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Education Physical about Worksheet الملف

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**PHYSICAL EDUCATION
END OF YEAR EXAMINATION**

2020

(Boys Year 8)

Time: 50 minutes

Name _____

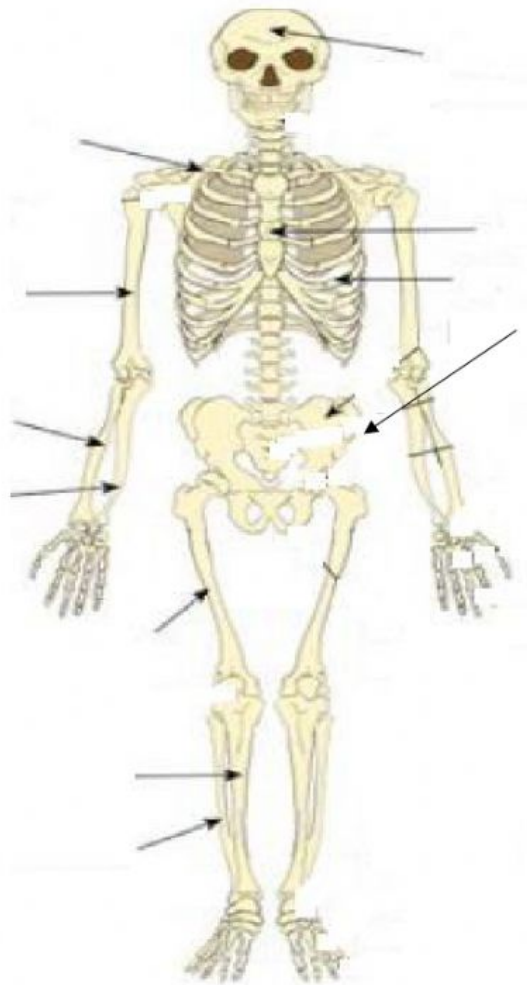
Tutor Group _____

P.E. Teacher _____

Instructions

Answer all questions in all sections - 60

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



Ribs, Cranium, humerus, tibia, radius, ulna, femur, fibula, sternum, pelvis, clavicle, **11 marks**

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

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

2. 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

1 mark

3. 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

1 mark

4. 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

1 mark

5. 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 protect ball in sports

1 mark

6. 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

1 mark

7. Name a sports where cardiovascular endurance is important.

- a) Football
- b) Table tennis
- c) Snooker
- d) Darts

2 marks

8. 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

1 mark

9. 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

1 mark

10. Rugby players use many different components of fitness when playing their game. Below are two components of fitness used in a game of rugby. Select the correct reason to the Component of Fitness from the drop down menu



Agility

1 mark

Power

1 mark

To change direction to avoid being tackled

To burst through a tackle with speed and strength

11. Why is the skeleton important to a player playing basketball?

12. Explain why you chose one of your answers in question 10

13. There are 5 components of a successful warm up. Below are 2 of those components of a warm up. Give one reason why each component is important.

a) Pulse Raiser

b) Stretching

14. Why are Low intensity exercises important in a cool down

1 mark

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

- 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

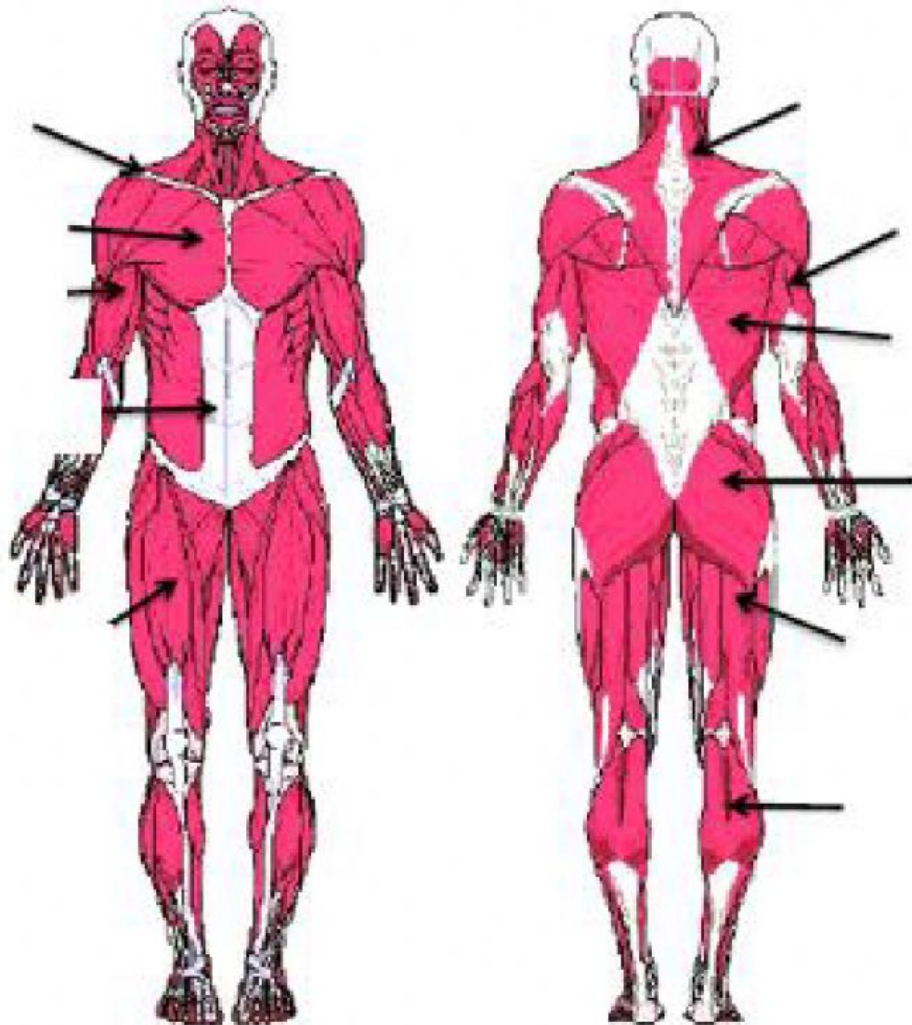
j. _____

16. Choose the word that best describe the method of training from the dropdown menu on method of training to complete the table 5 marks

Method of Training	Description	Advantages	Disadvantages
Continuous Training			Can be boring because you are exercising for a long period of time
Interval Training		Easy to measure progress because each exercise can be timed Can mix aerobic and anaerobic together	Can be very hard Can be boring
	A series of exercises arranged in a special order called a circuit Normally involves 6-10 exercises Example Sit ups Push ups Pull ups Lunges	Less boring because it changes all the time Easily changed depending on your goal	Takes a lot to set up Can take a lot of equipment
Fartlek Training		Good for sports which require changes in pace	Can be hard

Missing phrases				
Periods of exercise and periods of rest Example = 6 x 100m sprints with 1 minutes rest in between each sprint	Involves working for a long period of time without rest Improves cardiovascular endurance	Training which varies in intensity and duration Improves aerobic and aerobic fitness	Used by distance runners such as marathon runner Needs little to no equipment Good for improving aerobic fitness	Circuit Training

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



Hamstrings, Deltoids, Triceps, Bicep, Gastrocnemius, Quadriceps, Gluteal, Latissimus Dorsi, Trapezius, Abdominals, Pectoral

11 marks

17. Please complete the table below using the words and phrases below

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

10 marks

Power, Balance, Reaction Time, Flexibility, Muscular Endurance, Cardiovascular fitness, Strength, Speed, Agility, Co-ordination

