

- The first exam in English

Time: 1 hour and half.

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 stage justify.

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  
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