

**PRIMARY TEACHER MOCK EXAMINATION
PHYSICAL EDUCATION MARKING SCHEME**

SECTION A (60 MARKS)

1. a) **Identify three ways of eradicating poverty through Physical Education**

- Gainful employment/ Career in sport
- Investing money gained through sport
- Creation of jobs

Any 3 x 1 = 3 marks

b) **State five differences between running sprints and long distance races in athletics**

- Sprints are anaerobic while long distance are aerobic.
- Sprints require power while long races require endurance
- Sprints are fast while long races are more relaxed.
- Athletes mountains their lanes in sprint while this is not done in long races.

Any 5 x 1 = 5 marks

c) **Give two ways of improvisation necessary for a safe landing area in high jump**

- Use of old mattresses.
- Use of saw dust / sand / dry banana leaves.

Any 2 x 1 = 2 marks

d) **Explain the term manipulative activities as applied in Physical Education**

- Manipulative activities involve use of apparatus to aid movement / performance

(2 marks)

2. a) i) **Give progressive analysis of performing hand spring in gymnastics**

- Approach with short run
- Take off on one foot
- Arch the back in flight
- Land on both legs
- Straighten up in follow through

(5 marks)

ii) **Give an example of a balance in gymnastics**

- Hand walking / tiger forearm balance / cartwheel.

b) **Highlight three reasons for teaching dance to learners in primary school during physical**

education lesson

- Opportunity to enjoy/ sense of satisfaction
- Appreciate dance as medium of expression.
- Enhance ability to use their bodies to express feelings and attitudes.
- Enhance ability to interpret different rhythms.

Any 3 x 1 = 3 marks

c) Identify the position of the body during back crawl in swimming

- Body is kept in horizontal spinal position
- Face is kept clear off water at all time.
- Arms kept alongside the body.

Any 2 x 1 = 2 marks

3. a) i) Safety precautions that a Physical Education teacher should take during

Physical Education lesson

- Ensure the environment is free from obstacles
- Environment / field is not slippery
- Learners do not warm up.
- Has first aid kit.
- Equipment are safe.
- Proper spacing.
- Appropriate attire.

(Any 4 x 1 = 4 marks)

ii) Identify two muscle injuries likely to occur during a Physical Education lesson

- Muscle strain
- Muscle cramp

b) State seven factors to be considered for healthy diet for an athlete

- Balanced diet
- Proper properties of fat, carbohydrates and proteins
- Low saturated fats.
- Plenty of water / continuous intake.
- Low salt.
- Free from banned substances and drugs.
- Rich in fibre
- Easy to digest.

(Any 7 x 1 = 7 marks)

4. a) State two situations when a full rounder is scored in rounders

- A batsman reaching and touching 4th post before ball is bowled to the next batsman.
- Reaching 4th post after a no ball

(Any 2 x 1 = 2 marks)

b) Identify two situations when the umpire calls “A no Pitch” in a game of softball

- A pitcher pitches when the game is dead
- A pitcher pitches quickly before the batter takes batting posture.

(Any 2 x 1 = 2 marks)

c) Name three areas in a rugby court

- Field of play
- In goal area
- The playing area

(Any 3 x 1 = 3 marks)

d) Explain the command “Take the Strain” as used in tug of war.

- Pullers ensures the rope is tight

(2 marks)

e) Identify three instances when a Physical Education teacher can be sued for committing ‘Act of omission during a Physical Education lesson

- Teacher know to administer first aid but fail to offer it
- Failure to teacher an activity according to correct and acceptable progression.
- Failure to provide safe apparatus.

(Any 3 x 1 = 3 marks)

5. a) Outline six reasons to support preparation of scheme of work by Physical Education teacher

- Organize content
- Select appropriate apparatus.
- Keep track of work covered.
- Choose appropriate teaching method
- Identify suitable learning experiences
- Create relevant messages for infusion of emerging issues
- Align content with sports calendar / season.

(Any 6 x 1 = 6 marks)

b) State four ways of enhancing integrity in learners through Physical Education

- Self respect
- Respect others and property
- Abide by rules of a game

- Officiate / judge fairly
- Distribute equipment fairly.

(Any 4 x 1 = 4 marks)

c) **Mention two adaptations a teacher would make to enable learners with visual impairment participate successfully in netball**

- Lower the rings
- Use audible balls
- All players be stationary position
- Enlarge circumference of the ring
- Reduce size of the court.
- Reduce/ modify the rules

(Any 2 x 1 = 2 marks)

SECTION B (40 MARKS)

6. a) i) **Describe pivoting as applied in a game of basketball**

- Is a legal monoering that a player standing and holding the ball is allowed to make.
- Involves the player holding the ball to change direction of movement by rotating around a fixed point.
- A move by a player with the ball step once or more than one in any direction with the same foot with the other foot in contact with ground.

(Any 2 marks)

ii) **Explain four occasions when umpire can charge a player due to a technical foul in a game of basketball**

- Disregarding official warning
- Use of excessive force towards opponent
- Use of abusive language towards opponents
- Inciting spectators.
- Delaying to start the game after a basket has been made.
- Delaying the game by preventing a throw – in.

(Any 1 x 4 = 4 marks)

iii) **Highlight four duties and powers of a coach during a game of basketball**

- Give the team list indicating eligible team players to the score keeper.
- Indicates the five players who are to start the game.
- Indicate an acting captain incase the captain leave the court.
- Allowed to remain standing during the game within his/ her team bench area.
- Do substitution during the match.

(Any 4 x 1 = 4 marks)

b) i) **Give one reason why a soccer player should not dribble the ball for a long time in a game of soccer**

- Give an opportunity to the opponent to re-organize themselves
- Narrow down the chances of offensive team to score

(Any 1 x 1 = 1 mark)

ii) **Explain three circumstances that can lead to execution of a droop ball in a game of soccer**

- Ball simultaneously played by two opponents and made to go out of bounds.
- When the referee is not sure who among the players caused the fall.
- Stoppage due to outside interference from outside.

(Any 3 x 1 = 3 marks)

iii) Sketch a soccer court and indicate the dimensions of the court, penalty arc, goal area and corner arc

7. a) i) **Factors that determine the type of pass a player would use in a game of netball**

- Ability of the player to pass
- The running speed before catching the ball.
- The landing from the receiver.
- Body control.
- The way the ball is caught

(Any 3 x 1 = 3 marks)

ii) **Roles of a wing attacker in relation to team effort in a game of netball**

- Play in the centre and goal third as attacker.
- To create many chances of scoring as possible.
- Feed the ball to GA and GS.
- To be alert to break quickly from WD and the opposing centre.

(Any 4 x 1 = 4 marks)

iii) **Instances that lead to stoppage of a match in a game of netball**

- Due to injury or illness
- Blood policy
- Interference from outside.

(Any 3 x 1 = 3 marks)

b) i) **Instances a penalty stroke is awarded in a game of hockey**

- When a defender interferes with a clear chance of scoring inside the shooting circle.
- When there is persistent early breaking off the backline by defenders at penalty corner.
- Offending the attacker by defender inside the shooting circle, who has opportunity to play ball.

(Any 3 x 1 = 3 marks)

ii) **Main classifications of fouls in a game of hockey**

- Improper use of stick
- Wrong body position
- Foot work

(Any 3 x 1 = 3 marks)

iii) **List two basic approaches used by a player during tackling in a game of hockey**

- Jab tackle
- Lunge tackle

(Any 2 x 1 = 2 marks)

iv) Explain **two** circumstances when the flick skill can be used in a game of hockey

- To lift the ball over opponent stick
- To play a short quick pass.
- To score at close range over opponent GK's stick

(Any 2 x 1 = 2 marks)

8. a) i) State **three** effective offensive strategies a team can use during a game of handball.

- Fast break
- Quick executing of throw – off after conceding a goal.
- Avoiding longer set play attacks
- Making surprise attack move.

- Maintaining fast continuous movement.
- Avoiding idle phase in the game due to substitution.

(Any 3 x 1 = 3 marks)

ii) **Circumstances that can lead a player to use a reverse shot in a game of handball**

- Used when a player is unable to perform a normal shot facing the goal.

(2 marks)

iii) **Ways a field referee can use to penalize a team due to violation of the rules of handball game**

- Free throw
- Throw – in
- Penalty 17m throw
- Goal throw

(Any 4 x 1 = 4 marks)

iv) **Mention when an overhead pass is commonly used in a game of handball**

- During a throw – in

(1 mark)

b. i) **Give three types of blocks used in a game of volleyball**

- Attempted block
- Completed block
- Collective block

(Any 3 x 1 = 3 marks)

ii) **Highlight four service related fault penalized during a game of volleyball**

- Hitting the ball over screen.
- Touches the court end line or ground outside the service zone.
- Failing to hit the ball within three seconds after the whistle.
- Violation of service order / wrong rotational order
- Fail to toss the ball before hitting it.

(Any 4 x 1 = 4 marks)

iii) **Identify three situations when a player is supposed to use a dig in a game of volleyball**

- When the ball force / pressure need to be absorbed.
- Pass balls that are too low or too fast to volley.
- To initiate a set or a spike for an opportunity to score.

(Any 3 x 1 = 3 marks)