

***Health and Physical Education Mock Examination Paper,
March 2018.***

Time: Two And A Half Hours.

Index Number _____

Name _____

Class _____

Instructions to Candidates:

Write Your Index Number And Name In The Spaces Provided Above.

This Question Paper Consist Of TWO Sections: A And B.

Answer All Questions In Section A.

Answer Any TWO Questions In Section B.

For Official Use Only.

<i>Section</i>	<i>Question</i>	<i>Maximum Score</i>	<i>Actual Score</i>
<i>A</i>	<i>1.</i>	<i>6</i>	
	<i>2.</i>	<i>6</i>	
	<i>3.</i>	<i>6</i>	
	<i>4.</i>	<i>8</i>	
	<i>5.</i>	<i>3</i>	
	<i>6.</i>	<i>6</i>	
	<i>7.</i>	<i>8</i>	
	<i>8.</i>	<i>5</i>	
	<i>9.</i>	<i>6</i>	
	<i>10.</i>	<i>6</i>	
<i>B</i>	<i>11.</i>	<i>20</i>	
	<i>12.</i>	<i>20</i>	
	<i>13.</i>	<i>20</i>	
<i>Maximum Score</i>			

Section A: (60 Marks)

Answer ALL Questions In This Section.

**1. a) How are the teams tussling for the ultimate prize in an elimination tournament determined?
(1 mark)**

b) State the THREE possible outcomes of a match in a round robin competition. (3 marks)

c) Explain the following terms in a league cum knockout tournament:

i) Favorites. (1 mark)

ii) Underdogs. (1 mark)

2. a) State the meaning of the following terms in Gymnastics:

i) Swinging. (1 mark)

ii) Springing. (1 mark)

iii) Dismount. (1 mark)

b) State any THREE examples of static balances in Gymnastics. (2 marks)

3. a) Explain the instances in which a team may be penalized for the following violations in the Tug Of War:

i) Leaning. (1 mark)

ii) Locking the rope. (1 mark)

iii) Sitting. (1 mark)

iv) Rowing. (1 mark)

b) Explain the need for the pullers to adequately space out for a pull in the Tug of War. (2 marks)

4. a) Explain the meaning of the following terms in a dance:

i) Beat. (1 mark)

ii) Tempo. (1 mark)

iii) Ascent. (1 mark)

iv) Intensity. (1 mark)

b) Mention any TWO patterns in which a dance may be performed on the floor. (2 marks)

c) Outline any TWO ways in which participants can relate a performance in a dance. (2 marks)

5. State the meaning of the following terms in Softball:

i) Bunt. (1 mark)

ii) Bean ball. (1 mark)

c) What is a live post in the game of Rounders? (1 mark)

6. a) Provide the meaning of the following terms in training and conditioning in sports:

i) Coordination. (1 mark)

ii) Agility. (1 mark)

b) Explain the following methods of physical training:

i) Plyometrics. (2 marks)

ii) Interval. (2 marks)

7. a) Explain the teacher centered method of teaching P.E. (1 mark)

b) State any TWO occasions in which the teacher centered method should be used in teaching P.E. (2 marks)

c) Give any TWO reasons to justify the demonstration technique of teaching P.E. (2 marks)

d) Apart from demonstration, state any other ONE technique of teaching P.E. (1 mark)

e) Mention any TWO formations a teacher may effectively use in the development step of a P.E. lesson. (2 marks)

8. a) When is a player tackled in the game of Rugby? (3 marks)

b) Provide the purpose of the following kicks in the game of Rugby.

(i) The screw. (1 mark)

(ii) The chip. (1 mark)

(iii) The grubber. (1 mark)

(iv) Up and under. (1 mark)

9. a) State any TWO types of start that could be used by an athlete competing in a 100 meters race. (2 marks)

b) Outline any TWO qualities expected of a good performer in the triple jump. (2 marks)

c) Mention any TWO progressive phases in the triple jump. (2 marks)

10. a) State any TWO disinfectants that could be used effectively in treating wounds. (2 marks)

b) Mention any TWO ways of evacuating a casualty rescued from a collapsing building. (2 marks)

c) What is a contagious disease? (1 mark)

d) Provide an example of a contagious disease. (1 mark)

Section B: (40 Marks)

Answer Any Two Questions In This Section.

11. a) Mention the THREE actions for which a player may be penalized for contact in the game of Netball. (3 marks).

b) Explain the meaning of the following terms in the game of Netball:

i) Obstruction. (1 mark)

ii) Repossession. (1 mark)

b) Outline any THREE conditions which must be fulfilled before a goal is declared in the game of Netball. (3 marks)

c) State the umpire's hand signal for the following offences in a game of Netball:

i) Over a third. (1 mark)

ii) Stepping. (1 mark)

ii) Held ball. (1 mark)

d) State the meaning of the following terms as used in the game of Basketball:

i) Double foul. (1 mark)

ii) Multiple foul. (1 mark)

e) State the instance in which the following scores are made in the game of Basketball:

i) 1 point. (1 mark)

ii) 2 points. (1 mark)

iii) 3 points. (1 mark)

f) Mention the FOUR time regulations in the game of Basketball. (4 marks)

12. As the last line of defense a Hockey goalkeeper must be adequately protected.

a) State any FOUR pieces of gear required for the adequate protection. (4 marks)

b) Outline any FOUR traits expected of an exceptional centre forward in the game of Hockey. (4 marks)

c) Explain when the following are awarded in the game of Hockey:

i) Hit in. (1 mark)

ii) 16 yard hit. (1 mark)

d) Kicking is the skill used to pass the ball in the game of Soccer.

Explain the following forms of kicks in the Soccer game:

i) Punt. (1 mark)

ii) Swerve. (1 mark)

iii) Full volley. (1 mark)

iv) Half volley. (1 mark)

e) Name any TWO parts of the foot that may be used to kick the ball over a long distance in the game of Soccer. (2 marks)

f) State the FOUR ways of restarting play when the ball goes off the pitch in a Soccer game. (4 marks)

13. A free throw may be awarded against a team for passive play in the game of Handball.

a i) What is passive play? (2 marks)

ii) Apart from passive play, mention any FOUR other violations of the rules for which a free throw may be awarded in the game of Handball. (4 marks)

bi) State any THREE punishments a referee may call against a player in the game of Handball. (3 marks)

ii) When is a referee's throw awarded in the game of Handball? (1 mark)

c) Define the following terms as used in a Volleyball game:

i) Switching. (1 mark)

ii) Substitution. (1 mark)

iii) Time out. (1 mark)

iv) Rotation. (1 mark)

d) Outline any FOUR occasions in which a player is expected to use the forearm pass in a Volleyball game. (4 marks)

e) Explain the main purpose of the attack hit in a volleyball game (1 mark)

f) What is the height of the net in a men Volleyball pitch?(1 mark)
