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| SUBJECT: | <b>Physical Education</b>   |
| DATE:    | 30 <sup>th</sup> April 2026 |
| TIME:    | 4:00 p.m. to 6:35 p.m.      |

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This examination paper has **FOUR** sections. Answer **ALL** sections. Follow the instructions given in each section.

**Section A: Rules, Tactics & Techniques:**

You will be shown a total of **FIVE** short clips in the following order:

- ✓ 2 clips on Rules
- ✓ 2 clips on Technique
- ✓ 1 clip on Tactics

The clips are taken from the Handball World Cup Final 2025 between Denmark national team (in red) and Croatia national team (in white).

Step 1: Read through all the questions.

Step 2: The first clip on rules is played. The same clip is replayed immediately after.

Step 3: One minute is given to answer the question between clips.

Step 4: On a signal, the second clip is played, and replayed. The other clips will follow the same pattern.

Step 5: One minute is given to answer each clip.

The same procedure is used throughout Tactics and Techniques. After the clips are all played, and the answering time is over, all the clips are replayed one last time. Candidates are given a final 4 minute period to make changes and finalise answers.

**Section B: Anatomy & Physiology - Answer ALL questions**

**Section C: Acquiring Movement Skills - Answer ALL questions**

**Section D: Socio-Cultural Studies - Answer TWO out of three questions**

***Please turn the page.***

## SECTION A: RULES, TACTICS & TECHNIQUES

Answer **ALL** the questions. This section carries **10** marks.

### Rules

1. Croatian player Marko Mamić (in white) committed a dangerous foul on Danish player Rasmus Lauge (in red) and, as a result, was later shown a direct red card.
  - a. What is the rule regarding direct red cards for dangerous play in handball? (1)
  - b. How does the game resume after a player is sent off with a red card? (1)
2. Croatian player Maras (No. 20 – in white) committed a foul on Danish player No. 43 (in red) while the Danish player was entering the goal area (6-metre area).
  - a. What handball rule is applied when a defender commits a foul on an attacking player inside the goal area? (1)
  - b. Why is the location of the foul (inside the goal area) important in determining the referee's decision? (1)

### Techniques

3. Observe Jacobsen (Denmark, no. 7- in red) during the match in this scoring action. Name and explain **TWO** specific techniques he used from receiving the ball to successfully scoring a goal. (2)
4. During this action, the Danish goalkeeper executed an excellent save. Describe **TWO** goalkeeping techniques he employed and explain how **each** technique contributed to successfully preventing the goal. (2)

### Tactics

5. In this action, the Danish team (in red) scored following a sequence of coordinated passes. Analyse the tactical play executed in this action, and explain how the players' movement, positioning, and passing collectively contributed to creating the scoring opportunity. (2)
- (Total: 10 marks)**

## SECTION B: ANATOMY & PHYSIOLOGY

Answer **ALL** the questions. This section carries **35** marks.

6. The body has three types of cartilage.
  - a. Name and describe **TWO** types of cartilage found in the human body. Give **ONE** location and **ONE** function for **each**. (6)
  - b. Explain why cartilage is important for joint health and injury prevention. (2)
  - c. It is estimated that 75 million people in Europe, USA and Japan are affected by osteoporosis.
    - i) Describe what osteoporosis is. (1)
    - ii) Explain how regular physical activity can help reduce the risk of developing osteoporosis. (3)
7. The Cardiovascular system's main function is the maintenance of blood supply.
  - a. Explain how blood flow through the heart changes during physical activity to meet the increased oxygen demands of working muscles. (6)

- b. Explain what is meant by a trained heart and describe **TWO** adaptations that occur in the heart as a result of regular aerobic exercise. (6)
- 8. a. Explain how the mechanism of breathing changes during exercise compared to rest. (5)
- b. i) Describe what asthma is and explain how it affects the airways. (2)
- ii) Explain how asthma can affect performance during physical activity and describe **TWO** strategies an athlete with asthma can use to manage their condition during exercise. (4)

**(Total: 35 marks)**

### **SECTION C: ACQUIRING MOVEMENT SKILLS**

**Answer ALL questions. This section carries 20 marks.**

- 9. A student is practising throwing a ball.
  - a. Explain how motor programmes help the student perform a consistent throw. (2)
  - b. Classify **TWO** movement-related abilities the student uses during the throw. (2)
  - c. Explain how schema theory allows the student to adapt the throw to different distances. (2)
  - d. Give **ONE** type of guidance the coach could use when practising the throw, and explain why it would help. (2)
  - e. Briefly discuss the importance of feedback in improving the throw. (2)
- 10. In a PE lesson, some students watch a skilled peer demonstrate a basketball pass.
  - a. Explain how observational learning could help the students learn the passing technique. (2)
  - b. Analyse how motivation can affect the rate of skill acquisition in this peer demonstration. (2)
  - c. Discuss, by giving a clear example, **ONE** way the passing skill could transfer to another sport or activity. (2)
- 11. A student is learning to perform a gymnastics forward roll. The coach uses demonstrations and encourages repetition.
  - a. Identify the stage of learning this student is most likely in. Justify your answer. (2)
  - b. Describe, by using examples, **TWO** types of practice the coach could use to improve the forward roll. (2)

**(Total: 20 marks)**

### **SECTION D: SOCIO-CULTURAL STUDIES**

**Answer TWO questions. Each question carries 7.5 marks. This section carries 15 marks.**

- 12. Sport is defined as an "institutionalised competitive activity" and can be classified into different categories such as Games, which can be further classified into invasion, net/wall, striking/fielding, target and combat activities.
  - a. Define the term institutionalised in this definition. (2)
  - b. From the game categories listed above:
    - i) Choose **TWO** different categories and give **ONE** sporting example for **each** category. (2)
    - ii) State **ONE** characteristic of games that applies to **both** examples chosen. (1.5)
  - c. By providing an example, explain **ONE** way in which sportsmanship contributes to fair and ethical participation in sport. (2)

***Please turn the page.***

13. The Aquatic Sports Association of Malta (ASA) has played an important role in the development of swimming and water polo in Malta.
- Name the first **TWO** waterpolo clubs in Malta affiliated with the Aquatic Sports Association. (1)
  - Explain how Malta's geographical position contributed to the development of aquatic sports. (1)
  - Mention **ONE** way how British colonial rule influenced the development of water polo in Malta. (1)
  - Identify **ONE** role of the Aquatic Sports Association of Malta. (1)
  - Explain how the role mentioned in 13d. helped raise standards in swimming or water polo. (2)
  - Explain **ONE** way in which water polo influenced the development of swimming in Malta. (1.5)
14. This question relates to the structure, organisation and symbols of the Olympic Movement as outlined in the Olympic Charter.
- Identify **TWO** roles of the International Olympic Committee (IOC) within the Olympic Movement. (2)
  - State **ONE** responsibility of an International Federation (IF) in relation to its sport. (1.5)
  - Explain **ONE** role of a National Olympic Committee (NOC) in preparing athletes for the Olympic Games. (2)
  - By referring to an Olympic symbol, explain how it represents the values or mission of the Olympic Movement. (2)

**(Total: 15 marks)**