

**PHYSICAL EDUCATION  
END OF YEAR EXAMINATION**

**(Boys Year 7)**

Time: 60 minutes

Name \_\_\_\_\_

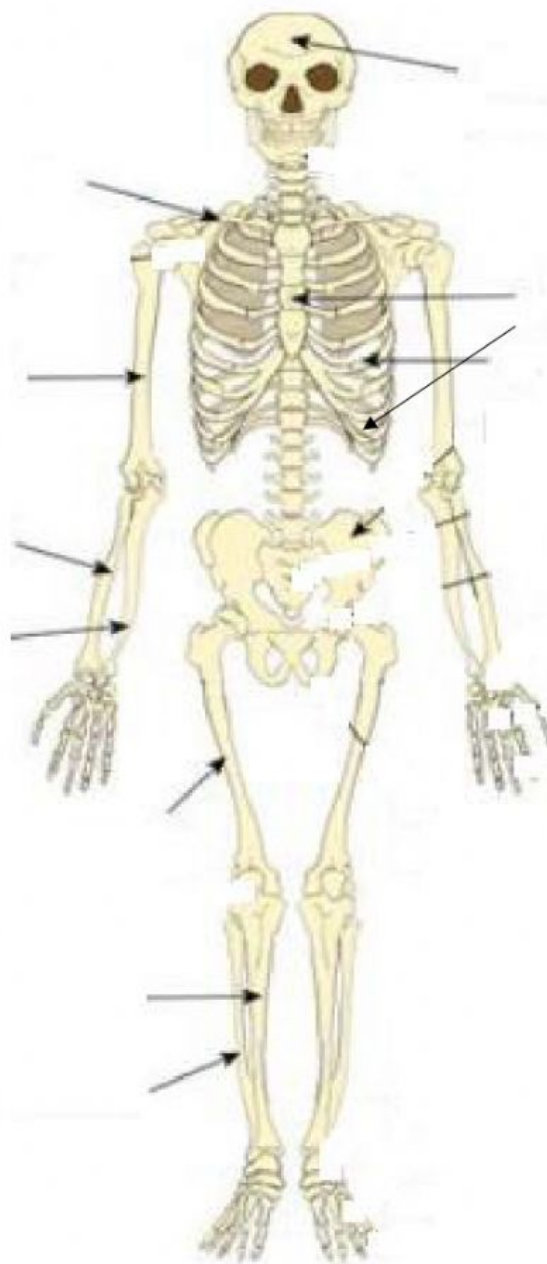
Tutor Group \_\_\_\_\_

P.E. Teacher \_\_\_\_\_

**Instructions**

**Answer all questions in all sections - 55**

1. Label the diagram below using the words provided in the dropdown menu at each arrow.



11 marks

**2. Athletes use different methods to train. Please choose one method of training**

- a) Continuous Training
- b) Alphabet Training
- c) Maths Training
- d) Marbles Training

**3. Why do athletes have different methods of training? Please choose one answer**

- a) To have fun
- b) To meet the needs of their sporting activity
- c) To meet friends
- d) To help understand different sports

**4. Which one of the following is a benefit of a warm up?**

- a) To talk about tactics
- b) To get prepared for activity both physically and mentally
- c) To make new friends
- d) To cool down your muscles

**5. Which one of the following is the best practical example of agility?**

- a) A 100m sprinter responding to the gun and completing the race
- b) A gymnast performing a split leap on the beam
- c) A basketball player changing direction quickly to dribble the ball past a defender
- d) A weightlifting performing a deadlift

#### **Components of Fitness**

**6. Rugby players use many different components of fitness when playing their game. Below are two components of fitness used in a game of rugby. Choose the answer which best describes each component of fitness during a game of rugby.**



#### **Agility**

- a) When dodging defenders to try and score a try
- b) When walking out the tunnel at the start of the game
- c) When jogging back to the half way line when your team has scored a try
- d) When sprinting as fast as you can in a straight line

## **Power**

- a) When sitting in the changing rooms at half time
  - b) When trying to burst through the opponents to score a try
  - c) When moving out the way to try and avoid tackling the opposition
  - d) When jogging slowly in the warm up
- 7. Which one of the following is the best practical example of muscular endurance**
- a) An athlete running 1500m race
  - b) A sprinter driving out of the blocks at the start of a race
  - c) A rugby player who sprints from the half way line to score a try
  - d) A basketball player dribbling around an opponent to score a basket
- 8. Which sporting event requires a high level of cardiovascular endurance**
- a) Marathon
  - b) Darts
  - c) Snooker
  - d) Javelin
- 9. Why is the skeleton important to a player playing basketball?**
- a) To protect the vital organs during any contact
  - b) To give you an advantage to run faster
  - c) Helps you to listen during half time
  - d) Helps you to taste the Gatorade during Time-Outs.
- 10. Identify 1 functions of the Skeleton. Please choose the correct answer**
- a) To allow movement
  - b) To help the body breathe
  - c) To circulate blood around the body
  - d) To allow you to score the basketball
- 11. Aerobic exercise is exercising with the use of oxygen. Which sport uses the aerobic system the most?**
- a) Marathon runner
  - b) Weight lifting
  - c) Shot putt
  - d) Sumo wrestling
- 12. Anaerobic exercise is exercising without the use of oxygen. Which sport uses the anaerobic system the most**
- a) 100m sprinter
  - b) Marathon runner
  - c) Walking slowly for a long time
  - d) Cycling slowly for a long time

13. Complete the missing words/phrases using the words/phrases located in the dropdown menu/word bank below.

Word bank: (Agility, Muscular endurance, Power, Reaction Time, Strength)

- The ability to work the whole body for a long period of time without tiring.
- The time taken to perform a particular action or cover a particular distance.
- The ability to use two of more body parts together.
- The ability to maintain a position or posture without falling over.
- The range of movement possible at a joint.

a. \_\_\_\_\_

The ability to perform strength actions quickly.

b. \_\_\_\_\_

The amount of force a muscle can exert against a resistance

c. \_\_\_\_\_

The ability to repeat muscle contractions over a long time without tiring.

d. \_\_\_\_\_

The ability to change direction quickly.

e. \_\_\_\_\_

The time taken to respond to a stimulus.

**Coordination**

f. \_\_\_\_\_  
\_\_\_\_\_

**Balance**

g. \_\_\_\_\_  
\_\_\_\_\_

**Speed**

h. \_\_\_\_\_  
\_\_\_\_\_

**Flexibility**

i. \_\_\_\_\_  
\_\_\_\_\_

**Cardiovascular Fitness**

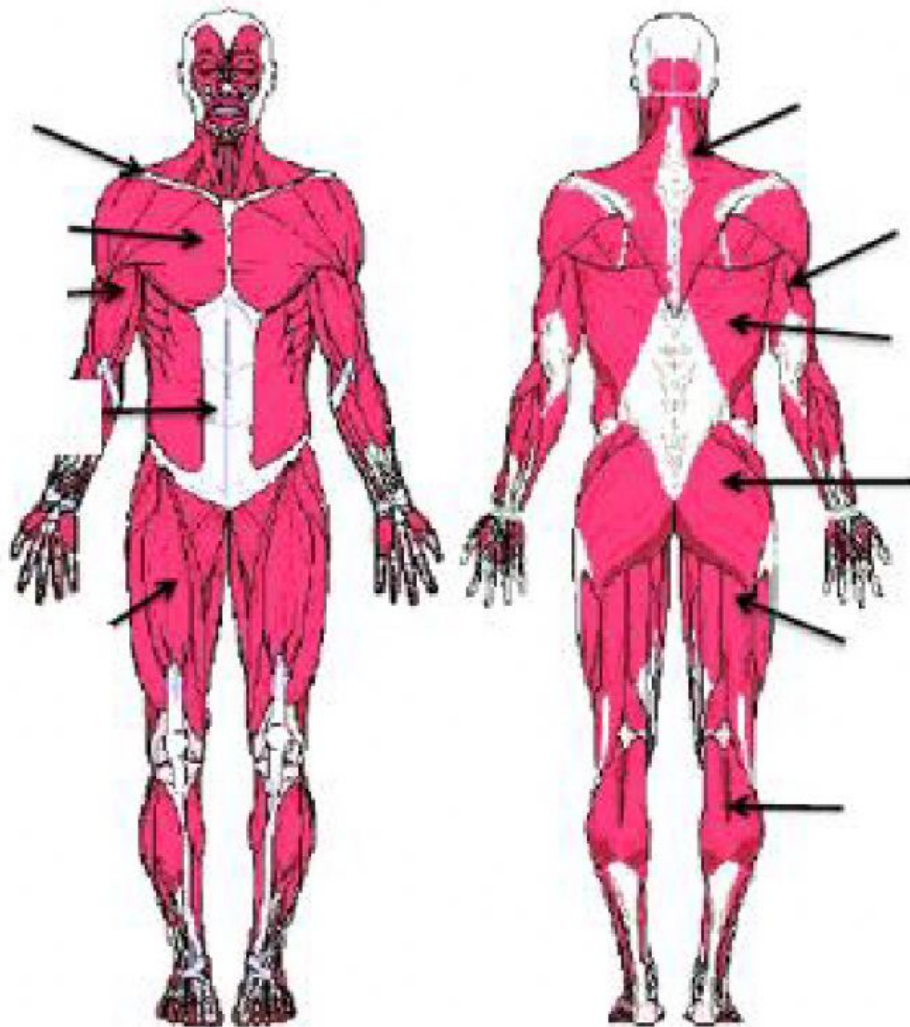
j. \_\_\_\_\_  
\_\_\_\_\_

14. Choose the word that best describe the method of training from the dropdown menu under method of training to complete the table

Method of Training	Description	Advantages	Disadvantages
	<p>Involves working for a long period of time without rest</p> <p>Improves cardiovascular endurance</p> <p>Used by distance runners such as marathon runner</p>	<p>Needs little to no equipment</p> <p>Good for improving aerobic fitness</p>	<p>Can be boring because you are exercising for a long period of time</p>
	<p>Periods of exercise and periods of rest</p> <p>Example 6 x 100m sprints with 1 minutes rest in between each sprint</p>	<p>Easy to measure progress because each exercise can be timed</p> <p>Can mix aerobic and anaerobic together</p>	<p>Can be very hard</p> <p>Can be boring</p>
	<p>A series of exercises arranged in a special order called a circuit</p> <p>Normally involves 6-10 exercises</p> <p>Example Sit ups Push ups Pull ups Lunges</p>	<p>Less boring because it changes all the time</p> <p>Easily changed depending on your goal</p>	<p>Takes a lot to set up</p> <p>Can take a lot of equipment</p>
	<p>Training which varies in intensity and duration</p> <p>Improves aerobic and aerobic fitness</p>	<p>Good for sports which require changes in pace</p>	<p>Can be hard</p>



15. Label the diagram below using the words provided in the dropdown menu at each arrow.



11 marks

16. Select true or false for statements below

a) A pulse raiser is an important part of a warm up

True

False

b) Stretching is not an important part of a warm up

True

False

17. Complete the table below by selecting the correct word from the dropdown menu for the phrases below under component of fitness.

Component of Fitness	Example within sport
	<b>P</b> is need in the legs when jumping up to head the ball
	A tennis player would need <b>c</b> to run and hit the ball
	A gymnast would need to have good <b>b</b> when performing a hand stand
	A footballer would need good <b>a</b> to change direction quickly when dribbling past a defender
	A sprinter needs good <b>r t</b> at the start of a race to react to the gun
	A sprinter will need good <b>s</b> within a 100 m race
	A gymnast would need good <b>f</b> in order to perform the splits
	A shot putter will need to have good <b>s</b> to throw the shotput
	<b>M e</b> is important for a marathon runner so that his muscles don't tire quickly when running
	Having good <b>c f</b> is important for a rugby player to play the full rugby match

10 marks



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

**6 marks**

[illegible]

**END OF EXAM!!! DO HAVE A MERRY CHRISTMAS AND A HAPPY NEW YEAR!!!**