

**PHYSICAL EDUCATION  
PTE MOCK EXAMINATION  
APRIL 2019  
TIME: 2 ½ HRS**

**INSTRUCTION TO CANDIDATES**

1. *This paper consist of TWO sections, A & B*
2. *Answer all questions in section A*
3. *Answer any TWO questions in section B*

**FOR OFFICIAL USE ONLY**

<b>SECTION</b>	<b>Question</b>	<b>Max. score</b>	<b>Candidates score</b>
A	1	12	
	2	11	
	3	13	
	4	12	
	5	12	
B	6	20	
	7	20	
	8	20	
	Total score		

**SECTION A (60 MARKS)**

***Answer all questions in this section in the space provided***

1. (a) Mention two health importance of physical education and sports (2mks)

\_\_\_\_\_

- (b) Differentiate between locomotor and non-locomotor activities giving two examples for each (4mks)

\_\_\_\_\_

- (c) With examples explain the following terms as used in gymnastics (6mks)

(i) Balances \_\_\_\_\_

(ii) Vaults \_\_\_\_\_

(iii) Tumbling \_\_\_\_\_

2. (i) A part from apparatus and equipment being a cause of injuries, state any other three causes of injuries during physical education and sports (3mks)

---

(ii) The most common first-aid treatment of muscle injuries is referred to as RICE state what each of the letter stands for (4mks)

---

(iii) Highlight four responsibilities of a first aider (4mks)

---

3. (a) State four factors that make dance an integral part of physical education (2mks)

---

(b) Explain the following training methods in physical education and sports

(i) Interval training \_\_\_\_\_

(ii) Weight training \_\_\_\_\_

(iii) Cross training \_\_\_\_\_

(c) Identify any two rules that govern safe swimming during a swimming lesson (2mks)

---

(d) (i) state four emerging issues that are addressed in the teaching athletics. (4mks)

---

(ii) Name two methods used to exchange batons during relays (2mks)

---

4. (a) Explain the roles of the following players in a game of rounders (2mks)

(i) Backstop \_\_\_\_\_

(ii) Deep fielders \_\_\_\_\_

(b) Identify two instances that make it necessary for an umpire to call for a 'no pitch' during a game of soft ball (2mks)

---

(c) Define the following terms used in rugby (3mks)

i) Line out \_\_\_\_\_

ii) Scrum \_\_\_\_\_

iii) Conversion \_\_\_\_\_

(d) Give two reasons for spacing pullers appropriately during a tug of war contest (2mks)

---

(e) Explain three importance of evaluation in physical education lesson (3mks)

---

5. (a) State any four roles of physical education teacher in the application stage of a lesson plan (2mks)

---

(b) Explain what you would do in each of the following stages involved in a physical education lesson plan (10mks)

i) Introduction \_\_\_\_\_

ii) Development \_\_\_\_\_

iii) Application \_\_\_\_\_

iv) Conclusion \_\_\_\_\_

v) Evaluation \_\_\_\_\_

**SECTION B (40 MARKS)**

***Answer any two questions from this section***

6. (a) (i) Name four types of shooting skills that can be used in a game of basketball (4mks)

---

(ii) In a single round robin league in basketball the number of participating teams were 10, determine the number of matches that were played (5mks)

---

(b) State any five rules that govern a goalkeeper operation during a soccer competition (5mks)

---

(c) State two functions for each of the following markings in soccer pitch (6mks)

(i) Goal area \_\_\_\_\_

(ii) Penalty area \_\_\_\_\_

(iii) Centre circle \_\_\_\_\_

(iv) Halfway line \_\_\_\_\_

- (v) Corner arc \_\_\_\_\_
- (vi) Penalty arc \_\_\_\_\_

7. (a) Write five teaching points for bounce pass in a game of net ball (5mks)

\_\_\_\_\_

(b) State any five roles of the two umpires during a game net ball (5mks)

\_\_\_\_\_

(c) Identify four instances that may lead the umpire to blow the whistle in a game of hockey (4mks)

\_\_\_\_\_

(d) The goalkeeper is the last line of defense during a game of hockey. List any six equipment that are required for his or her protection (6mks)

\_\_\_\_\_

8. (i) State five teaching points for a lay up shot in a game of handball (5mks)

\_\_\_\_\_

(ii) State any five rules that are applied in a game of handball (5mks)

\_\_\_\_\_

(iii) State the procedures for performing overhead services in a game of volleyball (5mks)

\_\_\_\_\_

(iv) State any three roles of a libero player during the game of volleyball (3mks)

\_\_\_\_\_

(v) State two rules that govern backcourt players during a game of volley ball (2mks)

\_\_\_\_\_