

PE MARKING SCHEME

MOCKS 2019

SECTION A (60 MARKS)

(1) (a) Economic important of physical Education and sports (2mks)

- One can be employed as a P.E teacher
- One can serve as a sport agent
- One can be appointed as a sport official during games
- One can start an exercise/ fitness consultancy firm
- One can run a fitness center e.g. a gymnasium)

(b) Difference between locomotor and non locomotor activities

- Locomotor movements are movements where the body move through space from one location to another e.g. walking, running
- Non-locomotor – these are activities in which various parts of the body serve as an axis or base around which the other parts move e.g swing, pull, stretch

(c) Definition of gymnastics terms

- Balances – Activities that involve the ability to hold the body still. Complex activities performed while maintaining the body in a state of equilibrium e.g pyramids
- Vaults – an act of vaulting, a leap or jump
- Tumbling – to perform gymnastics such as somersaults, rolls and handsprings (to roll over and over)

(2) (a) Other causes of injuries apart from equipment in PE and sports

- Lack of warm-up prior to performing PE activities
- Fatigue
- Extreme high or cold temperatures
- Other players may injure opponents
- The state of the play facility e.g. slippery grounds uneven ground etc.
- Lack of supervision
- Poor grouping of learners
- Unskilled participants
- Poor coaching

(b) Meaning of the abbreviation RICE in first-aid.

R – Rest: ensure rest, steady and support of the injured area in the most comfortable position. Put the casualty in a cool, dry place.

I – Ice: if the injury has just happened apply ice pack or cold. Compress to cool the injured areas. This reduces swelling, bruising and pain.

C- Compress: apply gentle, even pressure or compression to the injured area using cotton, wool or plastic foam.

E- Elevate: the injured part or raise and support the injured limb

c) Responsibilities of a first aider:

- To assess a situation quickly and safely and summon appropriate help.
- To protect casualties and other others at the scene from any possible danger
- To give each casualty prompt and appropriate help treating the most serious conditions first
- To arrange for the casualty transfer to hospital into the care of a doctor
- To remain with the casualty until appropriate help is available
- To report observations made to those taking over the care of the casualty
- To prevent cross-infection between oneself and the casualty

(3) a) Factors that make dance an integral part of physical education

- It improves physical fitness of an individual
- It enable learners to appreciate and enjoy rhythmic movements
- It enable learners to use different paths of the body in a variety of movements
- It enhance body awareness
- It enhance space awareness among learners
- Dance acts as a means of self and cultural expression
- Dance provide learners with a sense of self satisfaction that that results from using one's body as an instrument of expression
- It provide opportunity to enjoy and appreciate dance as a worthwhile experience
- It enhance appreciation of dance as a medium of artist expression
- It enhances the ability to interpret dance movement

b) Definition of training method

(i) Interval training – A method that involves heavy exercise for a given distance or specified time alternated with light or mild periods of exercise and recovery

(ii) Weight training – This is training by lifting weights so as to attain desired component of physical fitness e.g. muscular endurance, strength, power and speed.

(iii) Cross training

It is type of training that involves use of activities in a weekly workout routine it allows participants to choose and participate in different activities that they enjoy. E.g. a basket ball player could participate in activities such as tennis, swimming, weight training

c) Rules that govern safe swimming

- Stay in the shallow depth until you have learned to swim
- Do not swim alone
- If you wear an aid, make sure it fits comfortably and it does not restrict movement
- Do not eat or chew anything when you are swimming
- Don't swim immediately after a heavy meal. It interferes with digestion
- Be careful when walking near a swimming pool.
- Don't run or push people
- Never dip anyone under the water
- Never pretend to be drowning
- Dry yourself after each swim to avoid catching colds

d) (i) Difference between distance relay and sprint relays

- Sprint relays are those that cover a distance of between 800m to even 2000m, a good example is the cross country mixed relays which covers 2km

(ii) Methods of exchanging batons during relays

- Visual baton exchange

4. (a) Roles of players in a game of rounders

(i) Backstop:

- Guiding the bowlers throw to the batter
- Receive the ball if the batter hits backwards
- Prevent runners running on to the other post

(ii) Deep fielders

- Stop the ball batted
- Go for the balls batted for
- Play the defensive

(b) Instances of 'no pitch' in a game of soft ball

- When a pitcher pitches while the game is dead
- A pitcher pitches quickly before a batter takes batting posture
- When a runner is judged out for leaving the base too early

(c) Definition of terms in rugby

(i) Line out:

- These are formed to restart play after the ball has gone over the touch line or has been carried over it.

(ii) Scrum

- These are formed in the field of play to restart play after minor law infringement

(iii) Conversion

- Converting the try by kicking the ball over

(d) Reasons for spacing pullers appropriately during tug of war contest

- To prevent great loss of power
- To prevent pullers getting into the ways of one another
- To minimize possibilities of injuries

(e) Importance of team match post during competition

- For the teams taking part to identify themselves with the rest
- To psych up participants who would take part in the competition
- To enhance unity among participants
- To usher in the start of the competition
- To generate interest in the competition

5. (a) Roles of a physical education teacher

- Prepare physical education lessons
- Arrange and perform all crucial physical education activities
- Evaluate every pupil physical abilities by informal testing
- Stimulate administration policies and rules related to physical education
- Develop pupils personal skills
- Encourage team work
- Provide motivation and encouragement to pupils in physical education
- To create awareness among pupils about the importance of a healthy lifestyle through PE activities

SECTION B (40 MARKS)

6. (a)(i) Types of passes used in basket ball

- Two handed chest pass
- Two handed bounce pass
- Two handed overhead pass
- Baseball pass/ shoulder pass

- Push pass
- Hook-pass
- Under arm pass
- The behind – the back pass

$$(ii) M = \frac{N(N-1)}{2}$$

$$10 \frac{(10-1)}{2} = \frac{90}{2} = 45 \text{ Matches}$$

$$10 \times 9 = \frac{90}{2}$$

(b) Rules that govern a goalkeeper operation in a game of soccer

Equipment

- The goalkeeper should wear a different color uniform from the rest of the players
- Wear appropriate
- Jewellery is not allowed
- Ball handling
- The goalie has 6 seconds to distribute the ball from the moment he/she gains control
- He/she is not allowed to impede an attacker by pushing, pulling, tripping
- He /she should remain on the goal line between the goal posts before the ball is kicked during a penalty kick

(c) What to be done in the stages involved in PE lesson plan

(i) Introduction

Warm up activities like soggig and calisthenics such as stretching of specific body parts

(ii) Development

- The lesson skill of the day is introduced demonstrated and the pupils are given opportunity to perform the skill
- The group activities are also performed in this stage

(iii) Application

- The skill of the day is utilized in a game like situation (Minor game)

(iv) Conclusion

Cool down activities are performed such jogging and then stretching

(v) Evaluation

This part is filled by the teacher whereby he/she points out whether the lesson was successful or not

C) Functions of the marking in a soccer pitch

(i) Goal area

- It is where the goal posts are fixed
- It is where the scores are made
- It is the goal keeper main areas of operation
- Goal kicks and any free kick by the defending team may be taken

(ii) Penalty area

- It denotes where the goalkeeper may handle the ball
- It shows where foul by a defender usually punished by a direct freekick, becomes punishable by a penalty kick.

(iii) Centre circle

- It indicates the minimum distance that opposing players must keep at kick-off
- It is where the ball is placed before it is kicked during kick off
- It is where all players except the two goalkeepers and the current kicker are required to remain within during start or restart of play

(iv) Half way line

Corner –arc

- It denotes the area in which the ball has to be placed for corner kick
- It indicates the distance where opposition players have to be 9.15m away during corner kick

Penalty Arc 'The D'

It marks an exclusion zone for all players other than the penalty kicker and defending goalkeeper during a penalty kick

Quiz 7

(a) Teaching points for bounce pass in a game of net ball

- Use a strong wrist and thumb thrust
- Feint and bounces under and around opponent
- Step back to clear space for passing
- Knees should be bent
- Bounce the ball low and between the ankle and knee height of the defending players feet.

(b) Roles of the two umpires in a game of netball

- To make sure that conditions for play comply to the rules
- Examine the game equipment and players
- Start and stop the game
- Accept successful goals
- Control the general organization of the game
- Each umpire controls and gives decisions in an half of the court
- The umpires toss for sides to determine the
- Each to move along their sidelines and behind their goal line
- Giving decisions for throwing
- Keep outside the court except when it is necessary to enter to get a clear view of play

(c) Instances of blowing the whistle during a game of hockey

- To signify a score
- To signify rule violation
- To signify start of play
- To show half time
- To signify end of play
- To instruct for hits during penalties

(d) Goalkeeper protective equipment in hockey

- Hockey gloves
- Shoulder pads
- Pants
- Helmets
- Shin pads
- Elbow pads

Quiz 8

(i) Teaching points for dive shot in a game of handball

- Hold the ball in dominant hand with elbow bent

- From a run, lean body completely towards the goal mount
- Dive and release the ball using shoulder throw.
- Follow through with a quick wrist snap

(ii) Rules applied in a game of handball

- The ball may be played with any part of the body above the knees
- The ball cannot be held for more than three seconds if the player is not moving and it should not be bounced with both hands
- Diving for the ball on the ground is not allowed
- Except the defending goalkeeper no other player is allowed to touch a ball that is lying, rolling or being held by the goalkeeper inside goal area
- If a clear chance of scoring is disrupted by the defenders, the attacking team is awarded a penalty throw from the 7m line
- All violations of the rules except the penalty shall lead to award of free to the opposing team
- A player is not allowed to block an opponent with arms, head or legs
- For adult male and female the duration of play is two halves of 30 minutes each

(iii) Procedure for performing overhead service in a game of volley-ball

- Stand facing the net
- Throw the ball up with one hand high above the head
- Swing the free hand upwards to meet the ball before it falls below the head

(iv) Roles of a libero player in a game of volleyball

- He/she plays the defensive
- He/She is assigned to substitute different players in court . He /She may replace any player in a back row position
- He/ She may function as a setter only under certain restrictions

(v) Rules that govern backcourt players during a game of volley ball

- A back court player is not allowed to participate in blocking
- They cannot participate in service
- He/ She Shouldn't go into the front court his area of operation is the backcourt