>
	<b>ATHLETICS (22.5%)</b>	<b>GAMES (22.5%)</b>	<b>GYM/DANCE (22.5%)</b>	<b>SWIMMING (22.5%)</b>		

**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 Complete the table below by writing the respective official for each sport.

	<b>Sport</b>	<b>Senior Official</b>	<b>Minor Official</b>
i	Football	Referee	
ii	Netball		Scorekeeper
iii	Volleyball	1 <sup>st</sup> Referee	
iv	Handball	2 Referees	

[½]

[½]

[½]

[½]

- b A coach may include closed and open skills in the same training session. Give an example for each situation.

\_\_\_\_\_

\_\_\_\_\_

[2]

2. **Athletics**

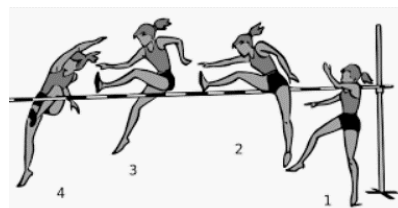
- a Mention **ONE** fault which may be committed after the delivery (throwing) phase in a discus event.

\_\_\_\_\_

[1]

- b What high jump technique is shown in the picture?

\_\_\_\_\_



[½]

- c List **TWO** other types of high jump techniques other than the one shown in the picture above.

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

[1]

- d i What other important factor, other than **movement time**, affects good timing in the 100m sprint?

\_\_\_\_\_

[½]

- ii Mention **ONE** important point one needs to consider during the acceleration phase of the 100m sprint.

\_\_\_\_\_

[1]

3. **Dance**

a Claire performed her dance routine. Her teacher told her that she made very good use of personal space but needs to improve on general space.

Mention **TWO** aspects, related to general space, that Claire may include for a better performance.

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

b From the list below underline **TWO** non-locomotor actions.

Gesture    Skipping    Galloping    Stillness    Jumping [1]

c Three dancers are planning a choreography which will include the following relationships:

Shadowing    Canon    Unison    Mirroring

Briefly explain any **TWO** of the relationships listed above.

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

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

4. **Field Hockey**

a Complete the following sentences related to basic field hockey rules:

i A team is allowed to field \_\_\_\_\_ players and one goalkeeper. [½]

ii A \_\_\_\_\_ is awarded when a defender commits a foul outside the shooting circle. [½]

iii A \_\_\_\_\_ is awarded when a defender commits a foul inside the shooting circle. [½]

iv A player can hit the ball with the \_\_\_\_\_ side of the stick. [½]

b i Mention **ONE** teaching point which helps a player to execute (or finish) a good push pass.

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

ii Give **ONE** instance when it is best to play the push pass during a game.

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

5. **Football**

- a The video assistant referee (VAR) helps the referee to review his/her decisions taken during the match. Mention **ONE** advantage and **ONE** disadvantage of VAR.

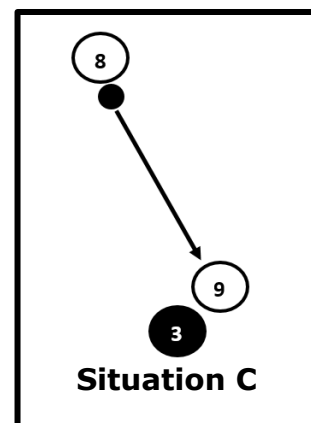
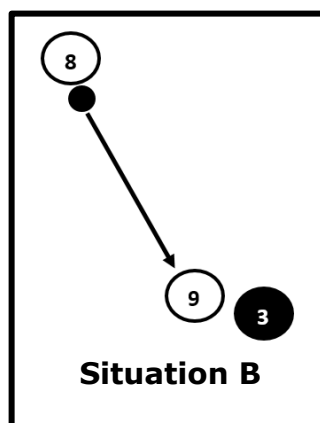
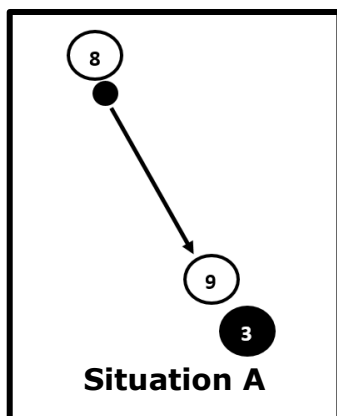


i Advantage: \_\_\_\_\_ [1]

ii Disadvantage: \_\_\_\_\_ [1]

- b i Player '8' is passing the ball to player '9'. In which of the three situations shown below, is defending player '3', best positioned to anticipate and win the ball?

Situation: \_\_\_\_\_ [½]



- ii List **ONE** important point which player '3' needs to consider to be in a good position to anticipate player '9'.

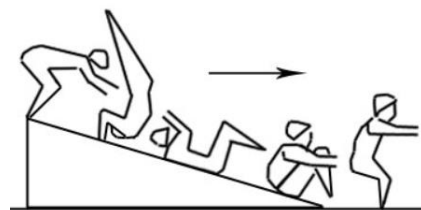
\_\_\_\_\_ [½]

- c Mention **ONE** advantage of marking zonally when defending a corner kick.

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

6. **Gymnastics**

a Peter is finding it difficult to stand up fluently after performing a forward roll.



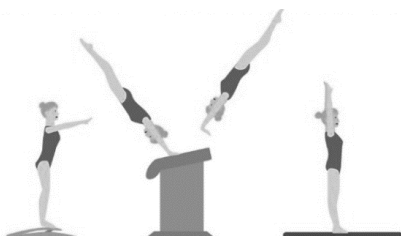
i Give **ONE** reason, why using a cheese mat will help him improve in standing up effectively.

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

ii List **ONE** important point which can help Peter roll forward and finish in a standing position.

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

b What are the vaults shown in the pictures called?



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

c During vaulting, lack of height from the table will incur deductions from the judges. Mention **TWO** other situations which may incur deductions during a vault.

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

7. **Netball**

a Tick (✓) only the instances that are deemed as infringements (fouls).

		Tick (✓)
i	A 'goal attack' attempts to shoot when just outside the throwing circle.	
ii	A player with the ball jumps and s/he releases the ball before touching the ground.	
iii	A player bounces the ball once to gain control of the ball.	
iv	A player snatches the ball from the opponent's hand from a distance of 0.9 metres.	

[1/2]

[1/2]

[1/2]

[1/2]

b Explain how the 'shoulder pass' is different from the 'overhead pass' by outlining **TWO** differences.

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

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

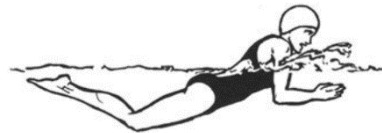
8. **Swimming**

a Put the breaststroke sequence in the correct order. The first one has been done for you.

kick glide ~~pull~~ breathe

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

b Identify the swimming strokes represented in each of the pictures below.



i \_\_\_\_\_



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

c When is a swimmer expected to **exhale** during the front crawl?

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

d Which swimming stroke is your teacher referring to when emphasizing the following teaching points:

- Arms should move continuously and alternatively.
- Little finger should lead in the entry.
- Hands should enter the water at 11:00 and 1:00 o'clock.

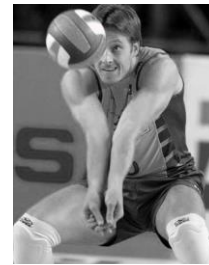
Technique: \_\_\_\_\_ [1]

9. **Volleyball**

a State if the following statements regarding the libero are 'True' or 'False'.

i	The libero can only play in positions '1', '5' and '6'.	[1/2]
ii	The libero can serve the ball.	[1/2]
iii	The libero can set the ball in the front court zone.	[1/2]
iv	The libero cannot spike the ball.	[1/2]

- b i Which skill is shown in the picture?



[1/2]

\_\_\_\_\_

- ii Mention **ONE** technical point which helps to perform this skill effectively.

[1]

\_\_\_\_\_

- c After an opponent's spike, what is the first line of defence in volleyball called:

[1/2]

\_\_\_\_\_

### Section B – Health Related Fitness [16 marks].

Answer ALL questions in this Section.

Answer ALL parts of each question.

1. Your friend is undecided about which of the two cereal products has the best nutritional value. She asks for your advice.

**Product A**

<b>Nutrition Facts</b>	
Typical value per serving <b>(48g)</b>	
Calories per serving	<b>190</b>
<b>Total Fat</b>	4g
Saturated Fat	1g
<b>Cholesterol</b>	0mg
<b>Total Carbohydrate</b>	33g
Of which Sugars	0g
Dietary Fibre	5g
Protein	6g

**Product B**

<b>Nutrition Facts</b>	
Typical value per serving <b>(48g)</b>	
Calories per serving	<b>191</b>
<b>Total Fat</b>	2g
Saturated Fat	1g
<b>Cholesterol</b>	0.5mg
<b>Total Carbohydrate</b>	42g
of which Sugars	17g
Dietary Fibre	1g
Protein	2.5g

- a Which of the two products would you recommend? \_\_\_\_\_

Give **TWO** reasons to justify your answer.

- i \_\_\_\_\_ [1/2]

- ii \_\_\_\_\_ [1/2]

- b Mention **ONE** other type of fat other than the one featured in the nutrition labels above.

[1/2]

\_\_\_\_\_

2. a Distinguish between Health-Related Fitness and Sport-Related Fitness. [2]

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b Define:

i Reaction Time \_\_\_\_\_ [1]

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

c In which of the following events are reaction time and speed predominantly used. Underline the correct answer.

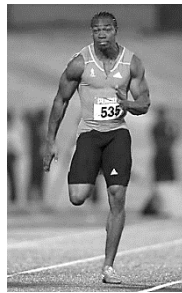
shot put                      400m sprint                      1500m run                      [½]

3. There are three types of strength. Draw lines to link (join) the **strength type** with the correct **description** and with the correct **example**.

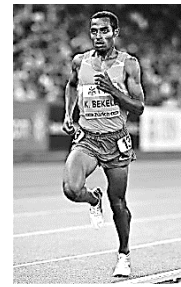
Strength Type	Description	Example	
Static	Amount of force exerted in one fast movement.	Rowing	[1]
Dynamic	Force applied to a heavy or immovable object.	Javelin throw	[1]
Explosive	Force applied repeatedly over a long period.	Arm wrestling	[1]



4. The athletes in the pictures below follow a weight training programme which will help them improve in the event/s they compete in.



Sprinter



Long distance runner

- a Explain how the training programme of these athletes differs when it comes to the weights they work with and the number of repetitions (weight and repetition ratio) for each exercise.

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[2]

- b Complete the table using the following keywords to outline other differences related to the mentioned athletes.

Aerobic  
Mesomorph

Ectomorph  
Anaerobic

Fast twitch muscle fibres  
Slow twitch muscle fibres

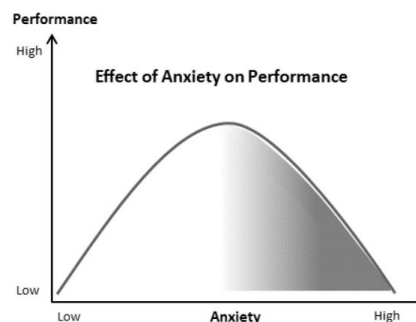
	<b>Sprinter</b>	<b>Long distance runner</b>
i <b>Somatotype</b>		
ii <b>Muscle type</b>		
iii <b>Energy System</b>		

[1]

[1]

[1]

5. Analyse the anxiety-performance curve below and briefly explain what it implies.




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[2]

**Section C – Body Systems and Performance [36 marks].**

**Answer ALL questions in this Section.**

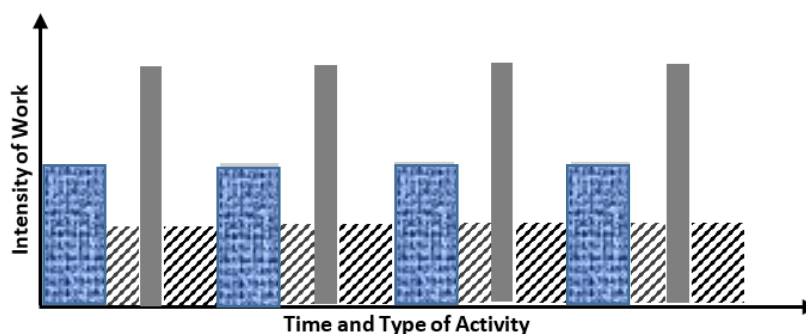
**Answer ALL parts of each question.**

1. a Identify which training method is being used for each of the training sessions.

Training Session 1	Training Session 2
Sprint 60 metres, Jog 200 metres as active recovery.	45 minutes rowing at moderate intensity.
Repeat 4 times.	

[1]

- b The graph below shows the intensity of work patterns in relation to time of a training session. Which training method is represented in the graph below?



Training Method \_\_\_\_\_

[½]

2. The initial phase of a training session includes the warm-up and stretching. Briefly explain the difference between the two.

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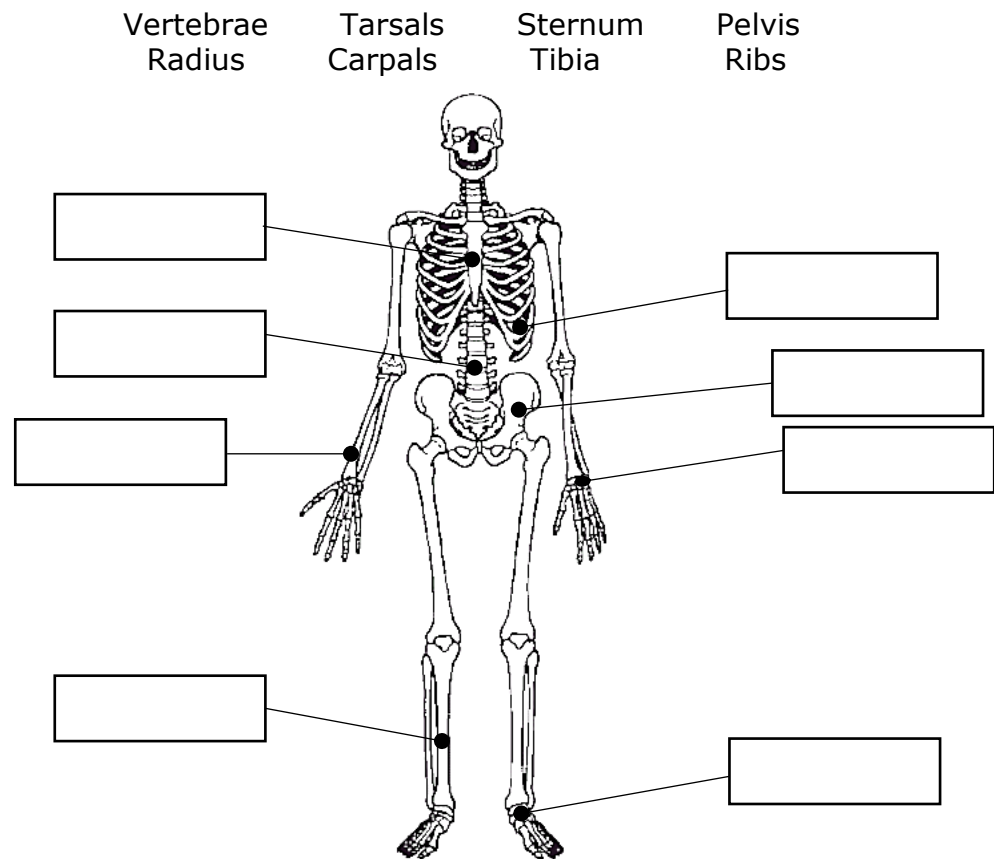
[2]

3. a Support is one of the functions of the skeletal system. Which other function plays a major role if a cyclist falls off the bicycle?

\_\_\_\_\_

[½]

- b Use the keywords below to label the diagram of the skeletal system. [4]



- c Identify **TWO** of the above-mentioned bones that are classified as:

Long Bones: \_\_\_\_\_ [1]

Flat Bones: \_\_\_\_\_ [1]

- d On the diagram above label a:

- i hinge joint with the letter X; [½]  
 ii saddle joint with the letter Y. [½]

4. a

The player in the picture is about to play a tennis serve. Name the three different types of movements at the following phases:



i the position of the elbow of the arm holding the racket (as shown in the picture).

\_\_\_\_\_

[1/2]

ii the movement at the shoulder as the racket moves to hit the ball.

\_\_\_\_\_

[1/2]

iii the movement at the elbow to hit the ball at the highest point.

\_\_\_\_\_

[1/2]

b As the hitting arm bends to play the tennis serve, the biceps perform a concentric contraction. Name **TWO** characteristics of a concentric contraction.

i \_\_\_\_\_

[1]

ii \_\_\_\_\_

[1]

5.

The following terms refer to the chambers of the heart and blood vessels. Classify the terms in the respective columns and rows, that is:

(a) as oxygenated or deoxygenated.

(b) as a heart chamber or a blood vessel.

Aorta    Vena Cava    Right Ventricle    Right Atrium    Left Atrium  
Pulmonary Artery    Pulmonary Vein    Left Ventricle

	Deoxygenated	Oxygenated
Heart Chambers		
Blood Vessels		

[1]

[1]

[1]

[1]

6. The solid section of blood is composed of 3 parts. Complete the table below by identifying each blood cell and its respective function.

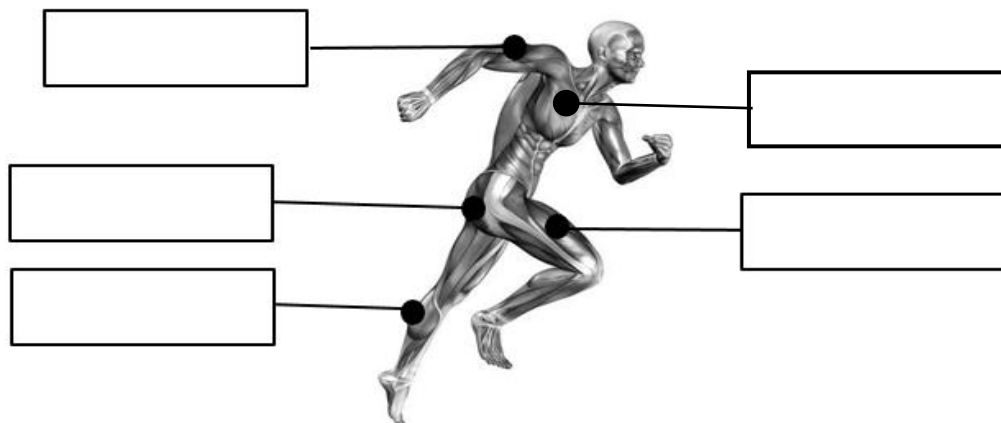
	Blood Cell	Function	
i		Help the blood to clot.	[½]
ii			[1½]
iii		Transport oxygen and carbon dioxide as it contains haemoglobin.	[½]

7. Describe **TWO** purposes why sprinters may illicitly misuse anabolic steroids to improve performance.

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

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

8. Label the diagram below with the appropriate anatomical muscle names. [2½]



9. The table below shows the percentage differences of oxygen and carbon dioxide when air is inhaled and exhaled.

Inhaled Air (%)	Exhaled Air (%)
Oxygen 21%	Oxygen 16%
Carbon Dioxide 0.03%	Carbon Dioxide 4%

- a Give reasons why **exhaled air** has less Oxygen and more Carbon Dioxide when compared to inhaled air.

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

[2]

- b Use the following keywords **in sequential order** to explain how air is drawn in the body until gaseous exchange takes place. It is important to describe **the function** or **explain the structure** of each part of the respiratory system in your description.

Bronchioles      Nose      Trachea      Alveoli      Bronchi

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[5]

10. a Last year a local football team had to stop training because of the Covid-19 pandemic. All the players were given an individual fitness training programme to follow for 12 consecutive weeks.

Refer to the table below and write down the type of principle of training which is being referred to.

	Situation	Principle of training
i	The frequency and intensity of the programme was increased slightly each week to ensure a better physical performance.	
ii	During this pandemic, some players did not follow this programme regularly and as a result their fitness decreased.	
iii	Most players followed the training programme but when team training resumed, they still found it difficult to keep up with the tempo of the actual game.	

[½]

[½]

[½]

- b Once football training resumed, the players had to undergo fitness tests. For each of the following fitness components, identify **ONE** test which the coach might have chosen to evaluate the players' level of fitness.

- i Endurance: \_\_\_\_\_ [½]
- ii Flexibility: \_\_\_\_\_ [½]
- iii Power: \_\_\_\_\_ [½]
- iv Agility: \_\_\_\_\_ [½]

**Section D – Sports in Society [12 marks].**  
**Answer ALL questions in this Section.**  
**Answer ALL parts of each question.**

1. In the table below tick (*J*) the respective columns to indicate which statements refer to leisure time or recreation time.

		Leisure Time	Recreation Time	
i	Mary will be joining the local cycling group.			[½]
ii	John usually spends his free time watching horror films.			[½]
iii	When Tom gets back from work, he usually dozes off for half an hour.			[½]
iv	They spent a full day trekking and walking around the west coastline of Malta.			[½]

2. a List in the correct sequence, the **TWO** competition formats that are used in the FIFA World Cup finals.

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

- b Write **ONE** difference and **ONE** similarity between Round Robin and League competition.

i Difference: \_\_\_\_\_ [1]

ii Similarity: \_\_\_\_\_ [1]

3. Mention **ONE** benefit and **ONE** conflict which television can bring to sport.

i Benefit: \_\_\_\_\_ [1]

ii Conflict: \_\_\_\_\_ [1]

4. Give **TWO** reasons why a city may decide to put forward a bid to host the Olympic Games.
- i \_\_\_\_\_ [1]
- ii \_\_\_\_\_ [1]
5. Describe **ONE** way how the Malta Olympic Committee can assist you if you were an Olympic athlete.
- \_\_\_\_\_ [1]
6. Describe the main role of the following club officials:
- i Vice president: \_\_\_\_\_ [½]
- ii Secretary: \_\_\_\_\_ [½]
- iii Treasurer: \_\_\_\_\_ [½]
- iv Board member: \_\_\_\_\_ [½]