

**TEACHERS COLLEGES OF JAMAICA**

**BACHELOR OF EDUCATION**

**JANUARY 2021 EXAMINATIONS**

**COMMON PAPER**

**PHYSICAL EDUCATION**

**METHODS OF TEACHING PHYSICAL EDUCATION**

**[PE206SEB]**

**YEAR 2**

**TIME: 2 HOURS**

**SECONDARY**

**Instruction: Candidates are required to answer ALL questions in SECTION A and  
THREE questions in SECTION B.**

**DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.**

**SECTION A (20 marks)**

**Answer ALL questions in this section**

1. Define the following terminologies as they relate to Physical Education
  - a) Skill (2 marks)
  - b) Ability (2 marks)
  
2. a) Explain the difference between *open skill* and *closed skill* (4 marks)  
b) Give ONE example of each skill (2 marks)
  
3. Define the following terms:
  - a) Sport (2 marks)
  - b) Game. (2 marks)
  
4. Compare TWO important aspects of ancient Physical Education with contemporary Physical Education. (4 marks)
  
5. List TWO factors to be considered when demonstrating a skill. (2 marks)

**SECTION B (20 marks)**

**Answer THREE questions from this section each question is valued 20 marks**

1. Lesson plans are divided into sections with clearly outlined objectives. As the Physical Education teacher:
  - a) Explain the following parts of a lesson plan: (8 marks)
    - i. Introduction
    - ii. Skill Development
    - iii. Culminating Activity
    - iv. Evaluation
  
  - b) Select TWO sections of the first three parts of a lesson plan and write an appropriate activity. State at least TWO objectives of the lesson prior to writing the activity. (12 marks)

2. Physical Education teachers should be creative so that they can be effective in enhancing meaningful learning outcomes.
- a) Identify and clearly explain FOUR methods/strategies that the Physical Education teacher could use to be effective in the classroom. (16 marks)
  - b) Give an example of each method/strategy. (4 marks)
3. a) Discuss TWO practices from the list below (6 marks)
- i. variable practice
  - ii. fixed practice
  - iii. massed practice
  - iv. distributed practice
- b) Create an activity for each of the chosen practices. (8 marks)
- c) State how you would evaluate each activity. (6 marks)
4. *'Physical Education is a very important subject that students at all levels should participate in'.*
- a) State TWO reasons you would give to support this statement. Make reference to at least TWO supporting sources to justify your answer. (8 marks)
  - b) Discuss FOUR social goals of Physical Education. (12 marks)
5. a) Select FOUR from the list below and state TWO advantages and TWO disadvantages of each. (16 marks)
- Divergent discovery
  - Convergent discovery
  - Self Feedback
  - Peer Feedback
  - Teacher Feedback
  - Direct Teaching
- b) Indicate how these methods fit into a student-centred OR teacher-centred classroom. (4 marks)

**END OF EXAMINATION**

