

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2016 – EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

MOVEMENT EDUCATION

[PE101SEB]

**YEAR 2
SECONDARY**

TIME: 2 ½ HOURS

INSTRUCTIONS: Answer ALL questions in Sections A and B and TWO questions in C.

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

SECTION A

Answer ALL questions in this section by selecting the most appropriate response.

1. The phrase “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. Which characteristic of the primitive stage of the forward roll is most problematic?
 - 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

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) Teacher must indicate 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 students to describe the forward roll
 - c) Ask the students to throw a ball.
 - d) Lead the students into different kinds of dance

6. All the following are parts of spatial awareness EXCEPT
 - a) time.
 - b) levels.
 - c) pathways.
 - d) direction.

7. In Movement, the concept of directions includes all of the following EXCEPT
 - a) forward and backward, up and down.
 - b) sideways right and left, clockwise and counter clockwise.
 - c) forward and backward, far and near.
 - d) clockwise and counter clockwise, up and down.

8. Development of manipulative skills involves the use of
 - a) only feet.
 - b) only hands.
 - c) some type of implement.
 - d) some type of decision.

9. All EXCEPT which of the following are developed by manipulative activities?
 - a) eye-hand coordination.
 - b) propensity.
 - c) foot-eye coordination.
 - d) dexterity.

10. Asymmetrical movement is
 - a) different movements using similar body parts on opposite sides of the body.
 - b) identical movements using similar body parts on opposite sides of the body.
 - c) used to perform movement in a short period of time.
 - d) movement 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
 - a) spotter.
 - b) shaping.
 - c) small apparatus.
 - d) supporter.

12. Jumping and hopping can be referred to as
- a) locomotor skills.
 - b) manipulative skills.
 - c) non locomotor skills.
 - d) non manipulative skills.
13. The ability to maintain equilibrium while stationary or moving depends on
- a) speed.
 - b) agility.
 - c) balance.
 - d) reaction time.
14. Unlike other High School physical education activities which are generally organized into units (badminton, soccer, netball), Movement Education is organized around
- a) concepts and variety.
 - b) twisting and turning.
 - c) speed and agility.
 - d) themes and concepts.
15. What differentiates a movement education lesson from a traditional lesson?
- a) It stresses creativity
 - b) Students are generally inactive
 - c) It requires certain prior knowledge
 - b) Typically it uses the rotational model
16. All the following are objectives of the secondary school's physical education movement programme EXCEPT
- a) appreciation of body's excretory system.
 - b) development of fitness.
 - c) appreciation of fair play.
 - d) development of sportsmanship.
17. Pushing, twisting, curling, and bending are best described as
- a) Manipulative skills
 - b) Specialized skills
 - c) Body management skills
 - d) Non-locomotor skills

18. Which of the following is developed by handling some form of object?
- a) Non Locomotor skills
 - b) Health related fitness skills
 - c) Manipulative skills
 - d) Body Management skills
19. Fundamental motor skills are divided into which three categories?
- a) Manipulative / rhythmic / specialized.
 - b) Locomotor / body management / gymnastics.
 - c) Non-locomotor / locomotor / body management.
 - d) Locomotor / non-locomotor / manipulative.
20. All the following are advantages to teachers who teach Secondary Movement Education EXCEPT
- a) more interaction with students during classes.
 - b) promotes student success and teacher satisfaction.
 - c) allows teachers to give students percentage grades each class.
 - d) enables teachers to understand student's thinking in class.

SECTION B - (50 marks)

Answer ALL questions in this section.

1. Safety is an essential aspect of Movement Education. Briefly explain FIVE safety precautions to consider when teaching movement education. (10 marks)
2. a) Define *non locomotor* movement. (2 marks)
b) Name TWO locomotor movements. (2 marks)
c) List FOUR manipulative skills. (4 marks)
3. Explain the following movement concepts.
a) Body Awareness
b) Space Awareness
c) Relationships
d) Qualities of Movement (8 marks)
4. What does jumping require? Which FIVE instructional cues would you use if you are teaching jumping? (5 marks)
5. a) What are FIVE instructional cues you might include when teaching walking? (5 marks)
b) State what you understand by the term *Movement Sequence*. (2 marks)
c) Describe TWO activities that can be done with hoops. (4 marks)
6. a) Name TWO weight bearing parts of the body, other than the foot. (2 marks)
b) Describe an asymmetric and a symmetric movement. (4 marks)
c) 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 all persons. 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 each helps in the development of secondary school students. (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 Grade 8 Movement Education class. (1 mark)
 - b) Identify the grade for which the theme would be suited. (1 mark)
 - c) List FIVE activities that could be used to explore this theme. (10 marks)
 - d) With the aid of a diagram explain an appropriate climax activity. (3 marks)

4. Explain how you would teach ONE of the following movement concepts to a Grade 7 class
 - a) Body awareness
 - b) Space awareness
 - c) Relationships
 - d) Qualities of movement(15 marks)

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

END OF EXAMINATION