

# PRIMARY TEACHER EDUCATION

## PHYSICAL EDUCATION

1014

P1 PHYSICAL EDUCATION

MOCK EXAM

MARCH/APRIL 2019

TIME: 2HOURS 30 MINUTES

### INSTRUCTIONS TO CANDIDATES

Answer *ALL* the questions in section *A*.

Answer any *TWO* questions from section *B*.

Answers *MUST* be written in the spaces provided in this booklet.

Do *NOT* remove any pages from this booklet.

*Candidates should answer the questions in English.*

*For Official Use Only*

<i>SECTION</i>	<i>QUESTION</i>	<i>MAXIMUM SCORE</i>	<i>CANDIDATE'S SCORE</i>
<i>A</i>	<i>1</i>	<i>11</i>	
	<i>2</i>	<i>08</i>	
	<i>3</i>	<i>15</i>	
	<i>4</i>	<i>14</i>	
	<i>5</i>	<i>12</i>	
<i>B</i>	<i>6</i>	<i>20</i>	
	<i>7</i>	<i>20</i>	
	<i>8</i>	<i>20</i>	
<i>TOTAL SCORE: 100</i>			

### SECTION A: 60 MARKS

1. (a) State three psychological benefits of physical activities to an individual. (3 marks)
- (b) Explain the meaning of manipulative skills. (2 marks)
- (c) State four similarities between discus and shot put throws. (2 marks)
- (d) Identify factors to consider when planning for a cross country event. (4 marks)

2. (a) Describe the following terms as applied in gymnastics.
- Weight transfer. (1 mark)
  - Body awareness (1 mark)
- (b) Name two elements of rhythm in a dance. (2 marks)
- (c) Outline three safety precautions to be observed in a swimming pool.(3 marks)
3. (a) Name two common injuries to the joints.(2 marks)
- (b) State any two signs and symptoms of asphyxia. (2 marks)
- (c) Describe the treatment of fainting.(5 marks)
- (d) Identify four environmental factors that affects performance in sports. (2 marks)
- (e) Outline four benefits of physical fitness to an individual.(4 marks)
4. (a) State the main roles of the following during a game of rounders.
- Batsman umpire.(1 mark)
  - Bowler's umpire. ( 1 mark)
- (b) State the main teaching points of pitching in a game of softball. (4 marks)
- (c) Outline three ways of scoring in rugby. (3 marks)
- (d) Cite two possible injuries that can occur during a tug of war contest. (2 marks)
- (e) State three advantages of a league cum knock out tournament. (3 marks)
5. (a) Outline ways of including learners with special needs in a basketball game. (3 marks)
- (b) Explain the components of the development part of a practical Physical Education lesson. (5 marks)
- (c) State four aspects that a teacher should assess in learners during an outdoor lesson. (4 marks)

## SECTION B: 40 MARKS

Answer any **TWO** questions in this section in the spaces provided.

6. (a) (i) Explain the following time rules as used in basketball.
- 30 seconds. (1 mark)
  - 8 seconds. (1 mark)
  - 24 seconds. (1 mark)
- (ii) Describe how the following points are awarded.
- 1 pointer. (1 mark)

- 2 pointer. (1 mark)
  - 3 pointer. (1 mark)
- (iii) Outline the teaching points of a jump shot in basketball.( 4 marks)
- (b) (i) Define the skill of dribbling in a game of soccer. (2 marks)
- (ii) Give the importance of the skill named in (i) above. (2 marks)
- (iii) Outline the rules governing throwin in soccer. (4 marks)
- (iv) Mention two instances when a player may handle the ball without being penalized. (2 marks)
7. (a) (i) Give four characteristics of a netball ball. (4 marks)
- (ii) Outline the dimensions of the following parts of a netball court.
- Sideline. (1 mark)
  - Goal circle. (1 mark)
- (iii) State penalties awarded in the game of netball. (4 marks)
- (b) (i) Outline 5 fouls related to ball handling in the game of hockey. (5 marks)
- (ii) Give 3 roles of a goalkeeper during a game of hockey.(3 marks)
- (iii) State four forms of protective gear used by the goalkeeper during a game hockey. (4 marks)
8. (a) (i) Identify 3 punishments that can be awarded to a player in the game of handball. (3 marks)
- (ii)Outline four defensive strategies that can be applied in the game of handball. (4 marks)
- (ii) State three roles of the international handball federation. ( 3 marks)
- (b) (i) Draw a well labelled volleyball court and indicate the playing positions at the start of the game. ( 6 marks)
- (ii) Describe the receiving technique applied in a game of volleyball.( 4 marks)