

Topical Answer

- The First Exam in English

Time:1 Hour and Half.

First year :2025/2026

Question 01:

Under light what you studied explain the **following terms: 05 M**

Speed:

Ability to move the body or a body part quickly.
Performing movements in the shortest possible time.

- Motivation:

Inner drive that encourages participation in physical activity
Desire to learn, improve, and perform skills.

- Fitness:

Ability of the body to perform physical activities efficiently.
Includes strength, endurance, flexibility, and speed.

- Balance:

Ability to maintain body stability while standing or moving.
Control of body position during different activities.

- Agility:

Ability to change direction quickly and accurately
Combination of speed, balance, and coordination

Question 02: Match each term to its appropriate context. 05 M

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|------------------------|---|--|
| 01-ESP | → | 01 -is an approach to English language teaching and learning that focuses on teaching English for a particular purpose or specific field. |
| 02-Role-Playing | → | 02 -The ability of the body to sustain prolonged physical activity. |
| 03 -Endurance | → | 03 -is a physical quality that refers to the ability to change direction quickly and accurately |
| 04-Agility | → | 04 -The ability to choose the right moment to initiate or terminate a movement. |
| 5-Timing | → | 05 -Energy and physiological capacity |
| | → | 06 -where athletes practice various communication scenarios, such as addressing the media, motivating teammates, or resolving conflicts |

Question03: Explain what is the difference between physical qualities and motors skills. **5 M**

Difference between Physical Qualities and Motor Skills:

Physical Qualities:

Natural and developed physical abilities of the body

Related to physical fitness and performance capacity

Include strength, speed, endurance, flexibility, endurance.

Develop through training and physical activity

Motor Skills:

Learned movement patterns performed to achieve a specific goal

Require coordination between muscles and the nervous system

Include skills such as running, jumping, throwing, balance, and kicking

Improve through practice, learning, and repetition.

... **Question 04:**

In a paragraph explain the importance of physical education in school. **5 M**

Student have to mention 5 elements .

- ✓ Importance of Physical Education in School (in points):
- ✓ Develops students' physical fitness and overall health
- ✓ Improves motor skills and body coordination
- ✓ Encourages healthy lifestyle habits
- ✓ Enhances social skills such as teamwork and cooperation
- ✓ Builds self-confidence and positive behavior
- ✓ Supports mental, emotional, and academic development