



L-Università
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2026 MAIN SESSION**

SUBJECT: **Physical Education**
PAPER NUMBER: I – Level 1-2-3
DATE: 30th April 2026
DURATION: 2 hours 5 minutes

FOUR compulsory sections. Answer **ALL** sections.

SECTION A – OUTDOOR

Answer **ALL** questions.

1. Tick the contents found in a First Aid kit.

(4)

☐	Triangular bandages
☐	Map

☐	Thermal blanket
☐	Pain killer tablets

☐	Elastic bandages
☐	Disposable gloves

2. a. Identify the **FOUR** landmarks on this map.

(4)

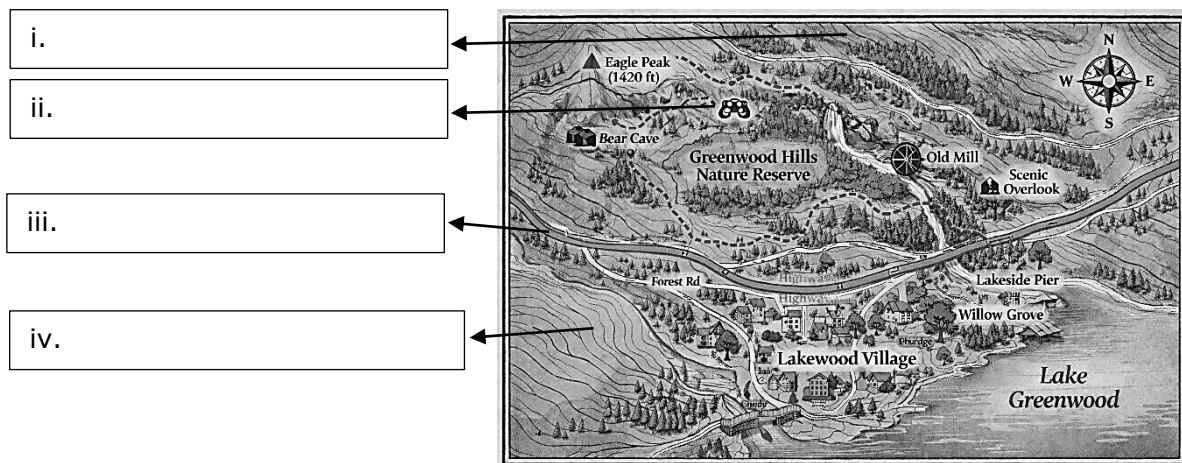


Figure 1: AI generated

b. Name **THREE** outdoor activities.

(3)

Please turn the page.

3. Describe the treatment of the following soft tissue injuries.

a. Bruise:

_____ (2)

b. Strain:

_____ (2)

c. Cut:

_____ (2)

4. How would the below example of a soft tissue injury be treated? Include any items used from the first aid kit to treat it.

Abrasion: _____

_____ (4)

5. Explain the benefits outdoor experiences have on an active life.

_____ (4)

(Total: 25 marks)

SECTION B - TEAM SPORT 1

Answer **ALL** questions.

Choose **ONE** of the following sports and answer **ALL** the questions that follow. Circle your chosen sport.

volleyball	netball	handball
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6. a. Identify **ONE** type of pass.

_____ (2)

b. List **ONE** basic rule associated with passing in the chosen sport.

_____ (1)

7. Explain **ONE** quality of a games official by providing an example.

_____ (2)

8. Describe **ONE** form of defensive play.

_____ (4)

9. a. List **TWO** ways of providing team support.

i. _____ (1)

ii. _____ (1)

b. Describe **ONE** benefit of the team support mentioned in 9a.

_____ (2)

10. Mention **ONE** other form of defensive play.

_____ (2)

Please turn the page.

11. a. Name **TWO** different officials in the sport chosen on page 2.

i. _____ (1)

ii. _____ (1)

b. Explain the roles of the **TWO** officials listed in 11a.

_____ (4)

12. Describe **TWO** instances when an official calls a violation.

_____ (4)

(Total: 25 marks)

SECTION C – TEAM SPORT 2

Choose **ONE** of the following sports and answer **ALL** the questions that follow. Underline your chosen sport.

<u> </u> basketball	<u> </u> football	<u> </u> rugby
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13. Identify **ONE** form of defensive play.

_____ (1)

14. a. Describe **ONE** form of ball control when receiving a pass from a teammate.

_____ (2)

b. Compare and contrast defensive play in the sport of your choice.

(4)

15. a. Name the governing body of the chosen sport.

(1)

b. Briefly describe **ONE** role of the governing body mentioned in 15a.

(2)

16. Explain with examples how the governing body mentioned in 15a. changes rules of the game.

(6)

17. Apply **TWO** officiating rules which take place when there is excessive contact on the player with the ball.

(4)

Please turn the page.

18. a. Can a substituted player re-enter the match at a later stage in the chosen sport?

_____ (1)

b. What is the minimum number of players in a team allowed for the game to continue in the chosen sport?

_____ (2)

c. Explain **ONE** rule applied in relation to showing disrespect towards an opponent in the chosen sport.

_____ (2)

(Total: 25 marks)

SECTION D - INDIVIDUAL SPORT

19. a. Identify **TWO** planes in gymnastics which go through the three levels of movement.

i. _____ (1)

ii. _____ (1)

b. List **TWO** artistic gymnastics events for females.

i. _____ (1)

ii. _____ (1)

20. Explain the following skills as used in gymnastics.

a. Backward roll:

_____ (2)

b. Front walkover:

(2)

21. List **TWO** basic rules in scoring in Badminton.

i. _____ (1)

ii. _____ (1)

22. a. Which governing body is responsible for badminton in Malta?

(1)

b. How many sets are played in a badminton game?

(1)

23. How many points need to be scored to win a singles game of table-tennis?

(1)

24. Describe **ONE** type of equipment required for artistic gymnastics events for males **or** females.

(2)

25. a. List **FOUR** elements of dance.

i. _____ (1)

ii. _____ (1)

iii. _____ (1)

iv. _____ (1)

Please turn the page.

.....

b. Describe the term 'use of floor' and 'stillness' in dance.

_____ (4)

26. a. How many service tries does a server get to perform a good serve in tennis?

_____ (1)

b. Describe the role of a line judge in tennis.

_____ (1)

(Total: 25 marks)



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**SECONDARY EDUCATION CERTIFICATE LEVEL
2026 MAIN SESSION**

SUBJECT:	Physical Education
PAPER NUMBER:	II – Level 1-2
DATE:	30 th April 2026
DURATION:	2 hours 5 minutes

Answer **ALL** sections.

SECTION A: SPORTS AND ACTIVITIES

Answer **ALL** questions.

1. a. Name the **FOUR** phases of a basic high jump.

i. _____ (0.5)

ii. _____ (0.5)

iii. _____ (0.5)

iv. _____ (0.5)

b. Describe the arm action in the backstroke.

_____ (2)

2. a. What soft tissue injuries are the following?



Figure 1: Injuries | *Istock photo*



Figure 2: Injuries | *Adobe Stock*

i. _____

ii. _____ (2)

Please turn the page.

b. The following is a sign set up at the start of a trekking route.

The trekking route marked yellow, is for moderately experienced hikers. This route will take you through the alpine meadows before climbing along a narrow ridge sweeping views of the valley below. The Pine forests provide cool shade, and the trail is well marked. In this route there might be loose scree near the summit and rocks may shift underfoot. Trekking poles are strongly recommended.

From the sign above, identify **ONE** hazard in this route.

_____ (2)

3. For the following question choose **ONE** team sport from Volleyball, Netball **or** Handball and answer the questions below.

Sport chosen: _____

a. Identify **ONE** defensive play.

_____ (1)

b. Describe the defensive play mentioned in question 3a.

_____ (2)

c. Name **ONE** basic rule in this sport.

_____ (1)

4. Choose **ONE** team sport from Basketball, Football **or** Rugby and answer the questions below.

Sport chosen: _____

a. Identify **ONE** form of passing.

_____ (1)

b. Describe the pass mentioned in the question 4a.

_____ (2)

c. Name **ONE** quality an official should have.

_____ (1)

5. a. Outline **ONE** type of attack in **either** Badminton, Table-tennis **or** Tennis.

_____ (2)

b. List **TWO** artistic gymnastic events from the female categories.

i. _____ (1)

ii. _____ (1)

(Total: 20 marks)

SECTION B: HEALTH AND WELLBEING

Answer **ALL** questions.

6. a. Define well-being.

_____ (1)

b. List **THREE** benefits of mental health.

i. _____ (1)

ii. _____ (1)

iii. _____ (1)

7. List a type of food rich in:

i. Carbohydrates: _____ (1)

ii. Fats: _____ (1)

iii. Proteins: _____ (1)

iv. Vitamins: _____ (1)

8. Describe **TWO** factors which may affect the caloric intake of a 16-year-old.

_____ (2)

9. List **TWO** symptoms of Bulimia Nervosa

i. _____ (1)

ii. _____ (1)

10. Describe **TWO** ways to keep a good level of personal hygiene in sport.

_____ (2)

11. Complete the table below.

	Somatotype	Characteristics
i.		
ii.		
iii.		

(6)

(Total: 20 marks)

SECTION C – ANATOMY AND PHYSIOLOGY

Answer **ALL** questions.

12. List the **FOUR** types of bones found in the human body.

i. _____ (0.5)

ii. _____ (0.5)

iii. _____ (0.5)

iv. _____ (0.5)

13. Define synovial/freely moveable joints.

_____ (2)

14. Define gaseous exchange.

(2)

15. List **TWO** blood vessels.

i. _____ (1)

ii. _____ (1)

16. Describe **TWO** different methods of recovery.

i. _____

(2)

ii. _____

(2)

17. Describe **ONE** action of a muscle group in the context of a sport of your choice.

(2)

18. Describe the function of the respiratory system.

(3)

19. Describe the immediate effects of exercise on the cardio respiratory system.

(3)

(Total: 20 marks)

SECTION D – THEORY OF TRAINING AND FITNESS TESTING

Answer **ALL** questions.

20. List **FOUR** types of sport injuries.

- i. _____ (1)
- ii. _____ (1)
- iii. _____ (1)
- iv. _____ (1)

21. State whether the following statements are True (T) or False (F).

- i. Speed is best suited for marathon runners. _____ (0.5)
- ii. Endurance is measured through the Illinois test. _____ (0.5)
- iii. Agility does not involve changing direction. _____ (0.5)
- iv. Agility is particularly necessary in chess. _____ (0.5)

22. Overload and Reversibility are **TWO** principles of training. Define **each** one by also giving an example.

- i. _____

_____ (2)

- ii. _____

_____ (2)

23. a. Explain the term 'balance' in sport by using an example in a sport of your choice.

- _____

_____ (2)

b. Explain static strength using an example in sport.

(4

24. Describe fartlek training and altitude training.

i. _____

_____ (2)

ii. _____

(2)

(Total: 20 marks)

SECTION E: SPORT AND SOCIETY

Answer **ALL** questions.

25. List **TWO** different levels of sport.

i. _____ (1)

ii. _____ (1)

26. List **FOUR** different types of competition.

i. _____ (1)

ii. _____ (1)

iii. _____ (1)

iv. _____ (1)

27. Describe how media influences sporting activities.

(2

28. List **TWO** values associated with sports.

i. _____ (1)

ii. _____ (1)

(Total: 10 marks)

SECTION F: SPORT PSYCHOLOGY AND SKILLS ACQUISITION

Answer **ALL** questions.

29. What is the difference between a basic skill and a complex skill? Give an example for **each** to support your answer.

(4)

30. Describe the following psychological factors that influence sports performance.

a. Aggression: _____

_____ (2)

b. Motivation: _____

_____ (2)

31. In SMART, S stands for specific. What do 'M' and 'T' stand for? Define their meaning.

'M': _____ (1)

'T': _____ (1)

(Total: 10 marks)



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**SECONDARY EDUCATION CERTIFICATE LEVEL
2026 MAIN SESSION**

SUBJECT:	Physical Education
PAPER NUMBER:	II – Level 2-3
DATE:	30 th April 2026
DURATION:	2 hours 5 minutes

Answer **ALL** sections.

SECTION A: SPORTS AND ACTIVITIES

Answer **ALL** questions.

1. a. Name **ONE** swimming stroke, which uses a push off dive from the swimming block.

_____ (1)

- b. Describe the technique used to clear the bar in a high jump.

_____ (2)

- c. Name a release technique in the Discus throw.

_____ (1)

2. a. Match with an arrow the first aid items to **TWO** specific injuries.

(2)

First Aid		Injury
Bandages		Treating hypothermia
		Dislocated finger
Thermal Blanket		Concussion
		An ankle sprain injury

- b. Describe **TWO** ways how to actively contribute towards a trekking experience.

_____ (2)

Please turn the page.

3. Choose **ONE** team sport from Volleyball, Netball **or** Handball and answer the below question.

Sport chosen: _____

Compare and contrast forms of defensive play in the chosen sport.

_____ (4)

4. Choose **ONE** team sport from Basketball, Football **or** Rugby and answer the below question.

Sport chosen: _____

- a. Identify **TWO** forms of shooting/scoring in the chosen sport.

i. _____ (1)

ii. _____ (1)

- b. Explain using examples **TWO** roles of a referee.

_____ (2)

5. a. Choose **ONE** sport from Artistic Gymnastics **or** Educational Dance and answer the below question. Sport chosen: _____

Describe the term Spatial Awareness in the chosen sport. Give an example to support your answer.

_____ (2)

- b. Choose **ONE** sport from Badminton, Table-tennis **or** Tennis and answer the below question.

Sport chosen: _____

Outline **ONE** type of serve used at the beginning of the game.

_____ (2)

(Total: 20 marks)

SECTION B: HEALTH AND WELLBEING

Answer **ALL** questions.

6. Describe the importance of maintaining a healthy lifestyle.

(4

7. Briefly describe caloric energy intake vs energy expenditure.

(2

8. Explain how participation in physical activity can improve health:

i. Physical health _____ (1

ii. Mental health_____ (1

iii. Social health_____ (1

9. Explain how obesity may affect performance in sport.

Please turn the page.

10. Choose a sporting activity and discuss its dietary requirements.

(3)

11. Discuss **TWO** ways how one can avoid infections when participating in sports.

(4)

(Total: 20 marks)

SECTION C – ANATOMY AND PHYSIOLOGY

Answer **ALL** questions.

12. Define blood pressure.

(2)

13. Describe **ONE** action of a muscle group in the context of a sport of your choice.

(2)

14. Describe the blood vessels.

(2)

15. Describe the main parts of the cardiovascular system.

(2)

16. Explain how the resting heart rate is influenced by exercise.

(3)

17. Describe systolic blood pressure.

(3)

18. Explain how the cool down process help the recovery process.

(3)

19. Label Diagram 1 with **THREE** of the major bones of the human skeleton. (3)

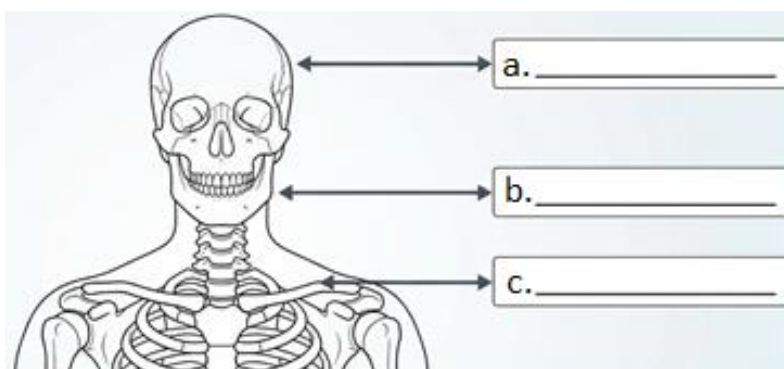


Diagram 1: AI generated

(Total: 20 marks)

Please turn the page.

SECTION D – THEORY OF TRAINING AND FITNESS TESTING

Answer **ALL** questions.

20. Explain the term 'balance' in sport by using an example in a sport of your choice.

(2)

21. Give **ONE** recommended health and safety measure to be taken in favour of the well-being of the athletes during a sporting event.

(2)

22. Apply the principle of Specificity in a sport of your choice. Sport chosen: _____

(5)

23. Plan a muscular endurance training session.

(4)

24. Explain **ONE** way to treat a sport injury.

(3)

25. Describe Fartlek training as a way to prepare for participation in speed events in athletics.

(4)

(Total: 20 marks)

SECTION E: SPORT AND SOCIETY

Answer **ALL** questions.

26. Discuss by providing **FOUR** examples, how sporting values contribute to society.

(4)

27. Explain **ONE** disadvantage of a knockout competition.

(1)

28. Discuss the role of the Malta Olympic Committee (MOC) at an international level.

(3)

29. Describe how media influences sporting activities.

(2)

(Total: 10 marks)

SECTION F: SPORT PSYCHOLOGY AND SKILLS ACQUISITION

Answer **ALL** questions.

30. What is the difference between a basic skill and a complex skill? Give an example for **each** to support your answer.

(4)

31. Describe the following psychological factors that influence sports performance.

a. Aggression: _____
_____ (2)

b. Motivation: _____
_____ (2)

32. Explain skills in sport.

(2)

(Total: 10 marks)