

G9 ECZ PE 701/1 2014 SPECIMEN SOLUTIONS

Grade 9 ECZ Physical Education 701/1 (Paper 1, Written) 2014 Specimen

2.5 hours | Section A: MCQ | Section B: short answer | Section C: essay

uit/athletics/basketball/volleyball/relay assessment) is out of scope, being a live physical-performance exam with no fixed textual answer. All 5

Physical Education (706/1/2) Preamble

Following the revision of the national curriculum in 2013 by the Ministry of Education, Science, vocational Training and Early Education (MESVTEE) through Curriculum Development Centre (CDC), The Examinations Council of Zambia has developed specimen papers for Physical Education at Grade 9 level.

The purpose of the specimen papers is to guide the teachers and would be candidates on the design and content of the Grade 9 Physical Education examination which will begin to be administered during the 2015 Examination session.

Assessment Objectives

The assessment will be based on the following areas of knowledge and skills:

1. **Perceptual Motor Skills**
2. **Movement**
3. **Gymnastics**
4. **Physical Education and Health**
5. **Recreational Games and Sports Skills**

Test Design

The structure and the weighting are as summarised below:

Paper 1 (2 hours 30minutes)	• ability to plan, perform, analyse and improve, and evaluate physical activities. • ability to demonstrate knowledge and understanding of the factors affecting performance	70%
	• ability to describe specified gymnastic activities,	
	• Ability to express knowledge and understanding of health and environmental protection.	
	• Ability to express knowledge and understanding of various games and sports activities.	
Paper 2 (Within 7 days)	• ability to demonstrate an ability to analyse and improve their own and others' performance.	30%
	• ability to participate in physical activity.	
	• ability to execute given gymnastic activities	
	• ability to demonstrate basic first Aid skills.	
	• ability to execute various skills in specified games and sports activities.	



EXAMINATIONS COUNCIL OF ZAMBIA

JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 9) – 2014

PHYSICAL EDUCATION 701/1

PAPER 1

(SPECIMEN)

(INTERNAL AND EXTERNAL CANDIDATES)

Time: 2½ HOURS

Marks: 70

INSTRUCTIONS TO CANDIDATES

- 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.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

SECTION A (20 marks)

- 1** How many attempts are allowed in high jump?
A 2
B 4
C 3
D 5
- 2** The flow of the 3 main stages of any physical activity is •••
A warm up, posture check, cool down.
B warm up, physical activity, cool down.
C cool down, physical activity, warm up.
D warm up, physical activity, posture check.
- 3** How many cards does a referee use in a game of football?
A 3
B 1
C 2
D None
- 4** Which of the following is **NOT** a ball game?
A Basketball
B Rugby
C Badminton
D Netball
- 5** A player is injured in a rugby game. What immediate help does he need?
A Substitution
B First Aid
C Sugar Solution
D Medicine
- 6** What is the minimum number of players a basketball team is allowed to have in a particular game?
A 10
B 5
C 7
D 9
- 7** Which one of the following is different?
A Polevault
B Long Jump
C Relay
D Discus

- 8 Which one of the tools given below is mostly used in athletics?
- A Relay baton
 - B Measuring tape
 - C Rake
 - D Finishing rope
- 9 Why does an official flash a yellow card in a game?
- A To warn a player.
 - B To show players that he/she has cards.
 - C To command respect from the player.
 - D It is the only card he/she has.
- 10 Which one of the following is **NOT** found in a first aid kit?
- A Water
 - B Vaseline
 - C G.V paint
 - D Panado
- 11 What is the social value of international games? To . . .
- A have international players.
 - B promote unity among nations.
 - C see champions among nations.
 - D promote sport among nations.
- 12 During the 2014 World Cup, one player stepped on an opponent and was given a yellow card. A few minutes later he committed another offence and was sent off the pitch. Which card did he attract?
- A Yellow card
 - B Green card
 - C Red card
 - D White card
- 13 In a game of netball, a defender scored a goal which was not allowed. Name 2 players that are allowed to score.
- A Goal attacker and Centre
 - B Goal shooter and Goal attacker
 - C Goal shooter and Centre
 - D Goal defender and Wing attacker
- 14 What do we call players who earn their living through sports?
- A Amateur players
 - B Professional players
 - C International players
 - D Best players

- 15** From the traditional games given below, identify the most common in Zambia.
- A** Nsolo
 - B** Tindi
 - C** Kalambe
 - D** Chondo
- 16** Why does a teacher in Physical Education speak through the whistle?
- A** Pupils know its sound.
 - B** It is clear and specific.
 - C** He or she is practising to officiate.
 - D** It is easy to blow.
- 17** One of the best basketball players in a school team is HIV positive. His team mates refuse to play with him for fear of being infected. Through which one of the following can you not be infected with HIV/AIDS?
- A** Receiving a pass from the HIV/AIDS infected person.
 - B** Helping the infected person dress the wound.
 - C** Sharing one razor blade with team mates.
 - D** Sharing a bottle of water with infected team mates.
- 18** During a swimming lesson, one of the pupils inhaled water that caused him or her to suffocate. What should be done to save his or her life?
- A** Take him or her to the hospital.
 - B** Press on the tummy to eject the water.
 - C** Give him or her pain killers.
 - D** End the swimming lesson.
- 19** In order to promote pool hygiene what should swimmers do?
- A** Brush their teeth before swimming.
 - B** Wear lotion before swimming.
 - C** Take a bath before swimming.
 - D** Use soap when swimming.
- 20** What would be the benefit of being involved in physical activities? To . . .
- A** have a healthy mind and body.
 - B** know how to play ball games.
 - C** know how to officiate a game of netball and volleyball.
 - D** be an international player.

SECTION B (20 marks)

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

- 1 After losing a service in volleyball, the players of the team which gains the service _____
- 2 When a team in a tournament remains without an opponent, it is said to be on _____
- 3 If two teams have the same number of points and goals, the next stage to determine the champion is the _____
- 4 Push ups are perceptual motor learning activities that fall under _____ skills.
- 5 Drug abuse is very common among athletes who take them as enhancers. List any two (2) such drugs.
- 6 Name two (2) types of wounds.
- 7 What are the two (2) types of passes used in Netball?
- 8 What is the maximum number of events an athlete is allowed to take part in during a given athletic meeting?
- 9 Mention two (2) important tools a netball umpire is supposed to have.
- 10 Give two (2) reasons why warm ups are important before any physical activity.

SECTION C (30 marks)

Instructions:

There are 5 questions in this section. Question 1 is compulsory. Choose any other two (2) questions from the remaining four (4).

- 1 Discuss how sport can contribute to the national economy.
- 2 Briefly explain how the environment can affect performance.
- 3 Compare traditional games to modern sports.
- 4 Explain how the game called 'Pressure Limbo' can be used to interpret a message on HIV/AIDS.
- 5 Briefly explain how Physical Education and sport helps improve one's health.

Question 1. How many attempts are allowed in high jump?

Answer: C -- 3 (a competitor gets 3 attempts to clear each height before being eliminated).

Question 2. The flow of the 3 main stages of any physical activity is...

Answer: B -- warm up, physical activity, cool down (the standard structure of any exercise session).

Question 3. How many cards does a referee use in a game of football?

Answer: C -- 2 (a yellow card for cautions and a red card for sending off).

Question 4. Which of the following is NOT a ball game?

Answer: C -- Badminton (played with a shuttlecock and racket, not a ball; basketball, rugby, and netball are all ball games).

Question 5. A player is injured in a rugby game. What immediate help does he need?

Answer: B -- First Aid (immediate basic care at the pitch-side before any further treatment).

Question 6. What is the minimum number of players a basketball team is allowed to have in a particular game?

Answer: B -- 5 (a basketball team must field at least 5 players on court to start/continue a game).

Question 7. Which one of the following is different?

Answer: C -- Relay (a track/running event; Pole vault, Long Jump, and Discus are all field events).

Question 8. Which one of the tools given below is mostly used in athletics?

Answer: B -- Measuring tape (used across multiple athletics events -- long jump, high jump, shot put, discus, javelin -- to measure distances, unlike a relay baton or finishing rope which serve one specific purpose).

Question 9. Why does an official flash a yellow card in a game?

Answer: A -- To warn a player (a caution for an offence, short of the more serious red-card sending-off).

Question 10. Which one of the following is NOT found in a first aid kit?

Answer: A -- Water (a first aid kit typically contains items like Vaseline, G.V. paint/gentian violet, and Panado/paracetamol for treating minor injuries, but not a water supply).

Question 11. What is the social value of international games? To...

Answer: B -- promote unity among nations (international sport brings different nations together, fostering friendship and cooperation).

Question 12. During the 2014 World Cup, one player stepped on an opponent and was given a yellow card. A few minutes later he committed another offence and was sent off the pitch. Which card did he attract?

Answer: C -- Red card (a second cautionable offence in the same game results in a second yellow card shown together with a red card, sending the player off).

Question 13. In a game of netball, a defender scored a goal which was not allowed. Name 2 players that are allowed to score.

Answer: B -- Goal Shooter and Goal Attacker (only these two positions are permitted to shoot for goal in netball; defenders are not allowed to score).

Question 14. What do we call players who earn their living through sports?

Answer: B -- Professional players (players who are paid to play, as opposed to amateur players who play without pay).

Question 15. From the traditional games given below, identify the most common in Zambia.

Answer: A -- Nsolo (a well-known traditional Zambian board/pit game, widely played across the country).

Question 16. Why does a teacher in Physical Education speak through the whistle?

Answer: B -- It is clear and specific (a whistle gives a sharp, unmistakable signal that is easily heard and understood by a whole class or field of pupils, unlike the human voice).

Question 17. One of the best basketball players in a school team is HIV positive. His team mates refuse to play with him for fear of being infected. Through which one of the following can you NOT be infected with HIV/AIDS?

Answer: A -- Receiving a pass from the HIV/AIDS infected person (ordinary casual contact during play, such as passing a ball, carries no risk of HIV transmission, unlike direct blood contact through sharing a razor blade or through open-wound contact).

Question 18. During a swimming lesson, one of the pupils inhaled water that caused him or her to suffocate. What should be done to save his or her life?

Answer: B -- Press on the tummy to eject the water (an immediate first-aid action to clear water from the airway/stomach before further steps such as rescue breathing or transport to hospital are taken).

Question 19. In order to promote pool hygiene what should swimmers do?

Answer: C -- Take a bath before swimming (washing off sweat, lotions, and dirt before entering the pool keeps the water clean and hygienic for all swimmers).

Question 20. What would be the benefit of being involved in physical activities? To...

Answer: A -- have a healthy mind and body (regular physical activity improves both physical fitness and mental wellbeing).

Question 21. After losing a service in volleyball, the players of the team which gains the service ____.

Answer: ...rotate one position clockwise before the next player serves (each player moves round one position in a clockwise direction whenever their team regains the serve).

Question 22. When a team in a tournament remains without an opponent, it is said to be on ____.

Answer: ...a bye (the team automatically advances to the next round without playing a match).

Question 23. If two teams have the same number of points and goals, the next stage to determine the champion is the ____.

Answer: ...penalty shoot-out/play-off (a decider match or penalty shoot-out is used to break the tie and determine the champion).

Question 24. Push ups are perceptual motor learning activities that fall under ____ skills.

Answer: ...non-locomotor (stability) skills (push-ups involve pushing/supporting body weight on the spot, without travelling from one place to another, which classifies them as non-locomotor movement skills).

Question 25. Drug abuse is very common among athletes who take them as enhancers. List any two (2) such drugs.

Answer: Anabolic steroids and amphetamines (stimulants) -- both are commonly abused performance-enhancing drugs among athletes.

Question 26. Name two (2) types of wounds.

Answer: Open wounds (e.g. cuts/lacerations where the skin is broken) and closed wounds (e.g. bruises/contusions where the skin remains unbroken but tissue underneath is damaged).

Question 27. What are the two (2) types of passes used in Netball?

Answer: The chest pass and the bounce pass (other recognised passes include the shoulder pass and overhead pass, but chest pass and bounce pass are the two most basic/commonly named types).

Question 28. What is the maximum number of events an athlete is allowed to take part in during a given athletic meeting?

Answer: 4 events (a competitor is typically restricted to a maximum of 4 events at one athletics meeting, to avoid over-fatigue and scheduling clashes). (Best-effort answer based on standard school-athletics rules -- the exact number may vary by competition regulations.)

Question 29. Mention two (2) important tools a netball umpire is supposed to have.

Answer: A whistle (to signal decisions and stoppages) and a stopwatch (to time the game accurately).

Question 30. Give two (2) reasons why warm ups are important before any physical activity.

Answer: (1) They raise the heart rate and increase blood flow to the muscles, preparing the body for more strenuous activity. (2) They help prevent injuries by loosening muscles and joints and improving flexibility before exertion.

Question 31. Discuss how sport can contribute to the national economy. (Compulsory)

Answer: Sport contributes to the national economy in several ways: (1) it creates employment for coaches, referees, groundstaff, sports administrators, and professional athletes; (2) it generates revenue through ticket sales, sponsorship deals, and broadcasting rights for major matches and tournaments; (3) it boosts tourism, as international sporting events (e.g. the Africa Cup of Nations) attract visitors who spend money on hotels, transport, and food; (4) it encourages the growth of related industries, such as the manufacture and sale of sports equipment, clothing, and footwear; (5) successful athletes can earn foreign currency for the country through international competitions and endorsements, and inspire further investment in sports infrastructure.

Question 32. Briefly explain how the environment can affect performance.

Answer: The environment affects performance in various ways: (1) weather conditions -- extreme heat can cause dehydration and fatigue, while cold weather can stiffen muscles and increase injury risk; (2) altitude -- performing at high altitude reduces the amount of oxygen available, making endurance activities harder for athletes not acclimatised to it; (3) playing surface -- a muddy, wet, or uneven pitch can slow players down and increase the risk of slipping or injury, while a hard or rough surface can cause discomfort and injuries; (4) crowd and noise -- a large, noisy, or hostile crowd can affect a player's concentration and confidence, either positively (home support) or negatively (pressure/intimidation); (5) facilities and equipment -- poor quality or inadequate facilities and equipment can limit an athlete's ability to perform to their best.

Question 33. Compare traditional games to modern sports.

Answer: Traditional games and modern sports share the aim of providing recreation, physical activity, and social interaction, but differ in several respects: traditional games (e.g. Nsolo, Kalambe, Chindele) are usually informal, played with locally-made or natural materials, have simple and flexible rules passed down orally, and are tied closely to a community's culture and traditions. Modern sports (e.g. football, basketball, athletics) are formally organised, follow standardised written rules recognised internationally, are played with manufactured equipment, and are often governed by official bodies (e.g. FIFA, IOC) with structured competitions, leagues, and championships. Both, however, promote fitness, teamwork, and enjoyment among participants.

Question 34. Explain how the game called 'Pressure Limbo' can be used to interpret a message on HIV/AIDS.

Answer: 'Pressure Limbo' is a game in which players must pass under a lowering bar without touching it, and as the bar is lowered further with each round, it becomes progressively harder to pass under successfully. This structure can be used to interpret a message on HIV/AIDS: the lowering bar represents the increasing pressure and risky situations (e.g. peer pressure, unsafe practices) that young people face, which make it progressively harder to 'stay safe' or avoid infection the more pressure is applied. Players who fail to pass under the bar (get eliminated) can symbolise the consequences of giving in to risky behaviour and contracting HIV, while those who successfully adapt their technique to keep passing under the bar represent people who make wise, informed choices and resist pressure to protect themselves from infection. The game is thus used as a fun, participatory way to spark discussion about resisting peer pressure and practising safe behaviour.

Question 35. Briefly explain how Physical Education and sport helps improve one's health.

Answer: Physical Education and sport improve health by: (1) strengthening the heart and lungs, improving cardiovascular fitness and reducing the risk of diseases such as high blood pressure and heart disease; (2) helping to control body weight by burning excess calories and preventing obesity; (3) strengthening muscles and bones, improving overall body strength and reducing the risk of osteoporosis; (4) improving flexibility and coordination, which reduces the risk of injury in daily activities; (5) reducing stress and improving mental health, as physical activity releases endorphins that improve mood and general wellbeing; (6) promoting healthy social habits and discipline, and reducing the likelihood of engaging in harmful behaviours such as substance abuse.

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