

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

DECEMBER 2018- EXAMINATION

COMMON PAPER

PHYSICAL EDUCATION

**MOVEMENT EDUCATION
[PE101SEB]**

**YEAR: 1
SECONDARY**

TIME: 2 ½ HOURS

**INSTRUCTIONS: Answer ALL questions in Sections A and B, and TWO questions from
Section C.**

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

SECTION A- 20 MARKS

1. The term created by Laban in Europe to define what Physical Education should be is
 - a) movement education.
 - b) physical education.
 - c) physical fitness.
 - d) sporting activities.

2. Which of the following models in physical education is USUALLY tailored toward younger children?
 - a) Sport Education Model
 - b) Fitness Education Model
 - c) Movement Education Model
 - d) Humanitarian Education Model

3. Jane moves her body from one place to another by projecting the body. Upward, jumping and hopping can be referred to as
 - a) locomotor skills.
 - b) manipulative skills.
 - c) non-locomotor skills.
 - d) non-manipulative skills.

4. What differentiates *movement education lessons* from *traditional lessons*?
 - a) Stresses creativity
 - b) Students are generally *inactive*
 - c) Requires certain prior knowledge
 - d) Typically uses the rotational model

5. Manipulative skills involve the use of
 - a) only feet.
 - b) only hands.
 - c) some type of implement.
 - d) some type of decision.

6. Safety is important for a movement class. Which of the following would be the LEAST appropriate safety procedure?
 - a) Teacher must personally inspect the playing area before movement class
 - b) Clearly marked appropriate traffic pattern around movement area
 - c) Student must exercise at or below 60 percent of their maximal heart rate during aerobic fitness activities
 - d) Students work with similar body size and weight.

7. Which of the following is NOT classified as direction in Movement Education?
- Static and Dynamic
 - Circular, Sideways, Diagonally
 - Straight, Curved, Combination
 - Forward, Backward, Right-left, Up-down
8. In Qualities of Movement _____ is bound/interrupted or free/sustained.
- flow
 - effort
 - speed
 - rhythm
9. What is the BEST definition of non-locomotor skill?
- A movement that moves a person from one place to another
 - A squatting while walking movement
 - A movement performed while remaining stationary
 - A movement that involves only feet
10. Which of the following BEST describes a hop?
- Transfer of body weight from both feet
 - Transfer of body weight from one foot to the other
 - Transfer of body weight from one foot to same foot
 - Transfer of body weight from heel to toes
11. Who were the THREE most influential pioneers that helped with the development of Movement Education in the 1800s to 1900s?
- Rudolf Laban, Merce Cunningham, Alvin Ailey
 - Isadora Duncan, Mary Wigman, Loie Fuller
 - Rudolf Laban, Lisolett Diem, Francois Delsarte
 - Ted Shawn, Martha Graham, Barbara Requa
12. All below are components of relationship EXCEPT
- side by side.
 - near and far.
 - working with an apparatus.
 - working alone.
13. Students knowing where their space is and how they can react in that space is known as
- self-space.
 - space awareness.
 - effort.
 - time.

14. Which of the following is NOT a movement pattern?
- a) Curved
 - b) Square
 - c) Circle
 - d) Triangle
15. When children learn to distinguish between “near and far,” or “strong and weak,” or “light and heavy,” these are examples of
- a) biomechanical principles.
 - b) conceptual understanding.
 - c) motor skill learning.
 - d) perceptual motor learning.
16. Select the MOST appropriate answer from the following
- a) asymmetrical is different movement using similar body parts on opposite sides of the body.
 - b) asymmetrical is identical movement using similar body parts on opposite sides of the body.
 - c) asymmetrical is used to perform movement in short period of time
 - d) asymmetrical is movement using body parts on opposite sides of the body
17. Identify the THREE categories into which fundamental motor skills are divided.
- a) Manipulative / Rhythmic / Specialized.
 - b) Locomotor / Body management / Gymnastics.
 - c) Non-locomotor / Locomotor / Body management.
 - d) Locomotor / Non-locomotor / Manipulative.
18. The forward roll is said to be problematic in the primitive stage. Which of the following characteristics make this statement true?
- a) Keeping the chin tucked
 - b) Keeping the knees and hip flexed.
 - c) Losing the curl
 - d) Using the hands to cushion the head contact
19. Energy required to move an object is
- a) time.
 - b) force.
 - c) balance.
 - d) rhythm.

20. Safety precautions are imperative when a performer is executing a skill. Support is therefore needed from a _____ to help manage the performer's body weight and prevent a hazardous fall.
- a) spotter
 - b) shaper
 - c) small apparatus
 - d) supporter

SECTION B
DO ALL QUESTIONS IN THIS SECTION

1. Identify FIVE views expressed by Laban about a good movement education class.(5 marks)

- 2a. State TWO body awareness objectives. (2 marks)

- b. Movement Education is focused on teaching students to develop _____ skills through _____ movement. (2 marks)

- 3a. Name TWO locomotor movement. (2 marks)

- 3b. State FOUR Manipulative skills. (4 marks)

4. Safety is an essential aspect of Movement Education. Explain FIVE safety precautions to consider when teaching movement education. (10 marks)

SECTION C-30 MARKS
DO ANY TWO QUESTIONS FROM THIS SECTION

1. As a Physical Education Teacher, choose a theme taught in Movement Education class.
 - Identify the grade level for which the theme selected would be suited.
 - List FIVE (5) activities that could be used to explore the theme chosen.
 - With the aid of a diagram explain an appropriate climax activity. (15 marks)

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

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

3. State the Coaching/teaching points for 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)

4. Define and explain the following *movement concepts* and outline ONE activity that can be used for EACH concept: (15 marks)
 - a) Body awareness
 - b) Relationships
 - c) Qualities of movement
 - d) Space awareness

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