



EXAMINATIONS COUNCIL OF ZAMBIA

JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 9) – 2019

Physical Education 701/1

Paper 1

(INTERNAL CANDIDATES)

Time: 2 hours 30 minutes

Marks: 70

Instructions to candidates

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- 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.

SECTION A (20 marks)

- 1 What is the standard number of players allowed on the court in a game of netball?
A 1
B 5
C 6
D 7
- 2 Which of the following is an example of a racket game?
A Badminton
B Football
C Netball
D Rugby
- 3 Which one is **not** a swimming style?
A Backstroke
B Breaststroke
C Breakthrough
D Butterfly
- 4 Which one is the correct content of the First Aid kit?
A Bandage, antibiotics, G.V. paint
B Bandage, deep heat, antibiotics
C Gloves, G.V. paint, scissors
D G.V paint, razor blade, Vaseline
- 5 Which of the following races is different?
A 100m
B 200m
C 400m
D 800m
- 6 Which one is **not** a board game?
A Chess
B Darts
C Drought
D Snakes and ladders
- 7 Which one of the following is **not** a hazard in a playing field?
A Broken glasses
B Levelled grass
C Sharp metal objects
D Stones

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- 8 Which one of the following injuries affects the bone?
- A Bruise
 - B Fracture
 - C Graze
 - D Sprain
- 9 Which one of the following is **not** a cause of teenage pregnancies?
- A Cultural beliefs
 - B High rate of poverty
 - C Lack of education
 - D Taking part in sport
- 10 An activity called "carrying the basket, " is an example of a ... skill.
- A balancing
 - B combative
 - C locomotor
 - D Non-locomotor
- 11 Which offence in a game of football may attract a red card?
- A Marking from behind
 - B Pulling an opponent
 - C Punching an opponent
 - D Pushing an opponent
- 12 Which of the following is a health related fitness?
- A Agility
 - B Balance
 - C Coordination
 - D Flexibility
- 13 Lawrence Musonda has reached the finals in high jump competition. What maximum number of attempts was he allowed to take?
- A 1
 - B 2
 - C 3
 - D 4
- 14 An effective way of receiving the ball from a service in a game of volleyball is ...
- A blocking.
 - B digging.
 - C serving.
 - D volleying.

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- 15 Which of the following has no effects on physical fitness?
- A Age
 - B Alcohol
 - C Nutrition
 - D Smoking
- 16 Why do most sportsmen and women use drugs during competitions? To...
- A enhance performance.
 - B enhance past problems that may affect the game.
 - C show off that they are good.
 - D be cheered by spectators.
- 17 Which of these is a benefit of orienteering?
- A Excitement
 - B Training
 - C Hide and seek
 - D Team building
- 18 Catherine Phiri is a sports person who earns her money through boxing. If she decided to open a sports shop from her earning, what will her action be called?
- A Entrepreneurship
 - B Leadership
 - C Commercialisation
 - D Sportsmanship
- 19 Which one is **not** an equipment used in Gymnastic?
- A Pommel horse
 - B Spring board
 - C Treadmill
 - D Vaulting box
- 20 How many substitutions are allowed in a game of football?
- A Two
 - B Three
 - C Four
 - D Five

SECTION B (20 marks)

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

- 1** List any **two** components of skill related fitness. [2]
- 2** Mention **two** reasons in which sports can help to reduce early pregnancies. [2]
- 3** How can an athlete reduce the risk of dehydration? [2]
- 4** List **two** ways in which pool hygiene can be achieved. [2]
- 5** Study the diagram below:



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- What kick in football is shown in the above diagram? [1]
- 6** Mention any **two** field events. [2]
- 7** Give any **two** actions you would take to ensure the safety of sports facilities. [2]
- 8** Name any **two** activities in gymnastics that do not require equipment. [2]
- 9** Identify any **two** important reasons of giving first aid. [2]
- 10** Name any **three** violations in Basketball. [3]

SECTION C (30 marks)

Instructions:

There are **five** questions in this section. Question **one** is compulsory. Choose any other **two** questions from the remaining four.

- 1** Discuss the importance of holding inter-house sports competitions in schools.
- 2** Aerobic dancing is a system of exercising combining aerobics with dance steps and usually done with music. Explain the benefits of aerobic dancing.
- 3** Discuss the similarities between components of fitness and gymnastics.
- 4** Explain the importance of following rules in sporting activities.
- 5** Discuss the importance of traditional games.