

تم تحميل هذا الملف من موقع المناهج الإماراتية



\*للحصول على أوراق عمل لجميع الصفوف وجميع المواد اضغط هنا

<https://almanahj.com/ae>

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\* للحصول على جميع أوراق الصف التاسع في مادة تربية بدنية ولجميع الفصول, اضغط هنا

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للتحدث إلى بوت المناهج على تلغرام: اضغط هنا

[https://t.me/almanahj\\_bot](https://t.me/almanahj_bot)



STUDENT SECTION					
Name				Class	
Student MOE number (SIS)		School MOE Number		STUDENT SIGNATURE	
School name					

Physical Health and  
Education

Grade 9

Sample - Term 1

Date: November 2017

Time: TBC

FOR ADMIN ONLY	
MARKING RECORD	
Section	Section TOTALS
Section 1	
Section 2	
Section 3	
Section 4	
MARKER SIGNATURE	TOTAL MARKS
MODERATOR SIGNATURE	

STUDENT INSTRUCTIONS –

Students must attempt **all** questions.

For this examination, you must have:

1. An ink pen – blue.
2. A pencil.

TEACHER NOTES & INSTRUCTIONS

Please tick ✓ the correct answers in **RED INK** and then write the mark awarded in the marking columns.

## SECTION 1 - Multiple Choice

Choose and **circle** the correct answer A, B or C. Only **ONE** answer is correct.

**Example:** A correct warm up will stop you from \_\_\_\_\_.

- A. becoming tired
- B. losing a game

C. getting injured

1. Health based components of fitness include \_\_\_\_\_.

- A. running
- B. cardiovascular endurance
- C. stretching exercises

2. Skill based components of fitness include \_\_\_\_\_.

- A. flexibility
- B. concentration
- C. agility

3. Stretching helps \_\_\_\_\_.



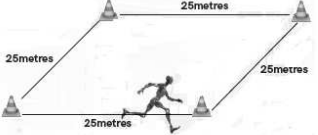


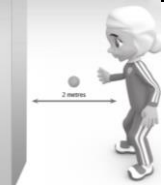
- A. to return the body to rest
- B. to increase heart rate
- C. with Body Mass Index

4. Before exercises you should check \_\_\_\_\_.

- A. your phone
- B. all equipment
- C. food for recovery

## SECTION 2 - Matching Task

Look at the pictures. Match the component of fitness to the picture. Choose A, B, C, D, E, F. or G ONE word will NOT be used.

Picture	Letter	Phrases
 <p>Example:</p>	<b>A</b>	A. Muscular strength.
<p>1.</p> 		B. Hand eye co-ordination test.
<p>2.</p> 		C. Cardiovascular endurance.
<p>3.</p> 		D. Flexibility.
<p>4.</p> 		E. Power
<p>5.</p> 		F. Speed .
		G. Balance

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### SECTION 3 – True or False

Choose and circle the correct answer TRUE or FALSE

**Example: Standing broad jump measures power in the legs**

TRUE  FALSE

1. Running needs hand-eye coordination TRUE FALSE


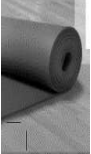
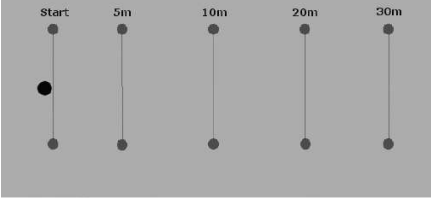

2. Football requires good agility TRUE FALSE

3. Gymnastics needs strong balance TRUE FALSE

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### SECTION 4 - Guided Response

Use the labelled pictures to answer the question. The first one is done for you.

<b>Example</b>	Why is it good to warm up before exercise?	
	 Temperature	<u>Warm up before exercise increases body temperature</u>
1	How is the press up test performed correctly?	
	 Exercise mat	
2	What equipment do you need for the 35m sprint test?	
	 35m sprint	
3	How is performance measured in the Cooper Test?	
	 Time	

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**You have now finished the examination**

