



ZIMBABWE SCHOOL EXAMINATIONS COUNCIL
General Certificate of Education Advanced Level

PHYSICAL EDUCATION, SPORT & MASS DISPLAYS 6070/2
PAPER 2 Practical Test

SPECIMEN PAPER

TIME: 10 minutes

Additional materials:
Answer paper

TIME: 10 minutes

INSTRUCTIONS TO CANDIDATES

This paper comprises 12 questions.

Answer **ONE** question only.

All questions carry equal marks.

Each question carries 100marks.

Performances should be within 10 minutes

The maximum number of attempts is three (3) within 10 minutes

This question paper consists of 5 printed pages and 3 blank pages.

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SPORT INJURIES AND FIRST AID

- 1 Demonstrate and articulate the steps you would take to manage a sprained ankle. [100]

FITNESS FUNDAMENTALS AND METHODS OF TRAINING

- 2 Using the circuit training method, demonstrate how you would coach the passing skills in Basketball. [100]

ADVENTURE GAMES

- 3 During a school camp out, a peer walking in front of you gets bitten by a snake. Demonstrate how you would handle this situation. [100]

ATHLETICS

- 4 Display the art of throwing Javelin with the following in mind
- (a) The Grip [15]
 - (b) Preparation [20]
 - (c) Movement [20]
 - (d) Release [20]
 - (e) Recovery [20]
 - (f) Attire [5]
[100]

AQUATICS

- 5 Demonstrate with proficiency an Individual Medley (IM) in swimming. [100]

INVASION

- 6 Design a 10 minute training session for your peers, demonstrating how the man-to-man and zone defence skills are executed in Handball. [100]

NET

- 7** As a Volleyball referee, demonstrate how you would communicate the following using signals.
- | | | |
|--------|------------------------|-------|
| (i) | Authorisation to serve | [10] |
| (ii) | Team to serve | [10] |
| (iii) | Change of courts | [10] |
| (iv) | Time Out | [10] |
| (v) | Substitution | [10] |
| (vi) | Misconduct penalty | [10] |
| (vii) | Expulsion | [10] |
| (viii) | End of set for match | [10] |
| (ix) | Delay in service | [10] |
| (x) | Blocking fault | [10] |
| | | [100] |

STRIKING

- 8** As a cricket coach, how would you introduce batting to beginners? [100]

TARGET

- 9** Demonstrate and coach the key elements to shooting an indigenous bow and arrow in Archery. [100]

COMBAT

- 10** In Taekwondo there are situations where you will be too close to an opponent for an effective kick and you will need to use your fists and/or elbows. Formulate a combined drill on how to perfect the following taekwondo skills and tactics.
- | | | |
|-----|--------------------|------|
| (a) | Hook punch | [10] |
| (b) | Spinning back fist | [10] |

- (c) Hammer fist [10]
 - (d) Spear hand strike [10]
 - (e) Throat strike [10]
 - (f) Elbow strike [10]
 - (g) Axe kick [10]
 - (h) Back kick [10]
 - (i) Downward roundhouse kick [10]
 - (j) Front kick [10]
- [100]

GYMNASTICS

- 11** Prepare and display a voluntary routine in Artistic Gymnastics following the order below:
- (a) Floor exercises [15]
 - (b) Balancing stunts/movements [15]
 - (c) Agility stunts/movements [15]
 - (d) Flexibility stunts/ movements [15]
 - (e) The vault [20]
 - (f) The bar (parallel/horizontal/asymmetric) [20]
- [100]

MASS DISPLAYS

- 12** Using the self defence and attacking tactics or WUSHU, design and demonstrate how you would showcase a display at a community arts festival.
- (a) Background art [10]
 - (b) Arena display [20]

(c)	music	[10]
(d)	theme relevance to display	[10]
(e)	relevance of message communicated	[10]
(f)	Attire	[10]
(g)	Unhu/ Ubuntu aspects	[10]
		[100]

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