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.

Copyright: Zimbabwe School Examinations Council, Specimen paper.

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 Medly (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]

BLANK PAGE

BLANK PAGE

BLANK PAGE