



(b) Describe the following terms as used in Handball

(i) Fanning: C.K. Jumps with both hands and legs spread out sideways. (1 mark)

(ii) Rolling substitution - Unlimited substitution. Player can come in and out as many times as is needed. (1 mark)

(c) (i) Outline conditions to observe during Free throw in Handball (3 marks)

- One foot must remain in contact with ground

- Ball thrown within 3 sec. after signal

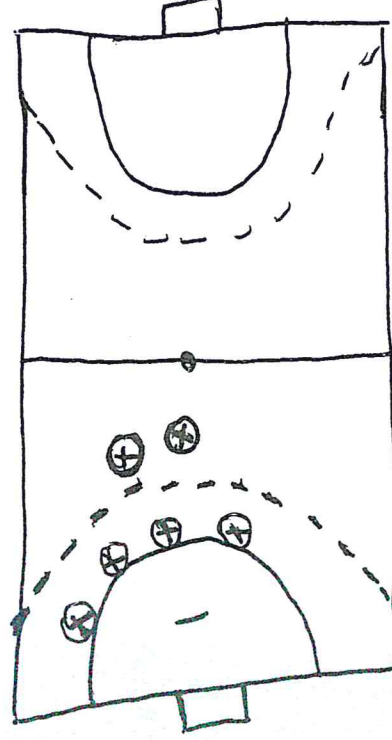
- Defenders to observe 3m from the ball

- To be taken at the point on management but outside the 9m line.

- Thrower not to touch ball or 2nd time after release

(ii) Sketch a diagram of a handball court and position players in a 4:2 defensive system (3 marks)

← Direction of play



Key (X) Defenders

- Two defenders ahead to harass and try and get the ball

- Four defenders operate as above around the D

(d) Explain the following terms as used in volleyball

(i) Ace - A score from direct service. (1 mark)

- Service that goes unreturned. (1 mark)

(ii) Screening - Blocking the path of the ball by members of the serving team. (1 mark)

(d) (i) Outline conditions to observe during Jump ball

(5 marks)

- Two players involved in jump ball to stand inside the centre circle in their court.
- Other players on either side of the court.
- Referee to toss ball between the two players.
- Ball to be tapped on its downward movement.
- If ball is not tapped, jump ball to be retaken.

(ii) Year 2 basketball team scored baskets as follows during inter-year competitions

22 infield goals

5 goals while contacting 3 pointer line

3 goals while away from 3 pointer line

15 free throws

Calculate the total number of points scored by year 2 team

(3 marks)

$$22 \times 2 = 44 \checkmark$$

$$5 \times 2 = 10$$

$$3 \times 3 = 9 \checkmark$$

$$15 \times 1 = 15 \checkmark$$

$$\hline 78 \checkmark \quad \hline 78$$

7. When is a goal valid in Hockey

(4 marks)

a. (i) - Cork centred within the D

- centred by the Attacker

- whole cork passes through the goal line, in

between goal posts, under cross bar

- No infringement committed during shooting

(ii) Explain the skills used when executing penalty stroke in Hockey

(3 marks)

- Flick - cork off the ground but at knee height

PUSH - cork travels on the ground

SCOOP - cork travels in a curve

(iii) List SIX protective equipments used by the G.K during a game of Hockey (3 marks)

- Helmet / head gear / face mask

- Chest protector - Kicker

- groin guard - Suitable foot wear

- Shin guard - with hockey stick

- Gloves

- padded shorts & Jersey

(c) Cite THREE characteristics of a rugby ball

(3 marks)

- Weighs 410-450gms
- Ball oval and made of 4 panels
- Made of leather or any suitable material.
- Air pressure 65.71 - 68.75 kPa.

(d) Highlight THREE conditions for using a substitute during a Tug of War Contest (3 marks)

- May replace any one puller.
- May be done in case of an injury.
- Replaced puller must not participate in subsequent pulling.
- Weight of substitute must be equal or less than replaced puller.
- Substitute must be registered puller.

(e) Outline THREE importance of sport ethics in inter collegiate games competition (3 marks)

- To build character.
- Promote good moral behaviour.
- To teach positive lessons.

5. (a) State THREE types of programs in the Field of Adapted physical education (3 marks)

- Adapted Programme
- Corrective Programme
- Developmental Programme

(b) Highlight SIX factors to be considered when selecting activities in a PE lesson (6 marks)

- Safety.
- Time
- Expenses involved.
- Teaching method
- Class
- Adequate supervision

(c) Describe the application stage in a PE lesson.

(5 marks)

- Learners given an opportunity to apply learnt skills.
- Suitable formation to be observed by teams.
- Game rules to be made clear to learners.
- Must be an interesting activity - climax of lesson.
- All learners must participate.
- For upper, must be a competition or minor game
- For lower can be singing game, dance, fun game or a competition.
- Teacher supervisor and officiates.
- Winner must be determined.

### SECTION A (60 MARKS)

Answer ALL the questions in this section in the spaces provided

1. (a) State the aim of Physical Education

(2 marks)

- To increase every individual's physical, mental and social and social benefits from physical activities and to develop healthy life style, skills and attitudes.

(b) List FOUR variations of single leg balance

(4 marks)

- Knee hug  
- Knee raising  
- Writting using foot  
- Holding foot against

(c) State the basic components of sprinting

(4 marks)

- Start  
- Acceleration  
- Velocity maintenance  
- Mental and Psychological aspects

(d) State the standard distances in road races in athletics

(2 marks)

- 5 km  
- 10 km  
- 15 km  
- 20 km

2. (a) Give SIX tumbling manoeuvres in gymnastics

(6 marks)

- Rolls  
- Somersaults  
- Springs  
- Balancing on hands  
- Manipulation of the body in unusual positions

(b) Identify TWO types of body balance in dance

(2 marks)

- Stable  
- Mobile for dynamic

(c) Highlight THREE equipment necessary during swimming

(3 marks)