

UNIVERSITY OF MALTA

SECONDARY EDUCATION CERTIFICATE

SEC

PHYSICAL EDUCATION

MAY 2014

EXAMINERS' REPORT

**SEC Physical Education
May 2014 Session
Examiners' Report**

Part 1: Statistical Information

Table 1 shows the distribution of grades for the May 2014 session of the examination.

GRADE	1	2	3	4	5	6	7	U	ABS	TOTAL
PAPER A	19	40	57	58	46	-	-	60	3	283
PAPER B	-	-	-	11	22	21	13	27	8	102
TOTAL	19	40	57	69	68	21	13	87	11	385
% OF TOTAL	4.9	10.4	14.8	17.9	17.7	5.5	3.4	22.6	2.9	100

Part 2: Comments regarding candidates' performance**2.1 Area 1: Games****Basketball**

Dribbling Skills: The majority of candidates were proficient in dribbling the ball in an open space, however, some of them looked down at the ball rather than forward. On the other hand dribbling in a traffic situation needs some improvement as some candidates were not able to dribble low and change hands efficiently.

Passing Skills: The majority of candidates demonstrated competence in static passing skills. A minority found difficulty in passing on the move, candidates tended to slide not to run.

Lay up shots: Candidates were generally knowledgeable in performing the lay up shot with their strong hand. Only a few candidates found it difficult to perform a good lay up shot.

Set shot: On the whole candidates showed a good knowledge of the different phases of the set shot. A level of difficulty was demonstrated in good body posture throughout the execution and the follow through phases.

Offensive skills: Candidates showed lack of skills in positioning and space awareness in relation to ball and basket. The use of the V cut and L need to be carried out with a change of speed and sharply, rather than in a hurry.

Defensive skills: Poor overall. Candidates found difficulty in defending player, basket and ball with also poor reaction time.

Football

Ball control: Most students showed very good skill in ball control using the chest and thigh. They seemed confident in showing their skill especially in juggling.

Passing: During short passes most students did not find any difficulty in showing good technique. Some level of difficulty was demonstrated in the use of the non dominant foot, especially in precision both in short passes and the high lofted pass.

Dribbling: Most candidates showed competence in the open dribble, keeping the ball close to the feet, and keeping head up. During slalom dribbling most students demonstrated good use of both feet and also good use of inside and outside part of the foot.

Feinting: Students showed very good skill in different types of feints. They were confident and showed good speed and technique.

Shooting: Most of the candidates demonstrated good technique in shooting but lacked precision. Candidates found it difficult when they used their non dominant foot. Some candidates lacked proper footwear. Running shoes affected their performance adversely.

Handball

The overall level of candidates was better than previous years, with candidates demonstrating competence in the **Basic skills** of:

- Static passing and catching
- Passing and catching in motion
- Offensive skills

Some level of difficulty was evident in the following:

Shooting – the jump shot

Defensive skills - blocking

Restricted zone – when shooting or defending candidates entered the restricted zone.

Netball

Passing and Catching: Most candidates performed good passes although some still lack transference of weight when throwing and executing accurate, strong passes. In catching most do not reach out for the ball and prepare for a throw.

Footwork: Most candidates did not differentiate between landing and pivoting. Some performed the pivot on the heel or even took steps to turn around. When passing on the move very few candidates executed the running step.

Dodging and Marking: Overall this was poor especially the marking position. Dodging was mostly incidental and it showed lack of consistent footwork. No evidence of dodging techniques such as 'sprint and stop', 'feint and go', 'feint and dodge'. Ball feinting was practically non evident.

Overall comments: Dresswear was compatible with the activity. Although this assessment does not involve over exertion, many candidates showed lack of physical preparation.

2.2 Area 2: Gymnastics and Dance

Gymnastics: Floor Routine:

Skills: Satisfactory but very basic. Most performed only the minimal six different skills requested at the lowest level, with insufficient body control.

Execution: Connecting movements, flow and extension were mostly evident only in the female sequences with very few exceptions. Most male candidates used repetitive skills and moves and repeated the same pattern. Notwithstanding this, many sequences were below the stipulated time. Starting and finishing positions were practically nonexistent. Dress code was adhered to.

Vaulting:

Most candidates performed the run-up and the take-off adequately. Most still do not position the spring board at an appropriate distance from the box, thus demonstrating no or poor pre-flight.

Weaker candidates mostly performed squat through or side vault, with hardly any distinction between the two, and landed with hands still on the box, therefore post flight was not evident.

However, more candidates this year attempted rotational vaults, some with satisfactory performance.

Dance

An overall marked improvement was evident in this session, especially, **spatial awareness** with regards to direction, levels and pathways.

All candidates successfully presented a written or verbal explanation of the two contrasting themes. However, these same themes were not always evidenced by the candidate's dance steps or execution. This may be overcome, by first deciding the theme and then using the *body actions*, *body awareness*, *dynamics* and *spatial awareness* around the chosen theme.

Candidates should wear appropriate footwear (gymnastics shoes, ballet shoes, jazz shoes or jazz pumps) or perform barefooted. Socks tend to be slippery and are therefore unsafe.

2.3 Area 3: Athletics

Running Events

Sprints: 100m

Candidates were generally well-informed regarding the use of a crouch start although a small amount of them didn't touch their knee with the floor during the 'on your marks' command. Reaction time to the signal was generally good. The running posture was good although some candidates placed their arms across their body rather than forwards and backwards. The forward lean at the end of the run was not practised by a large number of candidates and some of them even slowed down before or stopped immediately on the finish line rather than accelerate over it.

Middle Distance: 800m

The majority of candidates paced the run well and they demonstrated a good running technique. Only a few candidates stopped jogging and walked part of the run. Some candidates started too fast and then slowed down throughout the run. However, a good number of candidates increased the pace and sprinted the last 120m. All the candidates knew about the breaking line and applied the rule.

Throwing Events

Discus

The overall level of attainment of candidates was generally low. Some were prepared for the event while others clearly were not. A good number of candidates performed a standing throw even though they were informed that they could only be awarded marks for release and recovery.

There was no confidence in the throws and even though some candidates showed that they were very athletic and had a strong build, the discus was not released with maximum strength, conviction and enough confidence. This could also explain why the students did not obtain high marks from the distance thrown.

In the case of inexperienced throwers, and these were quite a few, the discus landed completely out of the sector.

Putting the shot

Preparation: Some candidates did not show low centre of gravity, a raised elbow and the proper grip of the shot.

Throwing action and Movement across circle: Most candidates raised one leg off the ground but then this was not used to gain power across the circle. Some showed poor flow and transference of power was not evident. Follow through was not evident and the throw lacked speed and power. Angle of release in some cases was too low.

Recovery: In cases where speed, flow and power were weak recovery phase was lacking.

Overall comments: Some candidates performed standing throws and did not follow the exit rule. A few candidates still persist in coming for the event unprepared.

Jumping Events

High Jump

Approach: Poorer candidates used the wrong floor pattern to reach the bar, some arriving at the bar at right angles. Rhythm was quite smooth, but more attention should be given to the run up, so that it is consistent throughout the different levels.

Take off: Lack of power at push off was evident in quite a few cases. More emphasis should be given to driven free knee, and upper use of the body.

Flight: Many candidates still try to reach across the bar before going over. Some tended to “sit” over the bar. More emphasis should be placed on the use of arms and opening at the hips.

Landing: Mostly candidates tended to land flat on flat backs rather than upper back since no arching took place during the flight phase.

Overall comments: Overall the style of the jump was satisfactory even when the candidates reached height level 4. The majority of the male candidates attained height levels 1, 2 or 3. There were fewer female candidates this year compared to last year, (19 vs 31) with the majority attaining height level 3 or 4.

SEC HJ MARCH 2013	CANDIDATES	PRESENT	ABSENT
MALES	98	85	13
FEMALES	19	16	3
TOTALS	117	101	16

LEVELS ATTAINED

MALES		FEMALES		TOTALS
LEVEL 1	37	LEVEL 1	1	38
2	15	2	2	17
3	19	3	5	24
4	11	4	6	17
5	3	5	2	5
TOTAL	85	TOTAL	25	101

Long Jump

Candidates showed a degree of competence in the **take off** and **flight** phases.

Candidates showed lack of skill in the following:

- 1) **the approach phase:** consistency and speed were lacking
- 2) **landing phase:** candidates kept on running after landing (possibly due to lack of facilities in schools)

General comments: – Overall the level of performance was lower than in previous years.

2.4 Area 4: Swimming

Most of the candidates were well prepared for the exam, the majority showing they had experienced the different skills to be assessed. Candidates knew the difference between the strokes. The majority performed all three strokes though technique in execution was not always satisfactory. Endurance was generally weak, resulting in quite high timings.

All performed starts from the blocks when required. A number of candidates showed poor performance in turns and finishes.

The overall candidates' performance was average, though there were some candidates who performed well throughout.

2.5 Paper 11A

The comments included below refer to those questions which presented some grade of difficulty.

Section A: Movement and Physical Activities

Q1)	(a,b,c)	Generally answered correctly
Q2)	(a,b)	Generally answered correctly
	(c)	A good number of candidates did not answer this question correctly
Q3)	(a,b,c)	Only a handful of candidates chose this question, and it was generally answered incorrectly
Q4)	(a,b)	Generally answered correctly
	(c)	A lot of students found difficulty answering this question correctly
Q6)	(a)	Students showed lack of knowledge of the technical term and failed to answer the question correctly
	(b)	Generally answered correctly, although a good number of candidates found it hard to describe the rule
	(c)	Generally answered correctly
Q8)	(a,b)	Very few candidates chose this question, but generally answered correctly
Q11)	(a,b)	A lot of candidates showed lack of knowledge in these questions, generally answering them incorrectly
	(c)	Generally answered correctly
Q12)	(a,b,c)	Very few candidates opted for this question. Most candidates opting for this question answered (a) & (b) incorrectly, while (c) was generally answered correctly.
Q13)	(a)	A lot of candidates showed lack of understanding of the technique
	(b)	Generally answered correct

Section B: Health Related Fitness

- Q 1) A number of candidates gave similar factors as an answer – such as pollution and smoking.
Q 3 a) A good percentage of correct answers
b & c) Some candidates repeated the same answers
Q 4) A majority of incorrect answers. This question referred to Basal Metabolic Rate (BMR)
Q 6 a) A majority of correct answers however, some candidates gave a definition of Muscular Strength and Muscular Endurance without reference to the picture
b i & ii) Generally answers were incorrect stating such factors as stretching, flexibility exercises without specifying how i.e. dynamic, passive
Q 7 i & ii) A few candidates quoted skills such as dribbling and passing and **not** skill-related factors.
Q 8 ii) Candidates did not show knowledge of the application of this principle.
Q 2, 5, 9 i & ii, 10, 11. These questions were answered correctly by the great majority of candidates.

General comments: Poor English was evident in a number of scripts. Although answers were short a small number of candidates were too cryptic. A few left a number of questions unanswered.

Section B: Body Systems and Performance

- Q1) Generally answered correctly
Q2) Generally answered correctly
Q3) (i) Generally answered correctly
(ii) A good number of respondents lacked the necessary knowledge to describe the joint movement of rotation.
Q4) Generally answered correctly
Q5) Generally answered correctly
Q6) Generally answered correctly
Q7) Generally answered correctly
Q8) Generally answered correctly
Q9) A lot of candidates did not answer the question correctly, showing a lack of understanding of the effects of regular exercise on VO_2 .
Q10) The majority of candidates answered this question incorrectly
Q11) Generally answered correctly
Q12) Generally answered correctly
Q13) The vast majority of students answered this question incorrectly. The majority did not know the answer, and some did not get the order right.
Q14) Generally answered correctly
Q15) Most candidates found difficulty in answering this question correctly
Q16) Generally answered correctly

Section C: Sport in Society

- Q 1) Few candidates gave two correct functions of the MOC. Some answers were generalised – “to get people interested in sport” rather than “encourages sport development”
Q 4) A vast majority of both answers were related to weather conditions
Q 5 a, b & 6) The majority of both answers were incorrect, many mentioning country instead of city.
Q 2,3,7,8,9,10) These questions were answered correctly by a large number of candidates.

General comments: Some candidates showed lack of study and answered the questions very superficially scoring as little as 4 marks.

2.6 Paper IIB

As in the case of paper IIA, the comments reported below refer to those questions which presented difficulties in some way or other.

Section A: Movement and Physical Activities

- Q1) (a,b) Generally answered correctly
(c) A lot of candidates found difficulty in explaining both types of feedback
- Q2) (a,b,c) Generally answered correctly
- Q3) (a,b,c) Only a handful of candidates chose this question, and it was generally answered incorrectly
- Q4) (a,b,) A good number of candidates answered incorrectly
(c) Generally answered correctly
- Q6) (a,b,c) Generally answered correctly
- Q8) (a,b,c,d) Very few candidates chose this question, and most of those choosing it showed lack of knowledge and answered incorrectly
- Q11) (a,b,c,d) Generally answered correctly, although some candidates did show some lack of knowledge
- Q12) (a) Generally answered correctly
(b) A considerable number of candidates showed a lack of knowledge regarding rules specific to the goalkeeper role
(c) The majority of students did not answer this question correctly
- Q13) (a,b,c) Generally answered correctly

Section B: Health Related Fitness

- Q 3) Few candidates answered all sections correctly. Many showed lack of knowledge regarding 'minerals' and 'roughage'
 - Q 4) The majority of answers were incorrect
 - Q 6 ii) Candidates did not relate answer to **performance**
 - Q 8 ii & iii) Most candidates answered correctly
 - Q 11 ii) Candidates did not relate their answers to **performance**
 - Q 1 a&b, 2, 5, 7, 9, 10) Most answers were correct
- General comments – The majority of candidates attempted all questions. This is an improvement over previous years.

Section B: Body Systems and Performance

- Q1) Generally answered correctly
- Q2) Generally answered correctly
- Q3) Candidates generally showed lack of knowledge and understanding regarding the differences between smooth and skeletal muscles
- Q4) Candidates generally showed lack of knowledge regarding ligaments and their function
- Q5) Most candidates showed lack of knowledge through their descriptions of agonist muscles, isometric contractions, muscle fatigue, and muscle atrophy
- Q6) A considerable number of candidates lacked understanding regarding the differences between smooth and skeletal muscles
- Q7) Generally answered correctly
- Q8) Generally answered correctly
- Q9) Generally answered correctly
- Q10) The majority of students answered this question incorrectly, especially the part where a description was requested
- Q11) Generally answered correctly
- Q12) A vast majority of students lacked the knowledge to answer this question
- Q13) Generally answered correctly

Section C: Sport in Society

Q 1 i) A majority of incorrect answers

Q 4) Similar answers to i) & ii) e.g. 'air conditioning' and 'heating'

Q 5 i, ii & iii) A majority of wrong answers especially iii)

Q 7 i & ii) The majority referred to only one group correctly

Q 8) As in the case of question 4 similar answers were given for i) & ii)

Q 2, 3, 6, 9) These were mostly answered correctly

General comments: The majority of candidates attempted all questions. This is an improvement over previous years.

**Chairperson
Examiners' Panel 2014**