

**JOHN GRAY HIGH SCHOOL
PHYSICAL EDUCATION
END OF TERM EXAMINATION
Year 8 Girls only**

Instruction: Please answer all questions by circling and filling in the correct responses in the examination booklet.

Fill in the information at the bottom of this page with your name, teacher's name, and your tutor group.

Name _____
Tutor group _____
PE Teacher _____
Total Marks _____

Answer all questions in this booklet.

SECTION 1

Health and Fitness

Select the correct responses to the following questions below.

1. What is the difference between health and skill related components of fitness?
A. Health related is to do with muscles.
B. Health related is the efficiency of the body and skills related is the performance.
C. Skills related is only to do with sport.
D. Health related is to do with movement and skill related is sport.

2. What is the best way to describe agility?
A. To dodge something or someone
B. To move quickly.
C. The ability to change the direction of the whole body rapidly and accurately
D. To change direction.

3. What skill allows someone to perform a task smoothly and correctly?
A. Co-ordination
B. Balance
C. Reaction Time
D. Agility

4. Which of the following is an example of someone using power?
A. Dancing
B. Long-Jump
C. Sprinting
D. A cross country run

5. Why does a quick reaction time help in sport and physical activity?
- A. It makes you a better player.
 - B. You can beat everyone.
 - C. You can gain an advantage by timing things better.
 - D. Perform better at fast paced sports.
6. Balance can be used a lot in what sports? Which of the following is the best answer?
- A. Golf, lawn bowls
 - B. Ballet shot put.
 - C. Gymnastics, ballet
 - D. Basketball, gymnastics
7. What are the health-related components of fitness?
- A. Cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition
 - B. Agility, balance, coordination, power, reaction time and speed
 - C. Cardiovascular endurance, muscular strength, power, reaction time, and speed
 - D. Agility, balance, coordination, flexibility, and body composition
8. What is the advantage to exercise?
- A. Improved quality of life
 - B. Decrease chronic disease.
 - C. Stress relief
 - D. All the above
9. Flexibility is best described as the:
- A. Ability to exert force.
 - B. Ability to work the muscle over a period.
 - C. Range of movement possible at various joints
 - D. The ability to bend and touch the toes.
10. The ability of the heart and lungs to deliver oxygen to working muscles during physical activity for a long period of time.
- A. Cardiovascular Endurance
 - B. Flexibility
 - C. Body Composition
 - D. Agility
11. The ability to do activities for more than 5 minutes is
- A. Flexibility
 - B. Endurance
 - C. Agility
 - D. Body Composition
12. Muscular endurance is the
- A. muscles' ability to work for a long time without tiring.
 - B. same as cardiorespiratory fitness
 - C. amount of force a muscle can exert.
 - D. same as body strength

13. Doing push-ups is.
- A. aerobic endurance
 - B. flexibility
 - C. muscular strength
 - D. coordination
14. Which of the following is the definition of fitness?
- A. Using skills well to play sport.
 - B. Being able to keep going and have energy left.
 - C. Ability to meet the demands of the environment.
 - D. Physical social and mental well-being
15. The ability to change directions quickly while moving relates to:
- A. Agility
 - B. Reaction Time
 - C. Co-ordination
 - D. Speed
16. Which of the following requires good hands and eyes Co-ordination?
- A. Kicking
 - B. Heading
 - C. Dribbling
 - D. Catching
17. Which component of fitness is NOT a component of Skill related fitness?
- A. Speed
 - B. Power
 - C. Muscular Strength
 - D. Balance
18. One of the roles of Physical Education in school is to.
- A. Promote selfish behaviour.
 - B. Develop unsporting behaviour.
 - C. Encourage a win at all cost behaviour.
 - D. Teach Tolerance and morale values.
19. The human body consist of _____
- A. 206 Bones
 - B. 200 Bones
 - C. 306 Bones
 - D. 300 Bones
20. Where does digestion begins?
- A. In the stomach
 - B. In the mouth
 - C. In the Anus
 - D. In the intestine

21. White blood cells are important to carry _____ in the cells
- A. Oxygen
 - B. Water
 - C. Blood
 - D. Nitrogen
22. What is the function of the skeletal system is?
- A. To support the body
 - B. Work with muscles to move the body
 - C. Give the body shape
 - D. All the above
23. It is the longest bone in the body
- A. Femur
 - B. Humerus
 - C. Coccyx
 - D. Ribs
24. Which part of the bone makes red blood cells?
- A. Compact Bone
 - B. Spongy Bone
 - C. Bone Marrow
 - D. Hard Bone
25. What are the three muscle types?
- A. Cardiac, Involuntary and Voluntary
 - B. Soft, Hard and Spongy
 - C. Cardiac, Voluntary and Soft
 - D. Hard, Soft and Involuntary
26. The respiratory system is made up of the trachea, the lungs, and the:
- A. Liver
 - B. Diaphragm
 - C. Esophagus
 - D. Pancreas
27. When you breathe in air, and you bring in oxygen into your lungs and blow out:
- A. Carbon Dioxide
 - B. Carbon Monoxide
 - C. Oxygen
 - D. Hydrogen

28. Drag the following words to fill the blank spaces in the paragraph below:

776 BC, survival, prehistoric, Athens, Zeus, hunted, sport, recreation, stone age, years

The earliest sport dated back to ----- time was most likely hunting.

----- man -----for food so their purpose was more
about ----- than ----- and -----.

The ancient Olympic Games began in the year ----- . The game was held
every four ----- for 12 centuries in ----- Greece. The games
was held as a religious ----- in honor of -----, the father of
Greek gods and goddesses.

29 a. Give the meaning of Physical Education.

(b) List three benefits you gain from doing physical Education.

Fill the spaces for the following statements\questions below with the correct answer.

30. List five methods of training.

- 1 -----
- 2 -----
- 3 -----
- 4 -----
- 5 -----

(5Marks)

31. Which one of the methods listed in (ques.1) develops cardio-vascular fitness?

.....1 mark

32. What are the five Principles of Training?

- 1 -----
- 2 -----
- 3 -----
- 4 -----
- 5 -----

33. What does the overload principle FITT means?

F _____
 I _____
 T _____
 T _____ (4 marks)

Section 2

Anatomy and Physiology

34. Drag the correct word from the word bank to label the diagram below.

(1) Phalanges	(6) Radius	(11) Femur	(16) Tibia
	(7) Cranium	(12) Humerus	(17) Ulna
(2) Ribs	(8) Sternum	(13) Pelvis	(18) Patella
(3) carpals	(9) Metatarsals	(14) Clavicle	(19) Fibula
(4) Tarsal	(10) Metacarpals	(15) Scapula	

Name _____

Date _____



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(19 marks)

35. Give two functions of the skeleton?

2 mark

25. Figure 1 is a diagram of a netball player shooting a ball into a rim attached to a goal post

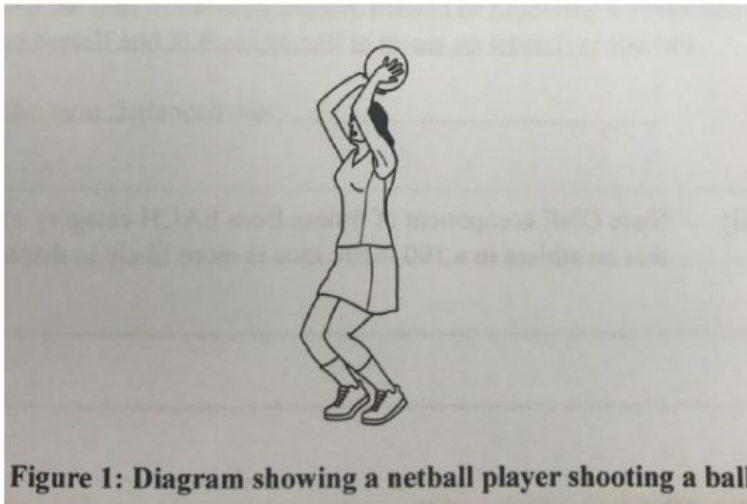


Figure 1: Diagram showing a netball player shooting a ball

State the **three major bones** in the upper body used in the execution of the skill shown.

SECTION 3 NETBALL

36 - 42. There are seven playing positions in a netball team. Each has an important role to play for their team. Drag the following players below beside their role:

Goal Shooter, Goal Attack, Wing Attack, Centre, Wing Defense, Goal Defense, Goalkeeper.

Players	Roles
	To score goals and to work in and around the circle with the GA
	To feed and work with GS and to score goals
	To feed the circle players giving them shooting opportunities

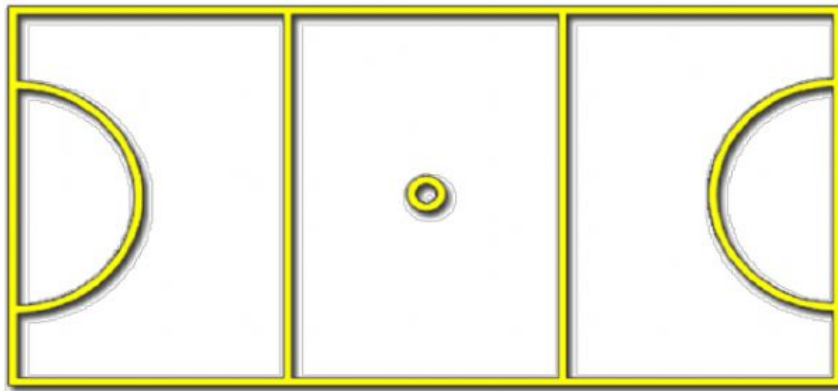
	To take the Centre pass and to link the defense and the attack
	To look for interceptions and prevent the WA from feeding the circle
	To win the ball and reduce the effectiveness of the GA
	To work with the GD and to prevent the GA/GS from scoring goals

(7marks)

43. Drag the 7 players below in their correct playing position at the start of the game.

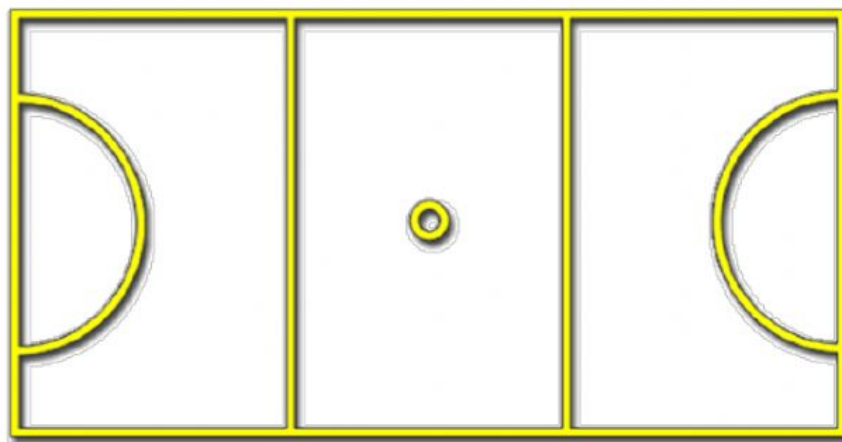
G.S, GA, W A, C, W D, G D, G K.

(7 Marks)



36. Drag the following information below to label the line of court below

30.5m, 15.25m, Goal circle, Centre circle, transverse lines, Goal thirds, Centre third



Choose the correct answer for the question\Statement below.

37. What does “GA” stands for

- A. Goal Advance
- B. Group Attention
- C. Goal Attack
- D. Games Area

38. How many playing positions are on the Netball court?

- A. Seven
- B. Three
- C. Twenty
- D. Four

39. The Netball Court Is divided into?

- A. Three Thirds
- B. Two Thirds
- C. Three Centres
- D. Two Goals

40. What is the name of the longest line on the Netball Court?

- A. Goal Line
- B. Sideline
- C. Centre Line
- D. Back Line

END OF EXAM