

## 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.

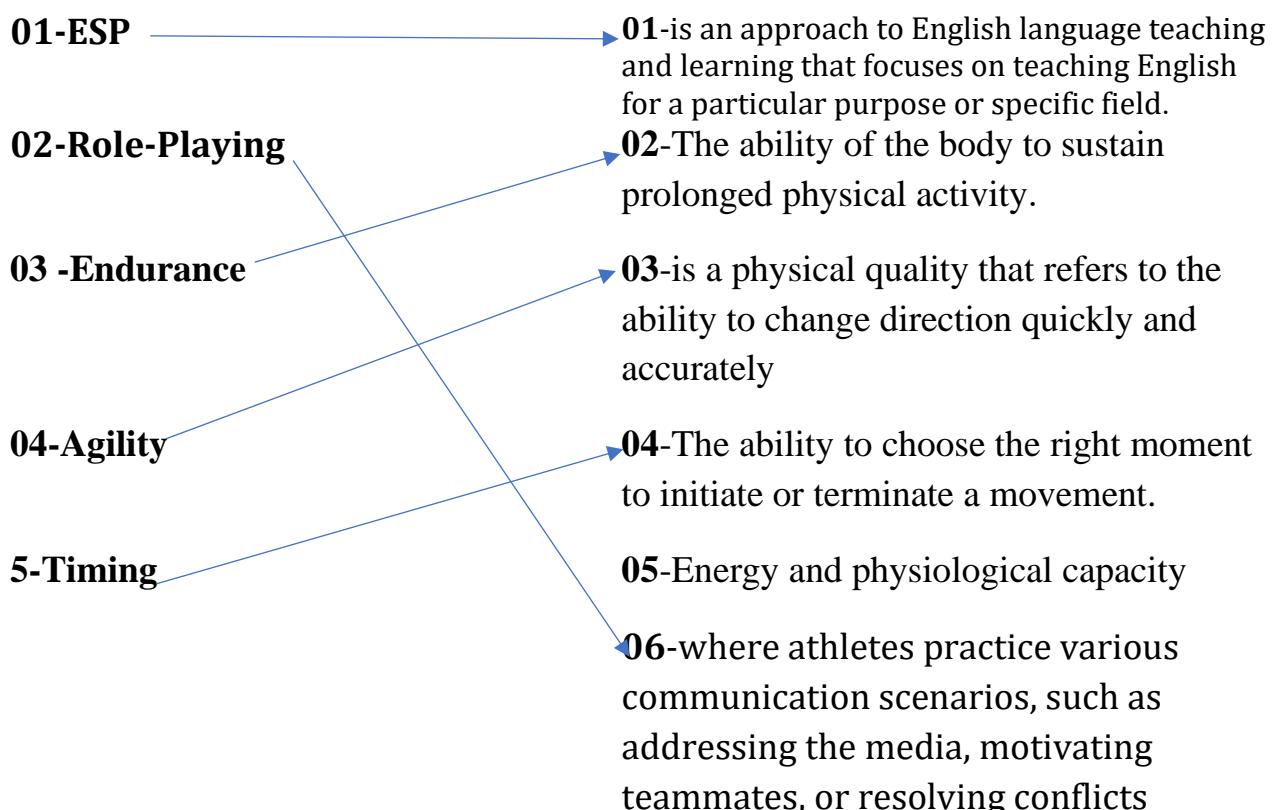
Control of body position during different activities.

#### **- 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



**Quetion03:** 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.

... **Quetion 04:**

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

Student have to mention 5 elements .

- ✓ mportance 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

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**Good luck**