EXAMINATIONS COUNCIL OF ZAMBIA

JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 9) – 2014

PHYSICAL EDUCATION 701/2

PAPER 2 – PRACTICAL

(SPECIMEN)

(INTERNAL AND EXTERNAL CANDIDATES)

TIME:  MARKS: 30

INSTRUCTIONS TO CANDIDATES

1. This paper has five (5) questions.

2. Question 1 is compulsory and you will be required to choose any two (2) from the remaining questions.

3. Question 1 carries fourteen (14) marks. The rest carry eight (8) marks each.

INFORMATION FOR CANDIDATES

Cell phones are not allowed in the examination room.
1. Prepare and administer a five (5) stations circuit for Physical Education and Sport Practical Lesson. The stations should include:
   (i) Pull-ups x 5
   (ii) Shuttle runs x 5
   (iii) Cart wheel x 5
   (iv) Forward roll x 5
   (v) Frog jump x 5

2. Perform the following skills:
   (i) Discus x 5
   (ii) High jump x 5
   (iii) Shot put x 5

3. In a group of four (4) members, as individuals perform the following skills:
   (i) Bounce pass x 5
   (ii) Shoulder pass x 5
   (iii) Lay up shot x 5

4. Perform the following skill:
   (i) Spike x 5
   (ii) Volley x 5

5. In a group of four (4) members, as individuals perform a 4 x 100 race using an upsweep style.