PHYSICAL EDUCATION, SPORT AND MASS DISPLAYS 4002/3
PAPER 3   Practical Test

SPECIMEN PAPER   10 minutes

Additional materials:
         Answer paper

TIME 10 minutes

INSTRUCTIONS TO CANDIDATES

This paper comprises **two** sections: Section **A** and Section **B**.
Choose one question out of **two** questions from Section **A**.
Choose one question out of eight questions from Section **B**.
Each question caries 50 marks.
Candidates are assessed in both Sections **A** and **B** for 5 minutes per section.

Section **A** – Day 1
Section **B** – Day 2

INFORMATION FOR CANDIDATES
The number of marks is given in brackets [ ] at the end of each question or part question.
You are reminded of the need for good English and clear presentation in your answers.

_____

SECTION A

1 <u>**Gymnastics**</u> (**5 minutes**)

Create and present a ten-sequence gymnastics performance.

Consider the following:

(i) balance

(ii) locomotions

(iii) stimuli (music)

Remember to put the presentation on an A4 Card   [50]

2 <u>**Mass Displays**</u>   (**5 minutes**)

Prepare a Mass Displays performance, in groups of twenty, under the theme 'Early Child Marriages'.

Consider the following:

(i) simple to complex formations

(ii) music

(iii) dance   [50]

SECTION B

3. <u>**Health, Safety and Environment**</u> (**5minutes**)

Two netball players from opposing teams collide at high speed while contesting for a ball. One of them falls down, injuring the forehead and loses consciousness. Use the cardiac massage to resuscitate the casualty and manage the injured forehead. [50]

4. <u>**Human Body Systems and Performance**</u> (**5 Minutes**)

Design an 8 station interval training course comprising **two** activities for each of the following target parts:

(i) lower limbs

(ii) upper limbs

(iii) the core

(iv) cardiovascular [50]

5. <u>**Game Skill – Athletics**</u> (**5 minutes**)

(a) Execute the following athletics drills over a 20-30 metre distance:

    (i) high knee

    (ii) butt kick/heel kick ups

    (iii) high knee with extension

    (iv) combination of the three drills stated in **(i)**, **(ii)** and **(iii)** above

(b) Engage in a cool down session. [50]

6. <u>**Game skills - Soccer**</u> (**5 minutes**)

In groups of six, execute the following techniques in soccer in a 10m x 10m grid:

(a) passing in either direction

(b) ball control using different body parts

(c) beating an opponent under pressure

(d) closing down the ball (defending)

[Turn over

(e)   throw in   [50]
      Situation: 4 vs 2
                        3 vs 5

7.   <u>**Game Skills – Volleyball**</u>   (**5 minutes**)
You are the captain of your volleyball team, in charge of ensuring the execution of the various skills listed below during a game situation.

(i)   setting (to front and back hitters)

(ii)   cross court, down the line, short front court (smash)

(iii)   dump

(iv)   block the ball

(v)   initiate a rotational movement   [50]

8.   <u>**Game Skills – Cricket**</u>   (**5 minutes**)

You have up to five minutes to execute the following field and batting skills in cricket:

(a)   low catches

(b)   high catches

(c)   long barrier

(d)   forward drive

(e)   backward drive   [50]

9.   <u>**Game Skills – Netball**</u>   (**5 minutes**)

In groups of four, you are given 5 minutes to execute the following skills in netball.

(i)   chest pass

(ii)   bounce pass

(iii)   shoulder pass

(iv)   overhead pass

(v)   shooting for goal

(vi) pivoting

N.B.: Passing distance – 6m apart   [50]

10. **Game Skills – Combat Games (Wushu)** (**5 minutes**)

Candidates are instructed to demonstrate the following WUSHU basic skills after a warm up:

(a) Salutation

(b) Ma bu

(c) Cat Stance

(d) hand movement (chingu steps) x 2 other stances

(e) leg movements (kicks) x 3 stances

(f) one routine – which addresses the above basic skills

N.B.: Candidates should consider the use of space and voice projection

[50]

BLANK PAGE

BLANK PAGE

BLANK PAGE