

1014 – PHYSICAL EDUCATION MOCK EXAMINATION (2019)

TIME: 2 ½ HOURS

INSTRUCTIONS TO CANDIDATES

1. Write your name, class, college number and signature in the spaces provided.
2. Answer ALL questions in the question paper in the spaces provided.
3. Answer ALL questions in section A and any other TWO in section B.

FOR EXAMINER'S USE ONLY.

SECTION	QUESTION	MAX MARKS	CANDIDATES SCORE
A	1	10	
	2	14	
	3	14	
	4	10	
	5	12	
B	6	20	
	7	20	
	8	20	
	TOTAL	100	

SECTION A

1a) Identify any THREE moral benefits a learner may derive from active participation in Physical Education and Sports. (3 marks)

b)i. Highlight any THREE preparations to be carried out on the route of Marathon race. (3 marks)

ii) Outline any FOUR instances that may lead to the disqualification of an athlete during a hurdles race in athletics. (4 marks)

2a) i. Explain any THREE ways in which the operation area may lead to injuries during a gymnastics lesson. (3 marks)

ii) State any THREE similarities in the performance of Astride Vault and Through Vault in gymnastics. (3 marks)

b) Give any THREE fundamentals of movement in Dance. (3 marks)

c) State any five (5) measures taken to ensure safety while performing a fly spring skill. (5 marks)

3a) Identify any SIX methods of carrying a casualty from the scene of injury. (6 marks)

b) State any THREE functions of the human skeleton in relation to javelin throwing. (3 marks)

c) Name any five types of wounds. (5 marks)

4a) Name any TWO throwing skills used by fielders during a game of Rounders. (2 marks)

b) Identify any TWO situations when a batter becomes a runner in a game of Softball. (2 marks)

c) i. Describe a "tackle" as applied in the game of Rugby. (2 marks)

ii) Give any TWO examples of tackles in a game of Rugby. (2 marks)

iii) How many people make up a rope tug of war team. (2 marks)

5a) Outline any FOUR teacher related factors that may influence the choice of teaching styles in Physical Education. (4 marks)

b) Give any TWO criteria of choosing a group leader during a Physical Education lesson. (2 marks)

c) List any FOUR categories of learners with mental retardation. (4 marks)

d) Apart from unfavorable weather conditions, identify TWO other situations when teacher would opt for an indoor Physical Education lesson. (2 marks)

SECTION B. (40 MARKS)

Answer any TWO questions from this section.

6a) i. Explain the concept "Interception" as applied during a Basketball game. (2 marks)

- ii) Describe SIX teaching points of Lay-up shot in a game of Basketball. (6 marks)
- b) Name any six areas of a Football court. (6 marks)
- ii) Outline any SIX rules that govern the kick-off during a game of Football. (6 marks)
- 7a) i. Explain any THREE roles of a center player during a game of Netball. (6 marks)
- ii) Identify any FOUR circumstances when a player is penalized for violating the 3 seconds rule during a game of Netball. (4 marks)
- b) i. Highlight any FOUR objectives of the attacking team during a game of Hockey. (4 marks)
- ii) State any THREE purposes of a center line on a Hockey field. (3 marks)
- iii) Describe a situation when a ball is declared out of bounds in a game of Hockey. (2 marks)
- iv) Where is the ball placed for "hit-in" during a game of Hockey? (1 mark)
- 8a) i. Outline the development of the game of Handball from inception upto 1938. (4 marks)
- ii) Explain the following terms as used in a game of Handball.
 - a) Suspension. (2 marks)
 - b) Disqualification. (2 marks)
 - c) Exclusion. (2 marks)
- b)i. Highlight any FIVE duties of the line judge during the game of Volleyball. (5 marks)
- ii) Describe "Red Card" as used in the game of Volleyball. (1 mark)
- iii) Describe the procedure followed when a player is given a Red Card in a game of Volleyball. (4 marks)