

**TEACHERS COLLEGES OF JAMAICA**

**BACHELOR OF EDUCATION**

**JANUARY 2021 EXAMINATION**

**COMMON PAPER**

**PHYSICAL EDUCATION**

**MOVEMENT EDUCATION**

**[PE101SEB]**

**YEAR 1  
SECONDARY**

**TIME: 2 ½ HOURS**

**Instructions: Candidates are required to answer ALL questions in SECTION A and B and TWO questions in SECTION C.**

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

**SECTION A (20 marks)**  
**Answer ALL questions in this section**

1. High, low, and medium refers to \_\_\_\_\_ in movement education.
  - a) flow
  - b) gesture
  - c) rhythm
  - d) levels
  
2. In which locomotor skill does each foot have two tasks to complete before the weight is transferred to the other foot?
  - a) Galloping
  - b) Skipping
  - c) Running
  - d) Walking
  
3. The combination of a step and a hop, with feet alternating after each step hop is called
  - a) hopping.
  - b) leaping.
  - c) skipping.
  - d) jumping.
  
4. Which of the following would be the LEAST appropriate safety procedure for a movement education class?
  - a) Teacher must personally inspect the playing area before movement class
  - b) Clearly mark appropriate traffic pattern around movement area
  - c) Student must exercise at or below 50 percent of their maximal heart rate during aerobic fitness activities
  - d) Students work with others of similar body size and weight
  
5. You want to develop students' control of an object and locomotor skills. Which of the following is the BEST way to do this?
  - a) Have the students play a game of catch
  - b) Ask the student to describe the forward roll
  - c) Ask the student to throw a ball.
  - d) Lead the students into different kinds of dance
  
6. The following are ALL elements of spatial awareness EXCEPT
  - a) time.
  - b) levels.
  - c) pathways.
  - d) direction.

7. Movement Concept of directions include ALL the following, EXCEPT
- forward and backward, up, and down.
  - sideways -right and left, clockwise and counterclockwise.
  - forward and backward, far, and near.
  - clockwise and counterclockwise, up, and down.
8. Manipulative skills involve the use of the following
- only feet.
  - only hands.
  - some type of implement.
  - some type of decision.
9. All EXCEPT which of the following are developed by manipulative activities?
- Eye-hand coordination
  - Propensity
  - Foot-eye coordination
  - Dexterity
10. Select the most appropriate statement from the following:
- Asymmetrical movement takes place when both sides of the body are working together to perform different movements.
  - Asymmetrical movement takes place when there is identical movement using similar body parts on opposite sides of the body.
  - Asymmetrical movement takes place when performing movement in a short period of time
  - Asymmetrical movement uses using body parts on opposite sides of the body
11. A safety precaution that involves assisting a performer by helping to support the body weight, and preventing a hazardous fall is referred to as a
- spotter.
  - shaping.
  - small apparatus.
  - supporter.
12. What type of skills are used when Jane moves her body from one place to another by projecting the body upward, jumping and hopping?
- Locomotor skills
  - Manipulative skills
  - Non locomotor skills
  - Non manipulative skills

13. The ability to maintain equilibrium while stationary or moving is a result of
- speed.
  - agility.
  - balance.
  - reaction time.
14. Unlike Primary and High Schools which are generally organized into activity related units (badminton, soccer, netball), movement education is organized around
- concepts and variety.
  - twisting and turning.
  - speed and agility.
  - themes and concepts.
15. What differentiates a movement-education lesson from traditional lessons? It
- stresses creativity.
  - generally means that students are inactive.
  - requires certain prior knowledge.
  - typically uses the rotational model.
16. Ideally, movement concepts and fundamental motor skills should be at \_\_\_\_\_ level of education.
- primary and secondary
  - early childhood and primary
  - early childhood and secondary
  - primary and tertiary
17. Pushing, twisting, curling, and bending are BEST described as
- manipulative skills.
  - specialized skills.
  - body management skills.
  - non-locomotor skills.
18. Which of the following is developed by handling some form of object?
- Non -locomotor skills
  - Health related fitness skills
  - Manipulative skills
  - Body management skills
19. Fundamental motor skills are divided into which THREE categories?
- Manipulative / Rhythmic / Specialized
  - Locomotor / Body management / Gymnastics
  - Non-locomotor / Locomotor / Body management
  - Locomotor / Non-locomotor / Manipulative

20. When children learn to distinguish between “near and far,” or “strong and weak,” or “light and heavy,” these are examples of
- biomechanical principles.
  - conceptual understanding.
  - motor skill learning.
  - perceptual motor learning.

**SECTION B (50 marks)**

**Answer ALL questions in this section**

- Safety is an essential aspect of Movement Education. Explain FIVE safety precautions to consider when teaching movement education. (10 marks)
- Define *non-locomotor movement*. (2 marks)
  - Name two locomotor movements. (2 marks)
  - List FOUR manipulative skills. (4 marks)
- Explain the following movement concepts. (16 marks)
  - Body Awareness
  - Space Awareness
  - Relationships
  - Qualities of Movement
- Which FOUR instructional cues might you use if you are teaching jumping? (4 marks)
  - Describe TWO activities that can be done with hoops. (4 marks)
- Name TWO weight bearing parts of the body, other than the feet. (2 marks)
  - Describe an asymmetric and a symmetric movement. (4 marks)
  - Name TWO theorists who were pioneers of Movement Education. (2 marks)

**SECTION C (30 marks)**

**Answer TWO questions from this section.**

1. Movement Education plays a vital role in the growth and development of an individual. Training the body to perform physical movements is necessary for the development of the child. More importantly, these activities must begin at a young age so that the child can reap certain benefits.

Identify THREE of these benefits and discuss how the benefits selected help in the development of the child. (15 marks)

2. State the Coaching/teaching points for THREE of the skills below and describe the role of the spotter for the skills chosen.
- a) Forward Roll
  - b) Head Stand
  - c) Backward Roll
  - d) Hand Stand
- (15 marks)

3. a) Choose a theme taught in Movement Education class and identify the grade for which the above would be suited  
b) List FIVE activities that could be used to explore this theme  
c) With the Aid of a diagram explain an appropriate climax activity.

4. Explain how you would teach the following movement concepts to a Grade 6 class
- a) Body awareness
  - b) Space awareness
  - c) Relationships
  - d) Qualities of movement
- (15 marks)

5. Movement Education assists in the physical development of primary school children. Elaborate on THREE other areas of development which can be enhanced by being involved in this course (15 marks)

**END OF EXAMINATION**