

**PHYSICAL EDUCATION.MARCH 2019**

**CODE: 1014**

**MOCK EXAMINATION**

**TIME: 2½ HOURS**

**INSTRUCTIONS TO CANDIDATES**

1. Write your Index Number, name, class and sign in the spaces provided above
2. Answer ALL questions in section A any Two from section B.
3. All answers must be written in the spaces provided.
4. Answer the questions in English.

**FOR OFFICIAL USE**

<b>SECTION</b>	<b>QUESTION</b>	<b>MAX. SCORE</b>	<b>CANDIDATES SCORE</b>
<b>A</b>	1	12	
	2	11	
	3	13	
	4	12	
	5	12	
<b>B</b>	6	20	
	7	20	
	8	20	
<b>TOTALSCORE</b>			

**SECTION A**

1. a) State any **TWO** cognitive benefits of engaging in physical activity to a growing child. ( 3 marks)  
b) Identify **FOUR** points of emphasis a teacher would put in place when teaching manipulative skills to learners. (4 marks)  
c) Describe progressively the teaching points for 3000m Steeple Chase. ( 6 marks)
2. a) Highlight **SIX** teaching points for headstand in gymnastics. ( 6 marks)  
b) Give **three** basic formations used in a dance. ( 3 marks)  
c) Identify **TWO** safety fundamentals during a swimming lesson. (2 mks)
3. a) Explain the meanings of the following types of wounds.

- (i) Punctured wound (1 mark)
  - (ii) Lacerated wound (1 mark)
  - (iii) Incision wound (1 mark)
- b) i) Identify **four** psychological factors that can affect the performance of an athlete. (4 mks)
- (ii) Mention **three** reasons why we encourage players to take liquid pre-game meals. (3mks)
- c) Highlight **THREE** adaptations to the human skeletal muscles as a result of regular exercise. (3 mks)
4. a) Identify **two** essential skills used to move to the post in rounders. (2 marks)
- b) Identify any **two** roles of a short stop in the game of softball. (2 marks)
- c) Mention **three** second phases of play in rugby. (3 marks)
- d) i) Explain the meaning of the term spring – loading in Tug of War. (2 marks)
- ii) Define the following terms as used in soccer:- (3 mks)
- Bye \_\_\_\_\_
- Seed \_\_\_\_\_
- Schedule \_\_\_\_\_
5. a) Highlight **four** factors that will influence the choice of topics to scheme for in P.E. (4 marks)
- b) The following are important aspects of teaching a skill to learners in P.E. Identify the key points emphasized on in each stage.
- (i) Explanation (3 marks)
  - (ii) Demonstration (2 marks)
- c) Identify three factors for inclusivity of learners with special needs in P.E lessons. (3 marks)

**SECTIONS B: (40 MARKS)**

6. a) i) Describe the lay-up shot in the game of basketball. (4 marks)
- ii) Outline **four** objectives of man to man tactical play in the game of basketball. (4 marks)
- b) Describe the referees hand signals in basketball when the following occur.
- (i) Travelling (1 mark)
  - (ii) Double dribbling (1 mark)
  - (iii) Three point score (1 mark)
- c) i) Mention any **THREE** place kicks in soccer. (3 marks)
- (ii) State **SIX** important considerations during the penalty kick in soccer. (6 marks)
7. (a) i) Explain **SIX** regulations for the centre pass in Netball. (6 mks)
- ii) Identify circumstances that may lead to the award of the following in Netball.
- Penalty pass (1 mark)
  - Throw-in (1 mark)
  - Toss – up (1 mark)

(b) i) Highlight Four points to emphasize on when training a hockey Player. (4 marks)

(ii) Mention **three** uses of the shooting circle in hockey. (3 marks)

iii) Mention any **TWO** offensive skills in the game of Hockey. ( 2 marks)

iv) Mention one quality of a good chest guard in the game of Hockey. (1 mk)

8 a) i) Describe the progressive teaching points for the dive shot in handball. (5 marks)

ii) Identify **five** adaptations that can be made in Handball to suit a learner with special needs. (5 marks)

b) (i) State **FOUR** offensive skills used by players during the game of volleyball. (4 marks)

ii) Define the following terms as applied in volleyball.

- A rally (1 mark)
- Positional fault (1 mark)
- Blocked out ( 1 mark)

ii) Outline three responsibilities of the First referee in the game of Volleyball. (3 marks)

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