

- The first exam in English **Time:1 hour and half.**

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Second year of bachelor's degree 2025/2026

The typical answer

Exercise 1:5M

explain the following terms:

curriculum: is a planned set of learning experiences organized by schools

physical Education:Physical Education is "education through the physical". It aims to develop students' physical competence and knowledge of movement.

Scoring: The act of earning points or goals in a sport

Free Throw: The team or player attempting to prevent the opposing team from scoring

Competition: A contest or tournament involving multiple participants or teams

Exercise 02:

Fill in the gaps with the appropriate word :

Dr. James Naismith, injury prevention rapid movements,makes decisions, understand,hard,position,communication skills,role-playing.

A - Improving **communication skills** in sports is essential for both athletes and coaches to ensure effective teamwork, understanding, and performance

b Engage in **role-playing** exercises where athletes practice various communication scenarios, such as addressing the media, motivating teammates, or resolving conflicts .

c- Speed is essential in sports and activities that require **rapid movements** such as sprinting, agility drills, or certain sports like track and field.

d- Flexibility is important for **injury prevention**, efficient movement, and overall functional mobility.

e- The game of basketball as it is known today was created by **Dr. James Naismith** in December 1891 in Springfield, Massachusetts, to condition

Exercise 3:

we know which is physical education important for pupils in primary school. what are the characteristics of physical education in this stagejustify.

Characteristics of Physical Education in Primary School: student have to mention 5 elements.

- Development of basic motor skills
- Use of play and enjoyable activities
- Consideration of pupils' growth characteristics
- Development of physical fitness and health
- Development of social skills
- Building positive attitudes toward physical activity
- Emphasis on safety and security

Good luck
D.bendakfal