

**PHYSICAL EDUCATION
PTE MOCK EXAMINATION
APRIL 2019
TIME: 2 ½ HRS**

INSTRUCTION TO CANDIDATES

1. *This paper consist of TWO sections, A & B*
2. *Answer all questions in section A*
3. *Answer any TWO questions in section B*

FOR OFFICIAL USE ONLY

SECTION	Question	Max. score	Candidates score
A	1	12	
	2	11	
	3	13	
	4	12	
	5	12	
B	6	20	
	7	20	
	8	20	
	Total score		

SECTION A (60 MARKS)

Answer all questions in this section in the space provided

1. (a) Mention two health importance of physical education and sports (2mks)

- (b) Differentiate between locomotor and non-locomotor activities giving two examples for each (4mks)

- (c) With examples explain the following terms as used in gymnastics (6mks)

(i) Balances _____

(ii) Vaults _____

(iii) Tumbling _____

2. (i) A part from apparatus and equipment being a cause of injuries, state any other three causes of injuries during physical education and sports (3mks)

(ii) The most common first-aid treatment of muscle injuries is referred to as RICE state what each of the letter stands for (4mks)

(iii) Highlight four responsibilities of a first aider (4mks)

3. (a) State four factors that make dance an integral part of physical education (2mks)

(b) Explain the following training methods in physical education and sports

(i) Interval training _____

(ii) Weight training _____

(iii) Cross training _____

(c) Identify any two rules that govern safe swimming during a swimming lesson (2mks)

(d) (i) state four emerging issues that are addressed in the teaching athletics. (4mks)

(ii) Name two methods used to exchange batons during relays (2mks)

4. (a) Explain the roles of the following players in a game of rounders (2mks)

(i) Backstop _____

(ii) Deep fielders _____

(b) Identify two instances that make it necessary for an umpire to call for a 'no pitch' during a game of soft ball (2mks)

(c) Define the following terms used in rugby (3mks)

i) Line out _____

ii) Scrum _____

iii) Conversion _____

(d) Give two reasons for spacing pullers appropriately during a tug of war contest (2mks)

(e) Explain three importance of evaluation in physical education lesson (3mks)

5. (a) State any four roles of physical education teacher in the application stage of a lesson plan (2mks)

(b) Explain what you would do in each of the following stages involved in a physical education lesson plan (10mks)

i) Introduction _____

ii) Development _____

iii) Application _____

iv) Conclusion _____

v) Evaluation _____

SECTION B (40 MARKS)

Answer any two questions from this section

6. (a) (i) Name four types of shooting skills that can be used in a game of basketball (4mks)

(ii) In a single round robin league in basketball the number of participating teams were 10, determine the number of matches that were played (5mks)

(b) State any five rules that govern a goalkeeper operation during a soccer competition (5mks)

(c) State two functions for each of the following markings in soccer pitch (6mks)

(i) Goal area _____

(ii) Penalty area _____

(iii) Centre circle _____

(iv) Halfway line _____

- (v) Corner arc _____
- (vi) Penalty arc _____

7. (a) Write five teaching points for bounce pass in a game of net ball (5mks)

(b) State any five roles of the two umpires during a game net ball (5mks)

(c) Identify four instances that may lead the umpire to blow the whistle in a game of hockey (4mks)

(d) The goalkeeper is the last line of defense during a game of hockey. List any six equipment that are required for his or her protection (6mks)

8. (i) State five teaching points for a lay up shot in a game of handball (5mks)

(ii) State any five rules that are applied in a game of handball (5mks)

(iii) State the procedures for performing overhead services in a game of volleyball (5mks)

(iv) State any three roles of a libero player during the game of volleyball (3mks)

(v) State two rules that govern backcourt players during a game of volley ball (2mks)
