



EXAMINATIONS COUNCIL OF ZAMBIA
JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 9) – 2020

Physical Education 701/1

(INTERNAL CANDIDATES)

Time: 2 hours 30 minutes

Marks: 70

Instructions to Candidates

- 1 Pull out the inserted **Answer Booklet** from the question paper.
- 2 Write your **examination number, school/centre name and code** on the **Answer Booklet**.
- 3 Ensure that you **write your examination number on every page** of the Answer Booklet.
- 4 This paper has **three sections, A, B and C**.
- 5 Section **A** has **twenty** multiple choice questions. For each question, **four** 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** questions. Answer all questions in the Answer Booklet provided.
- 7 Section **C** has **five** essay questions. Answer three questions in the Answer Booklet provided.
- 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.

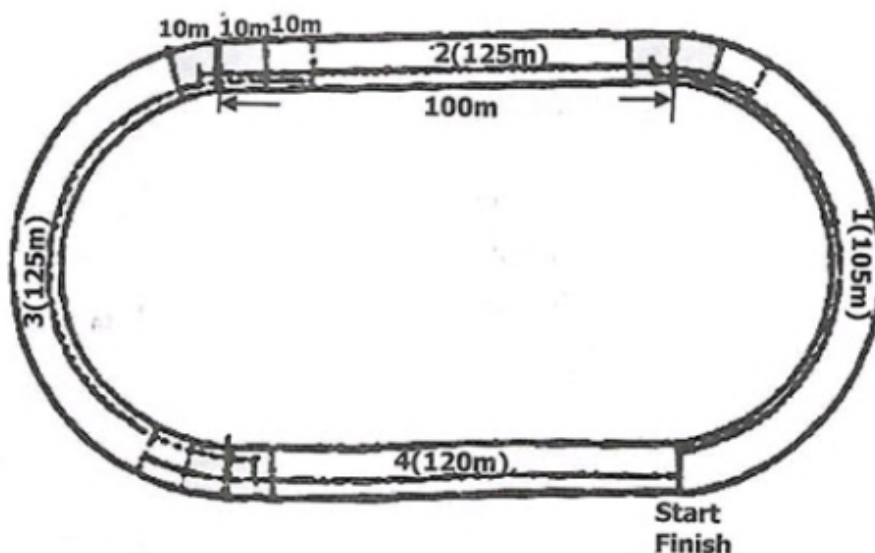
SECTION A (20 marks)

Answer all questions by marking a correct answer with a cross (X) in the answer booklet.

- 1** Which of the following is **not** a field event?
 - A** Javelin
 - B** Long jump
 - C** Pole vault
 - D** Relay
- 2** Delaying the restart of play in a game of football attracts a ...
 - A** red card.
 - B** send off.
 - C** penalty.
 - D** yellow card.
- 3** In a game of netball, what do the letters GA stand for?
 - A** Game Attacker
 - B** Goal Assessor
 - C** Goal Attack
 - D** Goal Advance
- 4** Combative activities involve the following:
 - A** Pulling and pushing.
 - B** Pushing and bouncing.
 - C** Pulling and running.
 - D** Bouncing and running.
- 5** It is important to warm down after vigorous activities because it ...
 - A** helps to win the game.
 - B** increases speed to do activities.
 - C** helps the body to cool down.
 - D** prepares one to do activities.
- 6** Which of the following is a board game?
 - A** Badminton
 - B** Cricket
 - C** Chess
 - D** Squash
- 7** Which of the following is known as a game of word?
 - A** Chess
 - B** Monopoly
 - C** Scrabble
 - D** Snake and ladder

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- 8 How many attempts are given in long jump?
- A 3
 - B 4
 - C 5
 - D 6
- 9 Which one of the following is **not** a balancing activity or skill?
- A Chinese stand
 - B Crouch balance
 - C Hand stand
 - D Crocodile walk
- 10 Which one of these is **not** a traditional dance?
- A Ching'ande
 - B Chiyato
 - C Siyemboka
 - D Vimbuzi
- 11 Which one of these is used in Gymnastics?
- A Baton
 - B Discus
 - C Pommel horse
 - D Sheen guard
- 12 Study the diagram below



In relay race, how long is the exchange over zone?

- A 10 metres
- B 15 metres
- C 20 metres
- D 30 metres

- 13** In a game of netball, only two players are allowed to score goals. These are ...
- A** GS and GD
 - B** GA and GS
 - C** WA and C
 - D** C and GS
- 14** Which of these components is health related?
- A** Agility
 - B** Balance
 - C** Coordination
 - D** Flexibility
- 15** Half of a running track is ... meter long.
- A** 100
 - B** 200
 - C** 300
 - D** 400
- 16** Which of the following is the best way of giving first aid to an athlete who has a deep cut?
- A** Clean with running water
 - B** Compress with ice
 - C** Massage firmly
 - D** Stop the bleeding
- 17** Movement towards the centre line of the body is ...
- A** Abduction.
 - B** Adduction.
 - C** Extension.
 - D** Flexion.
- 18** Study the picture below.



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In a game of basketball, the last stage of the shooting action in the picture is called ...

- A Follow throw
 - B Follow through
 - C Throw-in
 - D Free throw
- 19 Which of these games has **no** specific number of substitutions?
- A Basketball
 - B Football
 - C Netball
 - D Rugby
- 20 Personal hygiene is important in Physical Education in order to ...
- A avoid minor infections.
 - B be more successful.
 - C lift equipment safely.
 - D keep equipment.

SECTION B (20 marks)

Answer all questions in the spaces provided in the Answer Booklet.

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- 1 Players who start the match on the bench are called ... [2]
- 2 Activities which are performed with movement from one place to another are known as ... [1]
- 3 ... is the ability to move all or part of the body quickly. [2]
- 4 Mention **two** examples why cheating is not allowed in sports? [2]
- 5 Mention the **three** steps used when starting 100, 200 and 400 meter races. [3]
- 6 Running on the spot for 5 minutes or more is an activity meant to strengthen or give endurance to the ... [1]
- 7 Name any **two** jumps in field events. [2]
- 8 ... is an artistic sport involving performance of exercises requiring physical strength, flexibility, agility and coordination. [2]
- 9 A safe, well-organised sport environment will help reduce ... [2]
- 10 Name any **three** officials that are involved in a game of football. [3]

SECTION C (30 marks)

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

- 1** Discuss the importance of taking part in Physical Education and Sport. [14]
- 2** Discuss how sports activities can reduce the risk of transmission of HIV and AIDS. [8]
- 3** Explain why First Aid is important in sports and games. [8]
- 4** Describe the use of any **four** sport equipment. [8]
- 5** Explain any **four** dangers of using drugs that enhance performance in sports. [8]

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