



L-Università
ta' Malta

MATSEC
Examinations Board



Specimen Papers
SEC 32 Physical Education

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MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD



L-Università
ta' Malta

SECONDARY EDUCATION CERTIFICATE LEVEL

SAMPLE PAPER – ALL CANDIDATES

SUBJECT: **Physical Education**

PAPER NUMBER: **Level 1 – 2**

DATE:

TIME: 2 Hours

Answer **ALL** sections.

SECTION A: SPORTS AND ACTIVITIES

Answer **ALL** questions.

1) List **FOUR** characteristics of the technique to perform a 50m swimming stroke.

- i. _____ (1)
- ii. _____ (1)
- iii. _____ (1)
- iv. _____ (1)

2) Describe the way to treat a soft tissue injury.

(4)

3) Describe the forms of passing used in **ONE** of the following: basketball, football, or rugby.

(4)

4) List **FOUR** elements of dance.

- i. _____ (1)
- ii. _____ (1)
- iii. _____ (1)
- iv. _____ (1)

5) Describe the Offside rule in netball or football.

(4)

(Total: 20 marks)

SECTION B: HEALTH AND WELLBEING

Answer **ALL** questions.

6) What is a sedentary lifestyle?

(2)

7) An active lifestyle leads to improved physical and mental health. List and describe **ONE** benefit of being physically healthy and **ONE** benefit for being mentally healthy.

a) **Physically healthy:** _____ (1)

(2)

b) **Mentally healthy:** _____ (1)

(2)

12) Describe eccentric change during muscle movement.

(2)

13) Provide a definition of heart rate.

(2)

14) How does exercise change one's heart rate?

(3)

15) List the **FOUR** points used for measuring the heart rate.

- i. _____ (1)
- ii. _____ (1)
- iii. _____ (1)
- iv. _____ (1)

16) How is heart rate measured?

(3)

(Total: 20 marks)

SECTION D: THEORY OF TRAINING AND FITNESS

Answer **ALL** questions.

17) List **SIX** components of fitness.

- i. _____ (1)
- ii. _____ (1)
- iii. _____ (1)
- iv. _____ (1)
- v. _____ (1)
- vi. _____ (1)

18) List the **FIVE** training principles.

- i. _____ (1)
- ii. _____ (1)
- iii. _____ (1)
- iv. _____ (1)
- v. _____ (1)

19) Mention **THREE** ways how to prevent sports injuries.

- i. _____ (1)
- ii. _____ (1)
- iii. _____ (1)

20) Describe how **ONE** of the preventive measures you mentioned above helps in avoiding sports injuries.

(4)

21) List **TWO** methods (types) of training.

i. _____ (1)

ii. _____ (1)

(Total: 20 marks)

SECTION E: SPORT AND SOCIETY

Answer **ALL** questions.

22) Mention **TWO** countries that participate in the GSSE (Games of the Small States of Europe).

i. _____ (1)

ii. _____ (1)

23) Mention **TWO** values associated with sports.

i. _____ (1)

ii. _____ (1)

24) Mention **TWO** different types of performance enhancing drugs prohibited in sports.

i. _____ (1)

ii. _____ (1)

25) Describe the effects on performance of **ONE** of the performances enhancing drugs mentioned above.

_____ (4)

(Total: 10 marks)

SECTION F: SPORT PSYCHOLOGY AND SKILLS ACQUISITION

Answer **ALL** questions.

26) Mention **TWO** of feedback used in sports or training.

i. _____ (1)

ii. _____ (1)

27) Give **ONE** example of for one of the feedback provisions mentioned previously.

(2)

28) List **TWO** psychological factors that influence sports performance.

i. _____ (1)

ii. _____ (1)

29) Describe **ONE** psychological factor that you mentioned previously that influences sports performance.

(4)

(Total: 10 marks)

Specimen Assessments: Controlled Paper II LEVEL 2-3

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD



L-Università
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SECONDARY EDUCATION CERTIFICATE LEVEL
SAMPLE PAPER – ALL CANDIDATES

SUBJECT: **Physical Education**

PAPER NUMBER: **Level 2 – 3**

DATE:

TIME: 2 Hours

Answer **ALL** Sections.

SECTION A: SPORTS AND ACTIVITIES

Answer **ALL** sections.

- 1) List **FOUR** characteristics of the technique to perform a 50m stroke.

(4)

- 2) Describe the way to treat a soft tissue injury.

(4)

- 3) Describe the forms of passing used in **ONE** of the following: basketball, football, or rugby.

(4)

4) Describe the skills of forwardroll or backwalkover used in gymnastics.

(4)

5) Describe the Offside rule in netball or football.

(4)

(Total: 20 marks)

SECTION B: HEALTH AND WELLBEING

Answer **ALL** sections.

6) Describe the characteristics of **TWO** somatotypes of your choice.

(8)

7) What are the measures I should take to prevent athlete's foot?

_____ (4)

8) What are the symptoms of athlete's foot?

_____ (4)

9) Why is it important to stay hydrated after exercise?

_____ (4)

(Total: 20 marks)

SECTION C: ANATOMY AND PHYSIOLOGY

Answer **ALL** sections.

10) Define the skeletal system.

_____ (2)

11) Define articulating bones.

_____ (2)

12) Describe isotonic change during muscle movement.

_____ (2)

13) Describe eccentric change during muscle movement.

(2)

14) Explain how isometric contractions happen in the context of a sport of your choice.

(3)

15) How does exercise change one's heart rate?

(3)

16) How is heart rate measured?

(3)

17) Describe systolic blood pressure.

(3)

(Total: 20 marks)

(10)

(Total: 20 marks)

SECTION E: SPORT AND SOCIETY

Answer **ALL** sections.

21) Give **ONE** example of a national and **ONE** example of international sporting body for football.

i. National: _____ (1)

ii. International: _____ (1)

22) Discuss ways how sport may be influenced by sponsorship.

(4)

23) Discuss how sporting values are a positive contribution to society.

(4)

(Total: 10 marks)

SECTION F: SPORT PSYCHOLOGY AND SKILLS ACQUISITION

Answer **ALL** sections.

24) A gymnast is performing a somersault, and they are focusing on performing well. After years of training the gymnast is capable of following the internal feedback, they receive from their muscles to readjust their body to perform the somersault successfully.

Analyse the feedback provision that is happening in the context of gymnastics provided above.

(4)

25) Explain closed skills in the context of football.

(3)

26) Discuss a performance goal if you are training to participate in a basketball tournament.

(3)

(Total: 10 marks)

Specimen Assessments: Controlled Paper I (Private Candidates Only) Level 1-2-3

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD



L-Università
ta' Malta

SECONDARY EDUCATION CERTIFICATE LEVEL
SAMPLE PAPER – PRIVATE CANDIDATES ONLY

SUBJECT: **Physical Education**

PAPER NUMBER: **Level 1 – 2 - 3**

DATE:

TIME: 2 Hours

FOUR compulsory sections. Answer **ALL** Sections.

SECTION A: SPORTS AND ACTIVITIES

Answer **ALL** sections.

SECTION A – OUTDOOR

1) Below is the outline of the map of the Maltese Islands. Identify **TWO** approximate locations of popular treks and list them below.



i. _____

ii. _____

(2)

2) Describe **TWO** potential hazards one is to look out for when planning a trek.

(4)

3) List **THREE** contents of a First Aid Kit for outdoor activities.

i. _____ (1)

ii. _____ (1)

iii. _____ (1)

4)

a) List **ONE** soft tissue injury.

(1)

b) What would you use from the First Aid Kit to treat the injury listed in answer 4(a).

(2)

c) Describe how you would treat the soft tissue injury listed in answer 4(a).

(2)

5) List **TWO** team outdoor activities that could be part of an outdoor experience.

i. _____ (1)

ii. _____ (1)

6) Explain **TWO** benefits of participating in team outdoor activities. Support your answer with examples.

i. _____

(2)

ii. _____
_____ (2)

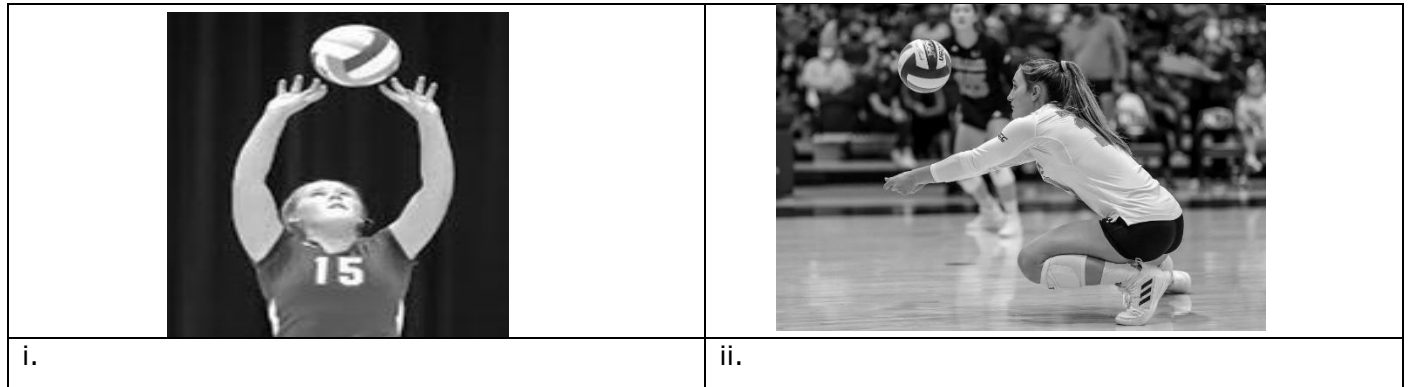
(Total: 20 marks)

SECTION B - TEAM SPORT 1

Answer **ALL** sections.

7)

a) What are the names of the Volleyball technical skills shown in the pictures below?



(2)

b) Describe **TWO** main technical components in the passes shown in the pictures above.

i. _____ (1)

ii. _____ (1)

8) Name and describe the defensive play shown in the picture below.



i. Name: _____ (1)

ii. Description:

_____ (2)

9) A player in the volleyball team is about to pass to his teammate for a fast spike to surprise the opponent's defence. Describe how this pass should be performed.

(2)

10) Describe the role of the first referee in Volleyball.

(2)

11) Mention **TWO** instances when dribbling in Handball is beneficial.

i. _____ (1)

ii. _____ (1)

12) List **TWO** advantages of the jump shot in handball.

i. _____ (1)

ii. _____ (1)

13) Give **TWO** examples of how a handball player can provide moral support to his teammate.

i. _____ (1)

ii. _____ (1)

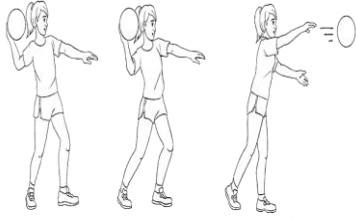
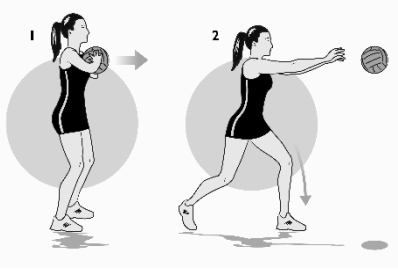
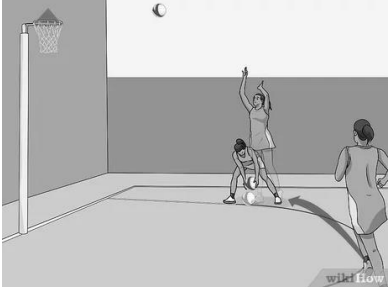
14) Explain by using examples, **TWO** qualities a Handball official should have.

i. _____
_____ (2)

ii. _____
_____ (2)

15)

a) Identify the forms of passing and shooting in netball shown in the pictures below.

 <p style="text-align: center;"><i>twinkle.co.uk</i></p>	 <p style="text-align: center;"><i>thetimes.co.uk</i></p>	 <p style="text-align: center;"><i>wikihow.com</i></p>
<p>i.</p>	<p>ii.</p>	<p>iii.</p>

(3)

b) List **TWO** rules related to passing in Netball.

i. _____ (1)

ii. _____ (1)

c) The Wing Attack is offside but not in possession of the ball. What is the referee's decision?

_____ (2)

16) The centre has just played a disappointing game. Formulate **ONE** critical question you would ask her to gain information about her poor performance.

_____ (2)

(Total: 30 marks)

SECTION C - TEAM SPORT 2

Answer **ALL** sections.

17) Describe **TWO** technical components of the bounce pass in Basketball.

i. _____ (1)

ii. _____ (1)

18) Describe a 2-1-2 zone defence in Basketball.

(2)

19) In Basketball a player's dribbling posture changes depending on the defence. Describe this posture change.

(4)

20) List **TWO** qualities a Basketball referee should have.

- i. _____ (1)
- ii. _____ (1)

21)

a) What is the name of the governing body responsible for the rules of Football?

(1)

b) During a goal kick the goalkeeper passes the ball to a teammate. The teammate plays the ball before he has left the penalty area. What would be the referee's decision?

(1)

c) A goal is scored against a team that has 12 players on the pitch. The referee realises before the match is restarted. What would be the referee's decision?

(1)

22) List **THREE** components you need to include when designing a Football training session

- i. _____ (1)
- ii. _____ (1)
- iii. _____ (1)

23) Describe **TWO** rules related to scoring in football.

- i. _____ (1)

ii. _____
_____ (1)

24) Describe **TWO** technical components of push pass in Football.

i. _____ (1)

ii. _____ (1)

25)

a) Describe **TWO** technical components in a Rugby pass.

i. _____ (1)

ii. _____ (1)

b) Name **TWO** ways of scoring in Rugby.

i. _____ (1)

ii. _____ (1)

c) Describe **ONE** technical component needed by the rugby player in possession of the ball who is running to score a try.

_____ (1)

26)

a) Name the governing body responsible for the laws of the game in Rugby.

_____ (1)

b) Explain **ONE** role of a touch judge in Rugby.

_____ (2)

27) Design **ONE** critical interview question to acquire information from a rugby player about his poor performance.

_____ (2)

(Total: 30 marks)

SECTION D - INDIVIDUAL SPORT

Answer **ALL** sections.

28)

a) List **ONE** artistic gymnastics event for males and **ONE** for females

Males: _____ (1)

Females: _____ (1)

b) You have been asked to design **FOUR** linking movements for a gymnastics floor sequence. Describe these movements.

_____ (2)

29) Identify the movement plane and movement level shown in the image below.



i. Movement Plane:
_____ (1)

ii. Movement Level:
_____ (1)

30) Space and Time are both elements of Dance. Explain how **each** can enhance a dance performance.

_____ (2)

31)

a) Describe the position of a badminton player ready to receive and return the service.

_____ (2)

b) What would be the best return if your badminton opponent just returned a high shuttle close to the net?

_____ (2)

32)

a) Name **TWO** rules related to table tennis.

i. _____ (1)

ii. _____ (1)

b) A table tennis player sees an opportunity to attack. She decides to smash to close the game. Describe the posture of the player to perform this hit.

_____ (2)

33)

a) List **TWO** members of the officiating team in Tennis.

i. _____ (1)

ii. _____ (1)

b) You have just returned a serve in a tennis game. What should be your next position on the tennis court? Give a reason for your answer.

_____ (2)

(Total: 20 marks)