

**PHYSICAL EDUCATION MOCK EXAMINATION**

**MARCH 2019**

**2 ½ HOURS**

**INSTRUCTIONS TO CANDIDATES**

*This paper consists of TWO sections; Section **A** and **B**.*

*Answer **ALL** questions in Section **A**.*

*Answer any **TWO** questions in Section **B**.*

*Do not remove any pages from this booklet.*

**Candidates should answer the questions in English.**

**For Examiner's Use Only**

<b>Section</b>	<b>Question</b>	<b>Maximum Score</b>	<b>Candidate's Score</b>
<b>A</b>	<b>1</b>	<b>12</b>	
	<b>2</b>	<b>11</b>	
	<b>3</b>	<b>13</b>	
	<b>4</b>	<b>12</b>	
	<b>5</b>	<b>12</b>	
<b>B</b>	<b>6</b>	<b>20</b>	
	<b>7</b>	<b>20</b>	
	<b>8</b>	<b>20</b>	
<b>Total Score</b>			

**SECTION A** (60 marks)

*Answer **ALL** the questions in this section in the spaces provided.*

1. (a) Identify **four** roles of physical activities to the Kenyan communities during the pre-colonial era (4mks)
- (b) Cite three examples of manipulative skills in Physical Education.(4mks)
- (c) Study the table below and answer the question that follows

<b>ATHLETE</b>	<b>HEIGHT</b>							<b>FAILURES</b>	<b>JUMP OFFS</b>			<b>POSITION</b>
	<b>1.75M</b>	<b>1.80M</b>	<b>1.84M</b>	<b>1.88M</b>	<b>1.99M</b>	<b>1.94M</b>	<b>1.97M</b>		<b>1.94M</b>	<b>1.92M</b>	<b>1.94M</b>	
JOHN	0	X0	0	X0	X-	XX		2				

BEN	-	X0	-	XO	-	-	XXX	2				
DICK	-	0	X0	XO	-	XXX		2				
TOM	-	X0	X0	XO	XXX			3				
NJORO	-	XX0	XO	XO	XXO	XXX		6				

List the athletes by their positions.(5mks)

2. (a) Name any **three** pieces of equipment that may be used in performance of Gymnastics activities. (3mks)

(b) What comprises a good landing technique while performing a fly-spring? (3 mrks)

(C) State any **three** reasons why participation in dance is beneficial to an individual. (3 mrks)

(d) Cite any three teaching points you would emphasis in teaching a beginner how to swim. (3 mrks)

3. (a) Explain the acronym RICES as used in First Aid. (4mks)

(b) Identify any **three** characteristics of a synovial joint. (3mks)

(c) Explain the benefits of regular participation in sports to the muscular system. (3 mrks)

(d) Explain the following concepts as used in training. (3mks)

(i) Intensity

(ii) Frequency

(ii ) Overload principle.

4. (a) Identify any two skills used by the fielders in a Rounders game. (2 mrks)

- (b) Mention any **three** equipments which are placed on the Softball court.  
(3 mrks)
- (c) Cite any **two** instances when a judge may not allow for a rest period between pulls during a Rope Tug-of- War contest. (2mks)
- (d) Name any **three** ways in which a team may score points during a game of Rugby.  
(2 mrks)
- (e) Cite the Legal defenses the teacher may use in case of the following situations;  
(3 mrks)
- (i) When helping a child to cross the road , the child is knocked down by a car.
- ii)when the teacher is in class strong wind destroys the roof of a classroom and a child is injured.
- (iii) A player is knocked by a cork in a Hockey game and loses two teeth.
5. (a) Extract the Development part of a sample lesson plan you would use when teaching the sub-topic 'instep-kick' to STD 7 class.(6mks)
- (b) What are the key aspects to be assessed in a pupil's progress record for Physical Education? (6 mrks)

#### SECTION B (40 marks)

*Answer **TWO** questions in this section.*

- 6 (a) (i) Describe any **five** jump ball situations in the game of Basketball.  
(5 mrks)
- (ii) Highlight **four** violations that can be committed by a player during a game of Basketball. (4 mrks)
- (b) (i) Explain the function of the penalty arc on a soccer pitch.(1 mrk)
- (ii) List down any **four** duties of the referee in a game of Soccer. (4 mrks)

(iii) State any **five** good qualities of a stopper **in** the game of Soccer. (5 mrks)

7. (a) (i) Outline any **two** roles of an effective center player in a game of Netball. (2 mrks)

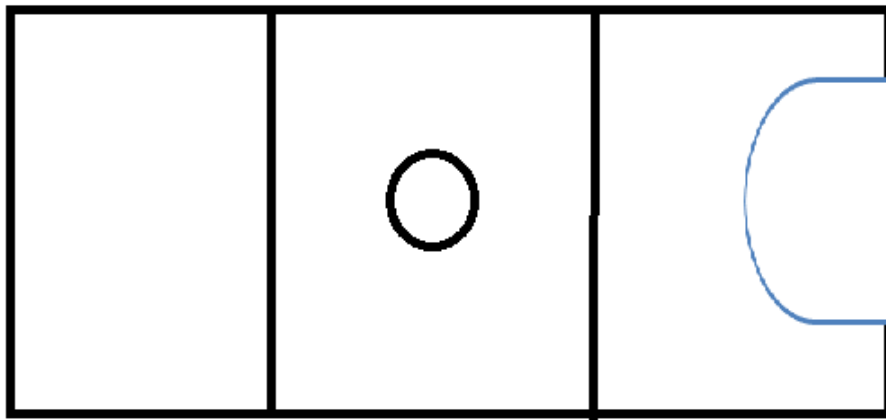
(ii) Explain the following terms as used in the game of Netball; (3 mrks)

(i) Interception

(ii) Attack

(iii) Feinting

(b) The figure below shows part of a Netball court. Use it to answer the questions that follow.



(iii) State **two** instances when the part marked 'P' is used during the game of Netball. (2 mrks)

(iv) Identify the players who are not allowed in the area marked 'Q' during a game of Netball. (3 marks)

(b) (i) State **three** functions of a shooting circle during a Hockey match. (3 mrks)

(ii) Give **three** characteristics of a field Hockey ball. (3 mrks)

(iii) Describe the procedure of taking a penalty corner. (4mks)

8. (a) (i) Outline **three** conditions to be observed during a free throw in a game of Handball. (3 mrks)

(ii) Give **four** strategies that a team may use to initiate a successful attack in the game of Handball. (4 mrks)

(iii) State the use of the following cards in Handball; (3mks)

(i) Green card

(ii) Blue card

(iii) Red card

(b) (i) State **two** situations when a team is declared at default in the game of Volleyball.(2 mrks)

(ii) Outline any **three** factors that make the game of Volleyball popular in Kenya. (3 mrks)

(iii) A volley pass is a skill used in the game of volleyball. Describe the procedure of executing it.(5mrks)

END