



EXAMINATIONS COUNCIL OF ZAMBIA

JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 9) – 2014

PHYSICAL EDUCATION 701/2 PAPER 2 – PRACTICAL (SPECIMEN)

(INTERNAL AND EXTERNAL CANDIDATES)

TIME:

MARKS: 30

INSTRUCTIONS TO CANDIDATES

1. This paper has **five (5)** questions.
2. Question 1 is compulsory and you will be required to choose any **two (2)** from the remaining questions.
3. Question 1 carries **fourteen (14)** marks. The rest carry **eight (8)** marks each.

INFORMATION FOR CANDIDATES

Cell phones are not allowed in the examination room.

- 1.** Prepare and administer a five (5) stations circuit for Physical Education and Sport Practical Lesson. The stations should include:
 - (i)** Pull-ups x 5
 - (ii)** Shuttle runs x 5
 - (iii)** Cart wheel x 5
 - (iv)** Forward roll x 5
 - (v)** Frog jump x 5
- 2.** Perform the following skills:
 - (i)** Discus x 5
 - (ii)** High jump x 5
 - (iii)** Shot put x 5
- 3.** In a group of four (4) members, as individuals perform the following skills:
 - (i)** Bounce pass x 5
 - (ii)** Shoulder pass x 5
 - (iii)** Lay up shot x 5
- 4.** Perform the following skill:
 - (i)** Spike x 5
 - (ii)** Volley x 5
- 5.** In a group of four (4) members, as individuals perform a 4 x 100 race using an upsweep style.

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