

9. **SEC Swimming tests**

- ✓ After checking in with the invigilator, candidates are to: (i) change in the indicated changing rooms, (ii) **shower**, (iii) put on the **cap**, and (iv) warm up in the designated area of the pool.
- ✓ Girls sitting for the swimming test are to wear one-piece swimwear; no bikinis or two-piece swimwear are allowed.
- ✓ Crèmes can be used, but oils are not allowed.
- ✓ Goggles can be used. Goggles must be brought by the candidates themselves.
- ✓ After the examination, the candidates may shower and change in the indicated changing rooms.

10. **SEC Gymnastics and Educational Dance tests**

- ✓ Music on USB and/ or CD is to be handed to the officer in charge prior to the performance of the routine together with; verbal communication or a written description of the themes of the two routines to be performed.
- ✓ Candidates may not perform in socks but can do so bare foot or wearing footwear such as gymnastics shoes, ballet shoes, jazz shoes, jazz pumps. Non-slip socks are also acceptable.
- ✓ Grooming and presentation is an essential aspect of Educational Dance. Candidates are therefore required to wear adequate, well fitted, attire that enables them to move comfortably and also allowing the examiners to see the bodyline clearly. Midriffs should be covered. Hair must be worn neatly off the face and neck, thus further enhancing body alignment.
- ✓ Female candidates may choose to wear leotards, with or without sleeves, but thin spaghetti straps are not allowed. There should be no decoration cut out, sewn or attached to the leotard (e.g., flower, ribbon, etc.). The neckline must be decent and should not go below the shoulder blades at the back. Candidates may wear tights, leggings or a unitard.
- ✓ Male candidates may choose to wear neat shorts or well - fit gymnastics trousers and a sleeveless vest.

11. After finishing the examination, candidates are to leave the place of the examination **immediately**.

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD

SEC 32 & IM 36 PHYSICAL EDUCATION

PRACTICAL TEST:



MATSEC SUPPORT UNIT UNIVERSITY OF MALTA

MATSEC website: <http://www.um.edu.mt/matsec/>

VENUES – SEC & IM

- **Basketball, Badminton and Football/Netball tests** are to be held at the **University Sports Hall and pitch, University of Malta, Tal-Qroqq.**
- **SEC Athletics & IM practical performance** are to be held at the **athletics track, St Aloysius' College, B'Kara.**
- **SEC Gymnastics tests** are to be held at the **University Sports Hall, University of Malta, Tal-Qroqq.**
- **SEC Educational Dance tests** are to be held at the **University Sports Hall, University of Malta, Tal-Qroqq.**
- **SEC Swimming tests** are to be held at the **National Swimming Pool, Tal-Qroqq.**

GENERAL INSTRUCTIONS – SEC & IM

1. This booklet is intended for both SEC and IM candidates. Refer **only** to the sections relevant to your examination.
2. Take note of the date/s and time/s indicated in the timetable sent by the MATSEC Support Unit. In case of any queries, candidates are to contact immediately the MATSEC Support Unit (Tel. 2340 3622/2814). SEC candidates are not allowed to change activities.
3. Candidates are to be at the place of examination **half an hour before the earliest time indicated** for the particular day.
4. Candidates are to bring with them the **timetable** included with this circular and their **identity card**.
5. **No other persons** except the candidates are allowed within the examination venues.
6. Candidates are to present themselves **in their sports kit for the examination**.
7. Candidates are to wear **appropriate shoes/footwear** (non-marking soles, no studs) for all tests held at the University Sports Hall and the University Squash Court.
8. **SEC Athletics tests & IM practical performance**
 - ✓ Candidates are to present themselves in their **sports kit for the examination**. **No changing rooms** will be available.
 - ✓ **Starting blocks** will be provided for the sprint test. No individual starting blocks can be used.
 - ✓ If **spike shoes** are to be used, the protruding part should not exceed 9mm for the sprint and it should not exceed 12mm for the SEC high jump.