

PHYSICAL EDUCATION MOCK MARKING SCHEME MARCH 2018

1a) THEMES in educational gymnastics

- Weight transfer
- Resilience
- Space awareness
- Body awareness 1x4=4mks

b) skills that involves movement of body parts while the whole body is stationary 2mks

c) disqualification of a competitor in a marathon race

- if a competitor fails to cross the finishing line
- if a competitor bypass a check point 1x2=2mks

d) Distance covered in each event category in a cross country competition

- men 12km
- women 8km
- junior men 6km
- junior women 4km 1x4=4mks

2a) Factor to consider when adjudicating gymnastics

- Entry to the arena
- Teacher and the leader appearance
- Table interpretation
- Continuity and progression
- Teachers creativity
- Improvisation and use of apparatus
- Skill mastery
- Timing
- Exit 1x5=5mks

b) Element of space in dance

- personal space
- direction
- patterns
- levels 1x4=4mks

c) Swimming stroke done in supine position

- Inverted breast stroke
- Back crawl 1x2=2mks

3a) Prevention from infection

- Washing hands

- Wearing gloves
- Vaccination against Hepatitis B or C / immunization
- Wear face mask when giving mouth to mouth resuscitation
- Avoid being pricked by sharp objects around accident scenes
- Dispose all waste carefully/ incinerate
- Cover cuts and grazes on your hands with water proof dressings
- Wear plastic aprons when dealing with large quantities of body fluids
- Don't touch a wound or any part of dressing that has come into contact with a wound any 6x1= 6mks

b) i) define training

Is the process of preparing an athlete for a sport that should lead to morphological and functional change 1x2=2mks

ii) Physiological factors that affect performance

- Diet
- Body size
- Sex
- Age
- Genetics
- Initial level of training
- Illness / infections
- Body weight
- Emotional stability 5x1=5mks

4. a) Any two defensive players in softball

- o Pitcher
- o Catcher
- o Short stop
- o Base player
- o Fielder any 2x1=2mks

b) Principles used by defensive players in softball

- o Coverage
- o Location
- o Readiness
- o Adjustment
- o Support any 2x1=2mks

c) Tackles in Rugby

- side tackle
- rear tackle
- front tackle
- smoother tackle 2x1=2mks

d) Why spacing pullers is crucial in Tug of war

- If pullers are so far there's great loss of power
- If pullers are too close they get in the way of one another 2x1=2mks

e) Throwing skills in rounder

- Over arm throw
- Underarm throw / sling
- Line drive any 2x1=2mks

f) Why league cum knock out is popular

- Used when many teams are present
- Takes shorter duration
- Less expensive
- Provides climax for tournament
- Gradual elimination of teams
- Allows seeding of teams during preliminaries any 2x1=2mks

5. a) Teacher – related factors that may influence choice of teaching style

- Ability of the teacher
- Experience of the teacher
- Physical fitness
- Knowledge 4x1=4mks

b) Reasons for group work during a Physical Education lesson

- Maximum learner participation / active learning
- Providing opportunities for democratic leadership
- Development of social attributes
- Practice previously learnt skill 4x1=4mks

c) Categories of learners with mental retardation

- Mild
- Moderate
- Severe
- Profound 4x1=4mks

6.a i) Shooting styles in BB

- Lay up
- Set
- Jump
- Dunk
- Hook 4mks

- ii) An opponent should not take more than 3 seconds in the restricted area. 2mks
- A player is supposed to have passed a ball in his possession from the back court to the front court. 2mks

- iii) Technical fouls
- Delaying deliberately with the ball
 - Obstructing by waving hands
 - Disrespectable language to the officials
 - Failing to raise a hand after committing a personal foul
 - Changing a jersey number without informing the officials
 - Supporting with the post or rings
 - Asking for a 3rd time out. 2mks

6. b i) World cup – F.I.F.A
World youth championship - F.I.F.A
African club championship - C.A.F
Champions league- U.E.F.A 4mks

- ii) - ref is informed
- Sub enters the field after the player being replaced gets out
 - Sub enters the field half way (centre) during a stoppage in the match
 - Substitution is complete when a substitute enters the field of play
 - Once substituted the sub can't play again 4mks

- iii) League cum knock out 2mks

- b. i) No limit of substitutes and player come in and out as many times as they can. 2mks

- ii) - start of the game
- After every score
 - After every quarter / half
 - Extra time 4mks

- iii) - when a player observes foot work race
- When the ball goes out and through the ring
 - Player does not support herself on the post while shooting
 - Shooting is done within the shooting circle 4mks

- 7a) i) Centre line = 55m (60 yards)
- Side line = 91.4m
 - Back line = 55m (60 yards)
 - Shooting circle = 14.63m (16 yards) 4mks

ii) Captain (roles)

- Toss coin
- Responsible for the behaviour all the team players including substitutes
- Responsible for substitution in their own half. 3mks

iii) - ball must be stationary

- Ball shall not be raised
- After playing the ball the striker may not play the ball again
- Opponents must be 5m away 3mks

8. a) i) - Loss of a rally to the serving team

- Rotational order is rectified 2mks

ii) - Part of the ball that contacts the floor is completely outside the boundary line.

- Ball touches an object outside the court, the ceiling or a person out of play
- Ball touches the antennae, ropes, posts or the net itself outside the side bands
- Ball crosses the vertical plane of the net outside the crossing line marked by the antennae
- Ball crosses completely the lower space under the net. 3mks

iii) - Four hits – A team hits the ball four times before crossing it to the opponents

- Assisted hit – A player taking support from a team-mate or a structure to reach the ball.
- Catch – A player catches or throws the ball instead of hitting.
- Double contact – A player hits the ball twice in succession or the ball contacts various parts of his/her body in succession 2mks

iv) - Warning – verbal or hand signal

- Penalty – yellow card
- Expulsion – red card
- Disqualification – red and yellow card jointly 2mks

v) The team that wins 3 sets out of 5 sets. 1mk

b) i)

