ZIMBABWE SCHOOL EXAMINATIONS COUNCIL

General Certificate of Education Ordinary Level

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.

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

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SECTION A

1 **Gymnastics** (**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 **Mass Displays** **(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. **Health, Safety and Environment** (**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. **Human Body Systems and Performance (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. **Game Skill – Athletics (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. **Game skills - Soccer** (**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)

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

7. **Game Skills – Volleyball** (**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. **Game Skills – Cricket** (**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. **Game Skills – Netball** (**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]

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