



EXAMINATIONS COUNCIL OF ZAMBIA

JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 9) – 2021

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**.
 - (i) Section **A** has **twenty** multiple choice questions. For each question, **four** possible answers are given, **A, B, C and D**. Choose the best one and mark it on the answer grid provided in the Answer Booklet.
 - (ii) Answer **all** questions of Section **B**.
 - (iii) Section **C** has **five** essay questions. Answer **three** questions only.
- 5 Answer **all** the questions in the Answer Booklet.

Information for Candidates

Cell phones are **not allowed** in the examination room.

SECTION A (20 marks)

Answer **all** questions. Mark your answers with a **cross (X)** on the Answer Grid provided in the Answer Booklet.

- 1 What is the standard duration of a football match?
A 45 minutes
B 60 minutes
C 90 minutes
D 120 minutes
- 2 Which of the following is an example of a motor skill?
A Bending
B Catching
C Running
D Throwing
- 3 The following are examples of field events **except** ...
A discus.
B hurdles.
C javelin.
D shot put.
- 4 Swimming goggles are worn in order to protect the ...
A ears.
B eyes.
C mouth.
D nose.
- 5 Which of the following is **not** part of the contents of a First Aid Box?
A Bandage
B Injection
C Scissors
D Thermometer
- 6 Cartwheel is an example of a ... skill.
A balancing
B locomotor
C manipulative
D non-locomotor
- 7 Which of the following is **not** a combative activity?
A Chinese boxing
B Chinese pull up
C Sit ups
D Tug of war

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- 8 A good example of an activity that follows a rhythm and a particular pattern is ...
- A aerobic dancing.
 - B havard stepping.
 - C kick boxing.
 - D wrestle chasing.
- 9 A sport that requires navigation skills is ...
- A cross country.
 - B high jump.
 - C shot put.
 - D sprinting.
- 10 Mention the skill being executed in **Figure 1**.



Figure 1

- A Dig
 - B Serve
 - C Spike
 - D Volley
- 11 A movement away from the centre line is ...
- A abduction.
 - B adduction.
 - C flexion.
 - D rotation.
- 12 Agility is the ability ...
- A to move arms and legs through a full range of motion.
 - B of muscles, or groups to perform repeated movement.
 - C to quickly change or alter the direction of movement during an activity.
 - D to maintain balance while moving or standing still.

- 13 Athletes use drug enhancing substances to ...
A enjoy the competition.
B get rid of lactic acid.
C take advantage of others.
D treat a disease.
- 14 Which of the following are benefits of physical activities?
(i) Health mind
(ii) Increase weight
(iii) Live longer
(iv) Improve carbon dioxide
(v) Reduce depression
A ii, iv, v
B i, ii, iii, iv
C i, iii, v
D ii, iv, v
- 15 A sports entrepreneur is ...
A an employee.
B a footballer.
C a creative person.
D an opportunist.
- 16 Which of the following is **not** a common concern of the 'wellness movement'?
A Disease prevention
B Health promotion
C Illness treatment
D Lifestyle management
- 17 Which of the following are benefits of inter-school sports?
1 To build responsibility
2 To develop team spirit
3 To prevent sport injury
4 To build friendship
A (1), (2) and (3)
B (1), (2) and (4)
C (1), (3) and (4)
D (2), (3) and (4)

- 18 A player was assisted to stand up after falling in a ball game by an opponent. This is an example of good ...
- A relationship.
 - B sportsmanship.
 - C team work.
 - D workmanship.
- 19 Which of the following is a way of protecting the environment in the world of sport?
- A Burning of plastic bottles.
 - B Getting rid of waste.
 - C Keeping the sports ground green.
 - D Recycling of equipment around the surrounding.
- 20 During the inter-provincial tournament, one player stepped on an opponent and was given a ... card.
- A green
 - B red
 - C white
 - D yellow.

SECTION B (20 marks)

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

- 1 List any **two** factors that can affect a person's participation in physical activities. [2]
- 2 How many hits are allowed on each side of the net in volleyball? [1]
- 3 Why does a first aider apply ice on an injury of a casualty? [2]
- 4 Write **two** benefits of warm up to a performer. [2]
- 5 Mention **two** components of skill related fitness. [2]
- 6 State **two** gymnastic activities performed on the floor. [2]
- 7 The **two** main ways of passing a relay baton to a teammate are ... and ... [2]
- 8 is what the referee or umpire uses to communicate to players during a game. [1]
- 9 Identify **two** ways a sports activity can generate income. [2]
- 10 Mention any **two** board games. [2]
- 11 Name any **two** strokes in swimming. [2]

SECTION C (30 marks)

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

- 1** Briefly discuss some factors that affect participation in sports. [14]
- 2** List the contents of a First Aid Box. Briefly discuss the use of each content you have identified. [8]
- 3** Discuss how you can use money earned from sports activities. [8]
- 4** Discuss why few females participate in sports than males. [8]
- 5** Explain how Physical Education can be used as a tool to sensitize people on stopping:
 - (a)** Early marriages,
 - (b)** Gender Based Violence,
 - (c)** The spread of HIV and AIDS. [8]

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