

Physical Education (706/1/2) Preamble

Following the revision of the national curriculum in 2013 by the Ministry of Education, Science, vocational Training and Early Education (MESVTEE) through Curriculum Development Centre (CDC), The Examinations Council of Zambia has developed specimen papers for Physical Education at Grade 9 level.

The purpose of the specimen papers is to guide the teachers and would be candidates on the design and content of the Grade 9 Physical Education examination which will begin to be administered during the 2015 Examination session.

Assessment Objectives

The assessment will be based on the following areas of knowledge and skills:

1. **Perceptual Motor Skills**
2. **Movement**
3. **Gymnastics**
4. **Physical Education and Health**
5. **Recreational Games and Sports Skills**

Test Design

The structure and the weighting are as summarised below:

Paper 1 (2 hours 30minutes)	• ability to plan, perform, analyse and improve, and evaluate physical activities. • ability to demonstrate knowledge and understanding of the factors affecting performance	70%
	• ability to describe specified gymnastic activities,	
	• Ability to express knowledge and understanding of health and environmental protection.	
	• Ability to express knowledge and understanding of various games and sports activities.	
Paper 2 (Within 7 days)	• ability to demonstrate an ability to analyse and improve their own and others' performance.	30%
	• ability to participate in physical activity.	
	• ability to execute given gymnastic activities	
	• ability to demonstrate basic first Aid skills.	
	• ability to execute various skills in specified games and sports activities.	



EXAMINATIONS COUNCIL OF ZAMBIA

JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 9) – 2014

PHYSICAL EDUCATION 701/1 PAPER 1 (SPECIMEN)

(INTERNAL AND EXTERNAL CANDIDATES)

Time: 2½ HOURS

Marks: 70

INSTRUCTIONS TO CANDIDATES

- 1 Separate the **Answer Sheet** from the question paper.
- 2 Write your name, examination number, school/centre name and code on the **Answer Sheet**.
- 3 This paper has **three (3)** sections, **A, B** and **C**.
- 4 Section **A** has **twenty (20)** multiple choice questions. For each question, **four (4)** possible answers are given, **A, B, C** and **D**. Choose the one you consider the correct answer. Then, on your **Answer Sheet**, mark the letter with a cross(x).
- 6 Section **B** has **ten (10)** questions.
- 7 Section **C** has **five (5)** essay questions.
- 8 **Do not** spend too much time on any one question. Leave difficult questions to the end.

INFORMATION FOR CANDIDATES

Cell phones are not allowed in the examination room.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

SECTION A (20 marks)

- 1 How many attempts are allowed in high jump?
A 2
B 4
C 3
D 5
- 2 The flow of the 3 main stages of any physical activity is • • •
A warm up, posture check, cool down.
B warm up, physical activity, cool down.
C cool down, physical activity, warm up.
D warm up, physical activity, posture check.
- 3 How many cards does a referee use in a game of football?
A 3
B 1
C 2
D None
- 4 Which of the following is **NOT** a ball game?
A Basketball
B Rugby
C Badminton
D Netball
- 5 A player is injured in a rugby game. What immediate help does he need?
A Substitution
B First Aid
C Sugar Solution
D Medicine
- 6 What is the minimum number of players a basketball team is allowed to have in a particular game?
A 10
B 5
C 7
D 9
- 7 Which one of the following is different?
A Polevault
B Long Jump
C Relay
D Discus

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- 8 Which one of the tools given below is mostly used in athletics?
- A Relay baton
 - B Measuring tape
 - C Rake
 - D Finishing rope
- 9 Why does an official flash a yellow card in a game?
- A To warn a player.
 - B To show players that he/she has cards.
 - C To command respect from the player.
 - D It is the only card he/she has.
- 10 Which one of the following is **NOT** found in a first aid kit?
- A Water
 - B Vaseline
 - C G.V paint
 - D Panado
- 11 What is the social value of international games? To . . .
- A have international players.
 - B promote unity among nations.
 - C see champions among nations.
 - D promote sport among nations.
- 12 During the 2014 World Cup, one player stepped on an opponent and was given a yellow card. A few minutes later he committed another offence and was sent off the pitch. Which card did he attract?
- A Yellow card
 - B Green card
 - C Red card
 - D White card
- 13 In a game of netball, a defender scored a goal which was not allowed. Name 2 players that are allowed to score.
- A Goal attacker and Centre
 - B Goal shooter and Goal attacker
 - C Goal shooter and Centre
 - D Goal defender and Wing attacker
- 14 What do we call players who earn their living through sports?
- A Amateur players
 - B Professional players
 - C International players
 - D Best players

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- 15** From the traditional games given below, identify the most common in Zambia.
- A** Nsolo
 - B** Tindi
 - C** Kalambe
 - D** Chondo
- 16** Why does a teacher in Physical Education speak through the whistle?
- A** Pupils know its sound.
 - B** It is clear and specific.
 - C** He or she is practising to officiate.
 - D** It is easy to blow.
- 17** One of the best basketball players in a school team is HIV positive. His team mates refuse to play with him for fear of being infected. Through which one of the following can you not be infected with HIV/AIDS?
- A** Receiving a pass from the HIV/AIDS infected person.
 - B** Helping the infected person dress the wound.
 - C** Sharing one razor blade with team mates.
 - D** Sharing a bottle of water with infected team mates.
- 18** During a swimming lesson, one of the pupils inhaled water that caused him or her to suffocate. What should be done to save his or her life?
- A** Take him or her to the hospital.
 - B** Press on the tummy to eject the water.
 - C** Give him or her pain killers.
 - D** End the swimming lesson.
- 19** In order to promote pool hygiene what should swimmers do?
- A** Brush their teeth before swimming.
 - B** Wear lotion before swimming.
 - C** Take a bath before swimming.
 - D** Use soap when swimming.
- 20** What would be the benefit of being involved in physical activities? To . . .
- A** have a healthy mind and body.
 - B** know how to play ball games.
 - C** know how to officiate a game of netball and volleyball.
 - D** be an international player.

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SECTION B (20 marks)

Write the correct answers in the spaces provided in the Answer Booklet.

- 1 After losing a service in volleyball, the players of the team which gains the service _____
- 2 When a team in a tournament remains without an opponent, it is said to be on _____
- 3 If two teams have the same number of points and goals, the next stage to determine the champion is the _____
- 4 Push ups are perceptual motor learning activities that fall under _____ skills.
- 5 Drug abuse is very common among athletes who take them as enhancers. List any two (2) such drugs.
- 6 Name two (2) types of wounds.
- 7 What are the two (2) types of passes used in Netball?
- 8 What is the maximum number of events an athlete is allowed to take part in during a given athletic meeting?
- 9 Mention two (2) important tools a netball umpire is supposed to have.
- 10 Give two (2) reasons why warm ups are important before any physical activity.

SECTION C (30 marks)

Instructions:

There are 5 questions in this section. Question 1 is compulsory. Choose any other two (2) questions from the remaining four (4).

- 1 Discuss how sport can contribute to the national economy.
- 2 Briefly explain how the environment can affect performance.
- 3 Compare traditional games to modern sports.
- 4 Explain how the game called 'Pressure Limbo' can be used to interpret a message on HIV/AIDS.
- 5 Briefly explain how Physical Education and sport helps improve one's health.