

**1014  
P1 - PHYSICAL EDUCATION  
MOCK EXAMINATIONS  
MARCH, 2019**

**TIME: 2 HOURS**

**FOR OFFICIAL 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>		<b>100%</b>	

**SECTION 'A' – 60 MARKS**

- 1)
- a) Cite **three** emerging issues that are addressed in the teaching of Physical Education. **3mks**
- 
- b) Outline **three** instances when an attempt is considered a failure during a High jump competition. **3mks**
- 
- c) State **four** instances when the red flag may be used at a change over zone during relay in athletics. **4mks**
- 
- d) Write **two** differences between 100m race and 10,000m race. **2mks**
- 
- 2) (a)
- i. Describe **three** ways in which the operation area may lead to injuries during a gymnastic lesson. **3mks**
- 
- ii. What are the benefits of gymnastic exercise to a learner? **3mks**
- 
- b) Identify **three** types of dance. **3mks**
-

- c)
- i. Name the **two** basic methods of floatation. **2mks**
- 
- ii. Which skill would you first introduce to a learner when teaching swimming? **1mk**
- 
- 3)
- a)
- i. Explain **three** signs and symptoms of a dislocation. **3mks**
- 
- ii. Highlight **five** responsibilities of first aider. **5mks**
- 
- iii. Analyse **five** changes that occur to human lungs as a result of regular physical exercise. **5mks**
- 
- a) Give **two** match officials in rounders. **2mks**
- 
- b) Identify teaching points for scooping a rolling ball in soft ball. **3mks**
- 
- c) By use of diagrams, draw and name any **three** hand signals used in Tug-of-war. **3mks**
- d) Suggest **four** factors that determine choice of sport competition format. **4mks**
- 4)
- i. Justify improvisation in the teaching of Physical Education. **5mks**
- ii. Cite **four** ways of adapting the game of volleyball for physically challenged learners. **4mks**
- iii. Specify **three** factors that determine the choice of teaching method to be used in Physical Education. **3mks**

**SECTION 'B' – 40 MARKS**

- 5)
- a)
- i. Highlight **five** teaching points for low dribbling in a game of Basketball. **5mks**
- ii. Note down **three** player positions in Basketball. **3mks**
- b)
- i. How would you modify the following aspects for beginners in soccer? **5mks**
- Ball  
Field  
Players  
Time  
Gender
- ii. Draw a well labelled soccer field and show the flag posts, penalty arch, penalty area. **4mks**
- iii. State instances in which a soccer match may be terminated. **3mks**
- 6)
- a)
- i. Write down the procedure for taking centre – pass in a game of netball. **5mks**
- ii. Identify **three** roles of the centre player in a game of netball **3mks**
- iii. Indicate penalties given in Netball for fouls listed below. **2mks**
- Obstruction.
  - Walking.
- b)
- i. Draw a Hockey field showing the following features:- 25yd line, 4yd line, penalty spot, 10yds line and 16yds line. **5mks**

ii. Name **five** items that may be used for protection by the Goalkeeper during a Hockey match. **5mks**

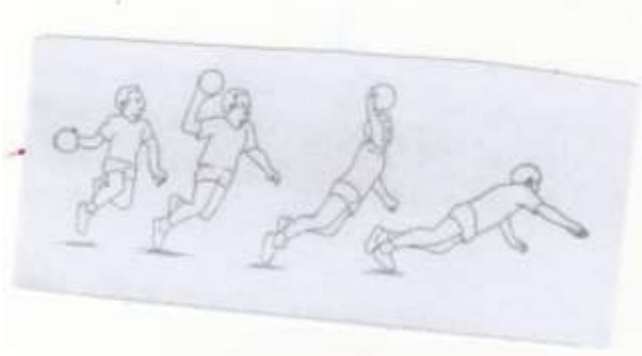
7)

a)

i. List **three** sanctions that may be given to a player during a game of Handball. **3mks**

ii. Identify **five** teaching points for shoulder pass in a game of Handball. **5mks**

iii. Identify the skill shown below in a game of Handball. **1mk**



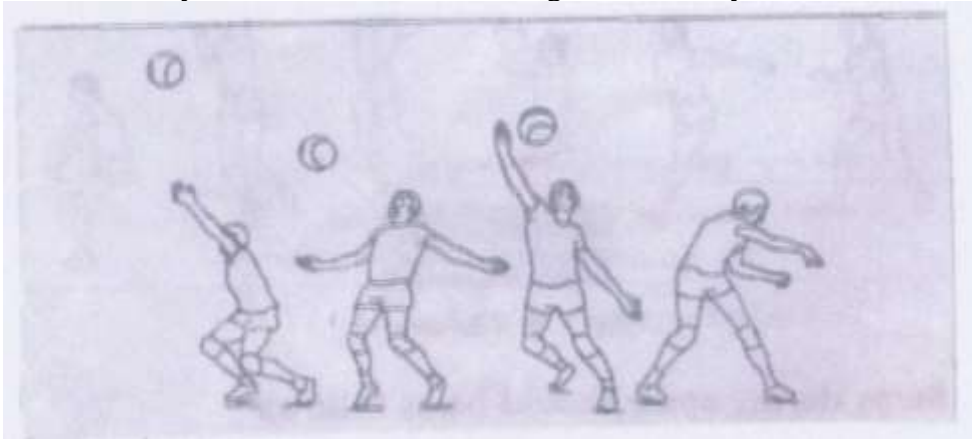
---

iv. List any other skills used in shooting in a game of Handball. **2mks**

b)

i. Highlight rules that govern “blocking” in a game of Volleyball. **6mks**

ii. Identify the skill shown below in a game of Volleyball. **1mk**



---

iii. Write down **three** basic rules governing the above skill. **3mks**

---