

Name:

Index No: /

1014

Candidate's Signature: _____

P1 PHYSICAL EDUCATION

P.T.E

Date: _____

July/August 2016

Time: 2 $\frac{1}{2}$ hours



THE KENYA NATIONAL EXAMINATIONS COUNCIL

PRIMARY TEACHERS EXAMINATION

PHYSICAL EDUCATION

2 $\frac{1}{2}$ hours

INSTRUCTIONS TO CANDIDATES

Write your name and index number in the spaces provided above.

Sign and write the date of examination in the spaces provided above.

This question paper consists of TWO sections: A and B.

Answer ALL the questions in section A.

Answer any TWO questions from section B.

Answers MUST be written in the spaces provided in this booklet.

Do NOT remove any pages from this booklet.

Candidates should answer the questions in English.

For Official Use Only

Section	Question	Maximum Score	Candidate's Score
A	1	12	
	2	11	
	3	13	
	4	12	
	5	12	
B	6	20	
	7	20	
	8	20	
Total Score			

This paper consists of 11 printed pages.

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

SECTION A (60 marks)

Answer ALL the questions in this section in the spaces provided.

1. (a) Outline **two** benefits of Physical Education to the cognitive development of a learner. (2 marks)

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- (b) Outline **four** factors to consider when teaching locomotor skills. (4 marks)

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- (c) Describe progressively the teaching points for the 110 metres hurdle race. (6 marks)

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2. (a) Highlight **six** teaching points for the backward somersault in gymnastics. (6 marks)

(b) Give **three** benefits of regular participation in dance. (3 marks)

(c) State the teaching points for the jelly float in swimming. (2 marks)

3. (a) Indicate **three** sports injuries that may occur on each of the following organs of the body: (3 marks)

(i) muscle:

(ii) joint. (3 marks)

(b) (i) Explain the following terms as applied in sports:

• motivation; (2 marks)

• anxiety. (2 marks)

(ii) Give **three** signs of a well hydrated athlete. (3 marks)

4. (a) Give the maximum measurements of the bat used in a game of Rounders. (2 marks)

- (b) Identify the methods of pitching used in a game of Softball. (2 marks)
- (c) State **three** rules that govern the “scrum half” during a game of Rugby. (3 marks)
- (d) Describe the participants’ expected reactions after the command “take the strain” during a Tug-of-War contest. (2 marks)
- (e) State **three** ways of maintaining a natural running track. (3 marks)
5. (a) (i) Highlight **four** learner-related factors that should be considered when selecting a teaching method in Physical Education. (4 marks)

- (ii) Outline **five** demerits of using the indirect method when teaching a Physical Education lesson. (5 marks)

- (b) Explain **three** ways in which a teacher would manage time during a Physical Education lesson. (3 marks)

SECTION B (40 marks)

Answer **TWO** questions from this section in the spaces provided.

6. (a) (i) Describe the one-handed set shot in a game of Basketball. (4 marks)

- (ii) Outline **four** objectives of defensive play during a game of Basketball. (4 marks)

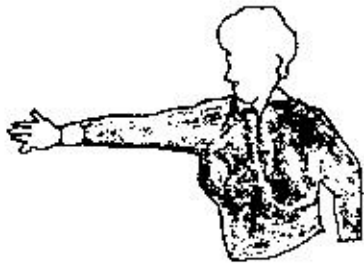
- (b) (i) Interpret each of the following referee's signals applied during a Soccer match.



(1 mark)



(1 mark)



(1 mark)

- (ii) Identify **three** goalkeeper's fouls that may lead to an indirect free kick during a game of Soccer. (3 marks)

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- (iii) State six teaching points for goalkeeping in a game of Soccer. (6 marks)

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7. (a) (i) Explain **three** roles of a centre player during a game of Netball. (6 marks)

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- (ii) Identify **four** circumstances when a player is penalized for violating the 3 seconds rule during a game of Netball. (4 marks)

- (b) (i) Highlight **four** objectives of the attacking team during a game of Hockey. (4 marks)

- (ii) State **three** purposes of a centre line on a hockey field. (3 marks)

- (iii) Describe a situation when the ball is declared 'out of bounds' in a game of Hockey. (2 marks)

(iv) Where is the ball placed for a "hit-in" during a game of Hockey? (1 mark)

8. (a) (i) Highlight **five** principles that should apply when executing shooting during a game of Handball. (5 marks)

(ii) Identify **five** adaptations that can be made in a game of Handball in order to include learners with special needs. (5 marks)

- (b) (i) Describe the procedure of executing a volleys pass in a game of Volleyball. (6 marks)

- (ii) Outline the responsibilities of the second referee during a game of Volleyball. (4 marks)

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