

MIGORI TEACHERS COLLEGE

NAME: MARKING SCHEME CLASS: _____
INDEX NO: _____ ADM NO: _____
DATE: _____ SIGNATURE: _____

PRIMARY TEACHER EDUCATION
PHYSICAL EDUCATION (1014)
MARCH/APRIL 2019 MOCK EXAMINATIONS
TIME: 2½ HOURS

INSTRUCTIONS TO CANDIDATES

1. Write your Name, Class, Index No, Adm No, Date and Signature in the spaces provided above.
2. The paper consists of TWO sections A and B
3. Answer ALL questions in Section A
4. Answer ANY TWO questions section B
5. Answers should be written in the spaces provided in this booklet
6. Do not remove any pages from this booklet
7. Candidates should answer the questions in English

SECTION	QUESTION	MAXIMUM SCORE	CANDIDATE SCORE
A	1	12	
	2	11	
	3	12	
	4	11	
	5	14	
B	6	20	
	7	20	
	8	20	
TOTAL SCORE		100	

- Swimming suit
 - Goggles
 - Bathing cap/shower cap
 - A pole
 - Floaters
- (4 marks)

3. (a) State FOUR factors that affect training

- Initial level of fitness
- Intensity
- Age
- Frequency

(b) Highlight SIX items found in first aid kit

- Emergency telephone numbers
 - Sterile gauze pads
 - Adhesive tape
 - Bandages
 - Scissors
 - Tweezers
 - Safety pins
 - Cold packs
 - Disposable non-latex gloves
 - Flashlight
 - Antiseptic wipes or soap
 - Pencil and pad
 - Emergency blanket
 - Eye patches
 - Thermometer
- (6 marks)

(c) Describe a fartlek training

(2 marks)

- involves alternate fast and slow running around a varied country side terrain

4. (a) State TWO duties of both batter's umpire and bowler's umpire in a game of rounders

(2 marks)

- carry out risk assessment with regard to safety
- keep a record of scores and control the game
- keep check of the batters out.
- work as team and consult when necessary
- change position at completion of two batting innings

(b) Give THREE instance when a batter is declared out in a game of softball

(3 marks)

- Steps outside the batting box
- Arrives in batting box without helmet/head gear
- On the third strike swings and misses the ball
- Discovers to have used an altered bat.
- Have changed the batting order.

SECTION B

Answer any TWO questions from this section

6. (a) (i) Outline SIX qualities to consider when selecting a soccer G.K from a group of student

- Should be swift / Fast.
- Skillful / Testful
- Accurate
- Alert / observant
- Confident / brave / courageous
- Knowledgeable
- Flexible / Agile
- Tall / Good jumping ability
- Disciplined

(ii) Why should we have a goal line on a soccer pitch (3 marks)

- Determines the shorter side of the field.
- Determines a goal
- Determines a corner kick
- Determines a goal kick
- Helps position the goal mouth.
- Helps determine the penalty spot.

(b) (i) Mention any TWO values of a goal in soccer (2 marks)

- Determines the winner in a match.
- Top scorer awarded Golden boot.

(ii) State FOUR referee's equipments in soccer (2 marks)

- Stop watch
- Whistle
- Penalty card
- Notebook
- Card Red & yellow
- Coin
- Latest rule book.

(c) Explain the following terms as used in Basketball

(i) Alternating possession

(1 mark)

Method of causing the ball to be live by allowing-in return then jump ball.

(ii) Blocking

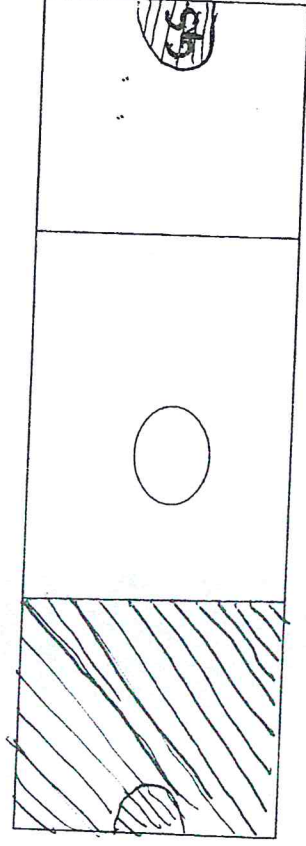
(1 mark)

Preventing an opponent from advancing.

(b) (i) State 4 factors to consider when teaching standing shot in netball (4 marks)

- Comfortable Stance
- Ball held in one hand, above head, beyond out of feet.
- Free hand supporting
- Eyes on the Ring / Target
- Flex the knees / Flip the wrist
- Target above the Ring
- Spin ball on release

(ii) Using the diagram below indicate the areas where Wing Attack (WA) can be penalized for offside in netball (3 marks)



(c) What would be the umpires decision in a game of netball on the following situations:-

(i) A G.K deflects the ball into his own goal (1 mark)

A score / valid goal

(ii) Player passes ball over two transverse lines (1 mark)

- over third - Free pass awarded

(iii) GA contacts GD with ball in the "D" (1 mark)

- Contact - Penalty pass

8. (a) Differentiate between the following terms as used in Handball.

(i) Strategy - Game plan

(ii) Technique - Development of a game plan (1 mark)

- Game skill
- Skill level both individual and group. (1 mark)

(iii) Identify TWO types of overhand service in volleyball

(2 marks)

- Underarm
- Tennis.

(e) (i) Explain the factors to be emphasized on when training volleyball player for the "dig skill

(4 marks)

- 1 - Staggered Stance
- 2 - Position yourself on the path of the ball.
- 3 - Both hands held together palm facing up.
- 4 - Feet knees, to bring body low.
- 5 - Contact ball with fleshy part of forehand.
- 6 - Rise with ball at contact as you straighten knees
- 7 - Eyes on the ball.

(ii) What are the qualities of an effective spiker in a game of volleyball

(2 marks)

(Mention at least 4 qualities)

- Knowledgeable
- Skilled
- Good jumping ability
- Good reaction time
- Accurate timing
- Good sense of time
- Strong
- Fast.