

PHYSICAL EDUCATION
END OF YEAR EXAMINATION
(Boys Year 9)

Time: 60 minutes

Name _____

Tutor Group _____

P.E. Teacher _____

Instructions

Answer all questions in all sections - 70

1. Which word from the following list is a health related component of fitness? **1 mark**
A) Power
B) Exercise
C) Co-ordination
D) Muscular Endurance
2. Which of the following shows the importance of agility? **1 mark**
A) Ability to get a quick start
B) Ability to dodge opponents and get free
C) Ability to increase range of movement at joints
D) Ability to move two or more body parts to produce a good shot
3. Which of the following shows the importance of flexibility? **1 mark**
A) Ability to get a quick start
B) Ability to dodge opponents and get free
C) Ability to increase range of movement at joints
D) Ability to move two or more body parts to produce a good shot
4. Which of the following components of fitness is defined as the body's ability to sustain continuous exercise? **1 mark**
A) Muscular Endurance
B) Flexibility
C) Body composition
D) Muscular Strength
5. Which of the following is a general benefit of physical fitness? **1 mark**
A) Impaired immune system
B) Increased bone density/thickness
C) Decrease in lean body mass
D) Increase risk of heart disease
6. Which of the following is **not** a benefit of physical activity? **1 mark**
A) It burns up stored body fat
B) It is a way to meet people
C) It is only for persons 20 years old or less
D) It helps you forget your problems
7. Which of the following are factors that may affect fitness? **1 mark**
A) Age
B) Gender
C) Exercise
D) All of the above

8. Which of the following is **not** a factor affecting fitness? **1 mark**
A) Stress
B) Physical disability
C) Drug taking
D) None of the above
9. Environment can affect fitness based on which of the following? **1 mark**
A) Pollution, lung damage
B) Heat levels
C) Altitude level
D) All of the above
10. Males are usually larger and heavier than females because _____. **1 mark**
A) They have bigger bones
B) They eat more
C) They have bigger bellies
D) They have a narrow pelvis
11. Which of the following is a function of the muscular system? **1 mark**
A) Movement
B) Store oxygen
C) Produces red blood cell
D) All of the above
12. Which of the following is NOT a type of muscle? **1 mark**
A) Nerve
B) Cardiac
C) Skeletal
D) Smooth
13. The structure that connects muscles to bones is the _____. **1 mark**
A) Fat cells
B) Fascicle
C) Tendon
D) Ligament
14. Which of the following is not performed by muscles? **1 mark**
A) Motion
B) Excretion
C) Maintenance of posture
D) Heat production

15. To perform a handstand in gymnastics which component of fitness is needed? **1 mark**
A. Muscular Strength
B. Muscular Endurance
C. Co-ordination
D. Speed
16. The main component of fitness needed to take off in long jump is? **1 mark**
A. Power
B. Reaction Time
C. Strength
D. Endurance
17. The ability to move and change direction at speed and control is _____? **1 mark**
A. Balance
B. Co-ordination
C. Agility
D. Speed
18. Which component of fitness allows an athlete to get from point A to B in the shortest possible time? **1 mark**
A. Speed
B. Flexibility
C. Power
D. Reaction Time
19. _____ is the ability of the heart and lungs to provide oxygen to the working muscles for a long period of time. **1 mark**
A. Cardio-vascular Endurance
B. Balance
C. Power
D. Muscular Strength
20. Which component of fitness allows you to react to a stimulus? **1 mark**
A. Agility
B. Reaction Time
C. Speed
D. none of the above

Short Answer Questions

Answer all of the following questions

21. Name 2 principles of training

2 marks

_____ and _____

(B). Which training methods are described here

2 marks

I. Stations for Push-ups, sit-ups, jumping jacks and step-ups. _____

II. Using a variety of activities, speeds and distances. _____

(C). Explain why it is important to warm up before playing sport.

2 marks

22. There are four F. I. T. T. training program principles. What is meant by

4 marks

I. Frequency

II. Intensity

III. Time

IV. Type

23. Describe circuit training.

_____ 2 marks

24. Give 2 reasons for using flexibility training.

_____ 2 marks

25. Which training principles are described here:

2 marks

I. We must work harder than normal _____

II. We must increase our training gradually. _____

26. Name the following (skill) sport- related fitness factors: 2 marks

- I. Ability to move the body quickly _____.
- II. Ability to react quickly to a stimulus _____.

27. Suggest 2 sports for which balance is important.

_____ **2 marks**

28. Explain the difference between good health and physical fitness.

_____ **2 marks**

29. Give an example of an activity that involves 2 marks

- a. Static balance _____
- b. Dynamic balance _____

30. Match the following parts of training to their correct description in the table below

4 marks

Table 1

Parts of training session	Description
Warm-up	sharpens skills, improves conditioning, interval training
Fitness training	prevents soreness, clears lactic acid, prepares for next performance
Game activity	Help prepare mentally, loosens joints
Cool-down	Simulates competition

31. Define the following: 6 marks

A. Physical Fitness

B. Health

C. Power

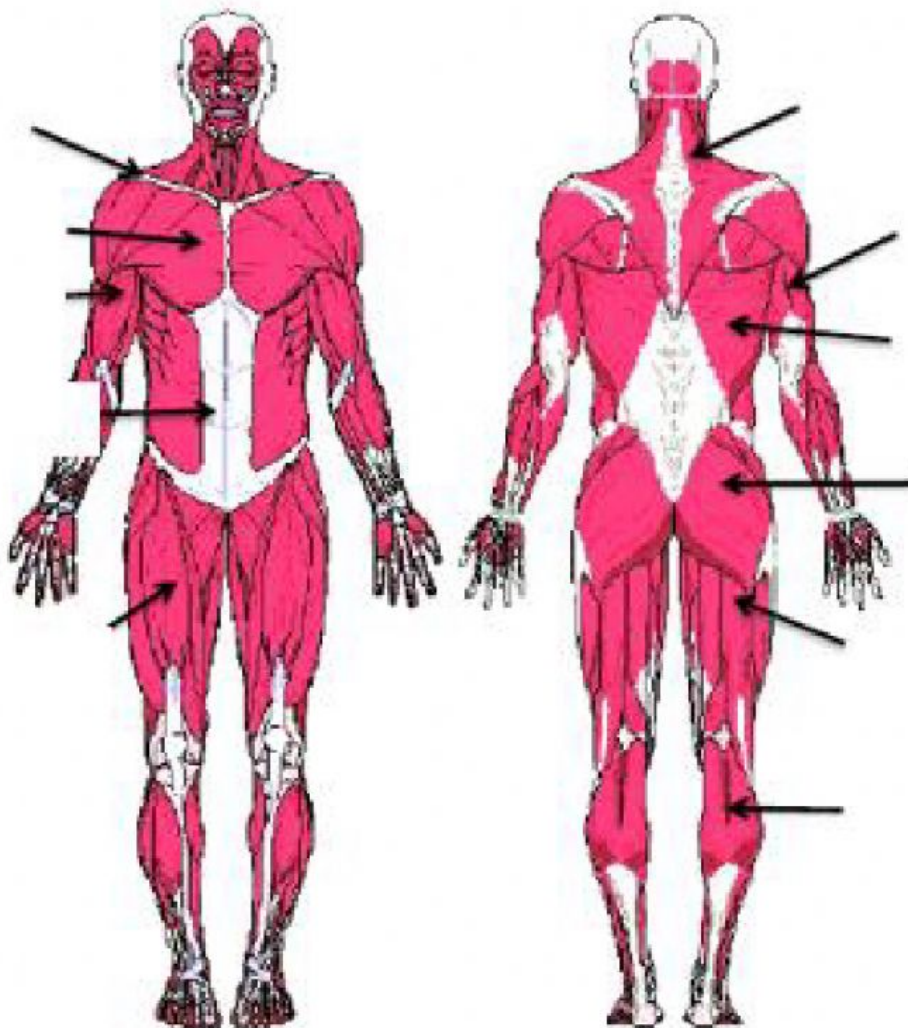
D. Flexibility

E. Speed

F. Strength

32. Label the below diagram

11 marks



Write (2) two paragraphs outlining the benefits of Physical Education

5 marks

[illegible]

END OF EXAM!!!

DO HAVE A MERRY CHRISTMAS AND A HAPPY NEW YEAR!!!