S2 Physical Education Practice Paper: Fitness and Health, Fitness Testing and Data, Athletics Techniques, Ball Games Skills and Rules, Safety and Injury Prevention, Nutrition Hydration and Training Plans (100 marks)

S2 | Physical Education | Time: 75 minutes | Total: 100 marks | 24 questions

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Section A Fitness and Health

Part A: 4 marks each, 16 marks in total.

1. Name the four health-related fitness components. [4]

2. What is the difference between cardiorespiratory endurance and muscular strength? Give one training example for each. [4]

3. Why measure resting heart rate before exercise, and what may a high resting heart rate suggest? [4]

4. Explain why poor flexibility increases the risk of injury. [4]

Section B Fitness Testing and Data

Part B: 4 marks each, 16 marks in total.

5. An S2 student weighs 48 kg and is 1.5 m tall. Calculate the BMI (1 decimal place) and state which range it falls into. [4]

6. A 13-year-old student trains at 60% to 80% of maximum heart rate. Given maximum heart rate = 220 - age, find the training heart rate range. [4]

7. A student runs 100 m in 14 seconds. Find the average speed in m/s (2 decimal places). [4]

8. Why should fitness test results be recorded and compared over several tests instead of judging from one result? [4]

Section C Athletics Techniques

Part C: 4 marks each, 16 marks in total.

9. In the crouch start of a sprint, what two points should be observed after the start signal? [4]

10. When should the receiving runner start moving in a relay changeover, and why? [4]

11. What are the four phases of the long jump? Briefly describe the key point of one phase. [4]

12. Why is a pacing strategy more effective than an all-out sprint in middle-distance races such as 800 m? [4]

Section D Ball Games Skills and Rules

Part D: 4 marks each, 16 marks in total.

13. In basketball, when is a player called for traveling? [4]

14. In football, in what situation does the referee award a penalty kick? [4]

15. In volleyball, what is the role of each of the three touches: pass, set and attack? [4]

16. A basketball game has 4 quarters of 8 minutes each. Find the total playing time in minutes, excluding overtime. [4]

Section E Safety and Injury Prevention

Part E: 4 marks each, 16 marks in total.

17. What two kinds of activity should a warm-up include? Give one example of each. [4]

18. What first-aid principles apply in the first 48 hours after an ankle sprain? List four. [4]

19. Why should exercise be shorter or less intense in hot weather? [4]

20. What safety checks should be made on a sports venue and equipment? List three. [4]

Section F Nutrition Hydration and Training Plans

Part F: 5 marks each, 20 marks in total.

21. How should food and fluid be arranged before, during and after exercise? Give one recommendation for each. [5]

22. A student plans 4 exercises of 3 sets with 12 repetitions each. Find the total number of repetitions and explain why sets are used instead of one long effort. [5]

23. What is the principle of progressive overload? Illustrate with an example applied over two weeks. [5]

24. Design a one-week training plan with three sessions, giving the content and duration of each, and explain how overtraining is avoided. [5]
