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EXAMINATIONS COUNCIL OF ZAMBIA
JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 9) – 2022

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**. www.eczpastpapers.com
- 3 **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 and other electronic devices 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 The minimum number of players allowed in a game of football per team is ...
A 6
B 7
C 9
D 11
- 2 Map finding and map reading in sports involves ...
A leadership.
B orienteering.
C plotting.
D sportsmanship.
- 3 Which of the following activities can be used to perform on apparatus?
A Beam
B Roll
C Summer faults
D Twist
- 4 How many attempts are given to an athlete in triple jump?
A 1
B 2
C 3
D 4
- 5 Which of the following drugs is not used to enhance performance by sportsmen and sportswomen?
A Alcohol
B Caffeine
C Cocaine
D Steroid
- 6 All of the following skills are applied in volleyball **except** ...
A digging.
B serving
C spiking.
D trapping.

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- 7 HIV and AIDS can be transmitted through the following ways except ...
- A blood.
 - B saliva.
 - C semen.
 - D vaginal fluids.
- 8 Activities which involve an athlete to move the entire body from one position to another are called ...
- A combative.
 - B locomotor.
 - C manipulative.
 - D non-locomotor.
- 9 Which of the following is **not** a combative activity?
- A Boxing
 - B Judo
 - C Karate
 - D Swimming
- 10 ... is not one of the basic skills in basketball.
- A Jumping
 - B Running
 - C Spiking
 - D Throwing
- 11 Which race in athletics involves exchange of batons between runners?
- A Cross country
 - B Hurdles
 - C Marathon
 - D Relay
- 12 Which of the following is a correct progression when performing the warm-up to prevent injuries?
- A Jog, walk, run
 - B Run, jog, walk
 - C Walk, run, jog
 - D Walk, jog, run
- 13 In order to save the life of a drowning person, what action must be taken?
- A Call for help.
 - B Find ways of helping the drowning person.
 - C Let the drowning person save oneself.
 - D Wait for elderly people to come.

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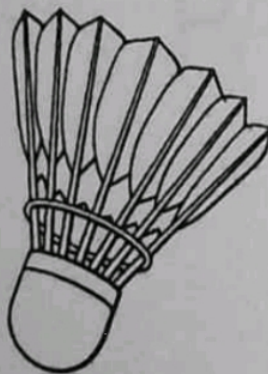
- 14 Which one of the following is different?
- A Pommel horse
 - B Spring board
 - C Starting block
 - D Vaulting box
- 15 What do first aiders put between the bandage and the wound in order to avoid infection?
- A Adhesive bandage
 - B Dressing
 - C Spirit
 - D White powder
- 16 What do we call players who earn their living through sports?
- A Amateur players
 - B Best players
 - C International players
 - D Professional players
- 17 Why is personal hygiene important in sports?
- A Enables the best team to win.
 - B Makes players to look smart.
 - C Prevent injuries.
 - D Reduces minor infections.
- 18 Which of the following is **not** a survival skill in swimming?
- A Back float
 - B Bobbing
 - C Breast stroke
 - D Sculling
- 19 In which field events are the following drills applied?
- (i) Approach
 - (ii) Take-off
 - (iii) Flight
 - (iv) Landing
- A High jump, long jump and triple jump.
 - B High jump, discus and pole vault.
 - C Long jump, triple jump and javelin.
 - D Pole vault, long jump and shot put.
- 20 All of the following are components of physical fitness **except** ...
- A cardio respiratory endurance.
 - B intensity strength.
 - C muscular endurance.
 - D muscular strength.

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SECTION B: [20 MARKS]

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

- 1 Name any **two** traditional game songs. [2]
- 2 In which sport is a life guard involved? [1]
- 3 Name **two** types of free kicks in football. [2]
- 4 State any **three** steps for treating open wounds. [3]
- 5 Apart from prevention of injuries, give **two** other reasons why warm-up is important. [2]
- 6 List down **three** signs and symptoms of internal injuries. [3]
- 7 Give **three** examples of sprint races. [3]
- 8 Movements in which the body part travels towards the centre of the body is called [1]
- 9 ... is a stroke that requires the swimmer to move both hands and legs simultaneously. [1]
- 10 Study the following diagram.



- (a) Name the above equipment. [1]
- (b) In which sporting discipline is it used? [1]

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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 social and emotional benefits of participating in sports activities. [14]
- 2** State the signs of puberty in females and explain how they affect their participation in sports. [8]
- 3** It has been observed that participation in sport has declined in the past years. Discuss the causes leading to the decline. [8]
- 4** Describe a sprain and explain in details how you can administer first aid to a victim of a sprain. [8]
- 5** Discuss the benefits of learners taking Physical Education as a vocational pathway. [8]

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