

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT  
ASSOCIATE DEGREE IN COACHING  
JANUARY 2021 EXAMINATION**

**NETBALL LEVEL 1  
[PE113ASC]**

**Year 1**

**Time: 2 Hrs.**

**INSTRUCTION: DO ALL QUESTIONS IN SECTION A AND B AND ANY TWO  
FROM SECTION C**

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**DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO**

**Section A**  
**Instructions: Answer all questions**

**(1 mark each)**

1. The game of netball was introduced to Jamaica in what year?
  - a) 1891
  - b) 1981
  - c) 1909
  - d) 1809
  
2. A netball weighs between:
  - a) 400 grams – 450grams
  - b) 410grams – 490grams
  - c) 450 grams - 470grams
  - d) 450grams – 490 grams
  
- 3 Which acronym represents the international governing body for netball?
  - a) INF
  - b) AFNA
  - c) NJ
  - d) JNA
  
4. Which of the following is a defensive player?
  - a) GS
  - b) GA
  - c) WA
  - d) C
  
5. Which pass is most effective when players are in close proximity?
  - a) The underarm pass
  - b) The chest pass
  - c) The lob pass
  - d) The overhead pass
  
6. Who is the official in charge of a netball game?
  - a) umpire
  - b) coach
  - c) referee
  - d) team captain

7. When using the 5E instructional model the \_\_\_\_\_ stage is to pique students' interest.

- a) evaluate
- b) explore
- c) elaborate
- d) engage

8. A detailed statement that describes expected outcome or performance on a lesson plan is called:

- a) teaching point
- b) specific objective
- c) general objective
- d) teaching instruction

9. What part of a lesson plan contains the most teaching time?

- a) warm- up
- b) cool- down
- c) skill development
- d) climax

10. Who invented netball?

- a) Dr. James Smith
- b) Dr. John Henry
- c) Dr. James Nattie
- d) Dr. James Naismith

11. What is the minimum number of players that are allowed on court at the start of play?

- a) five
- b) seven
- c) twelve
- d) six

12. The Netball court is divided into \_\_\_\_\_ playing regions.

- e) Four
- f) Three
- g) Five
- h) Two

13. Which of these are skills in netball?

- a) Catching and Passing
- b) Serving and Footwork
- c) Smashing and Contact
- d) Volleying and Shooting

14. Which official is responsible for supervising a suspended player during a netball game:

- a) Scorer
- b) Timekeeper
- c) Reserve Umpire
- d) Umpire

15. A toss-up is given for \_\_\_\_\_

- a) A ball that has been sent out of court
- b) Simultaneous offside
- c) The ball going over two thirds
- d) When the ball is dead

16. If a player catches the ball and land on the right foot; he or she may

- a) Step on the right foot and lounge on the left foot
- b) Step on the left foot, lift the right foot and pass the ball.
- c) Step with both feet
- d) Hop on the right foot, step on the left and then pass the ball

17. During the game Goal Defense hits the ball outside ball goes out of court

- a) A free pass is awarded
- b) A throw on is awarded
- c) A penalty throw is awarded
- d) A long throw is awarded

18. Identify the following hand signals.



- a) Warning
- b) Held ball
- c) Time Out
- d) Caution

19.



- a) Hold Time
- b) Caution
- c) Ordering off
- d) Time out

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- a) Time out
- b) Stepping
- c) Direction of Play
- d) Advantage

**Section B**

**Fill in the blank spaces.**

1. a) Explain the difference between term team change and substitution in netball.

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(2marks)

- b) Give One example of each of the term above.

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(2 marks)

2. Explain three roles of the scorer in a netball game.

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(3 marks)

3. Name all the players that can take a side line throw in within the center third.

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(5 marks)

4. Explain the difference between stepping and obstruction.

(4 marks)

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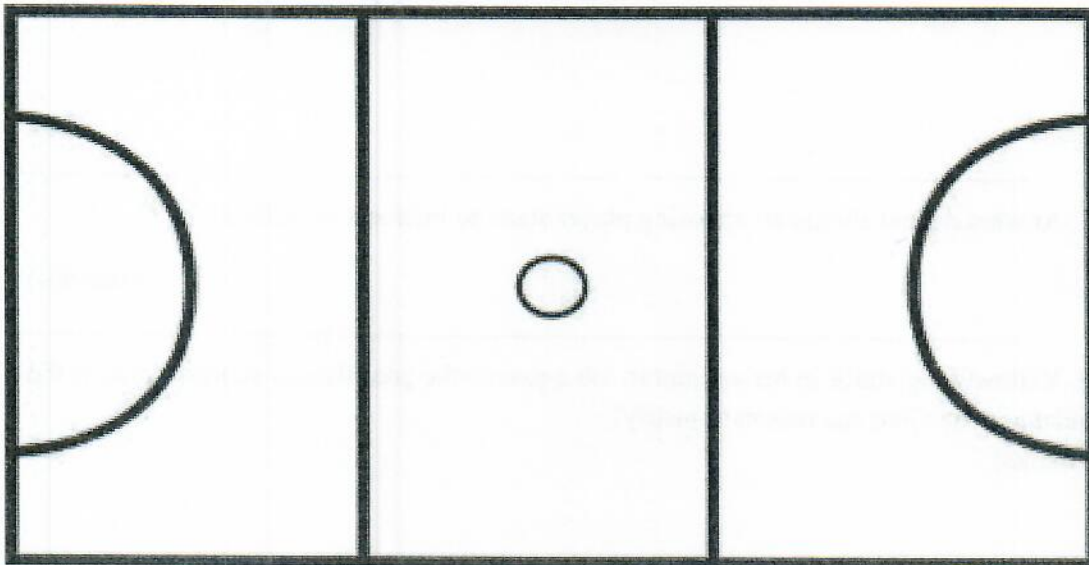
5. Explain the over third rule and show illustration with the use of the diagram. (4 marks)

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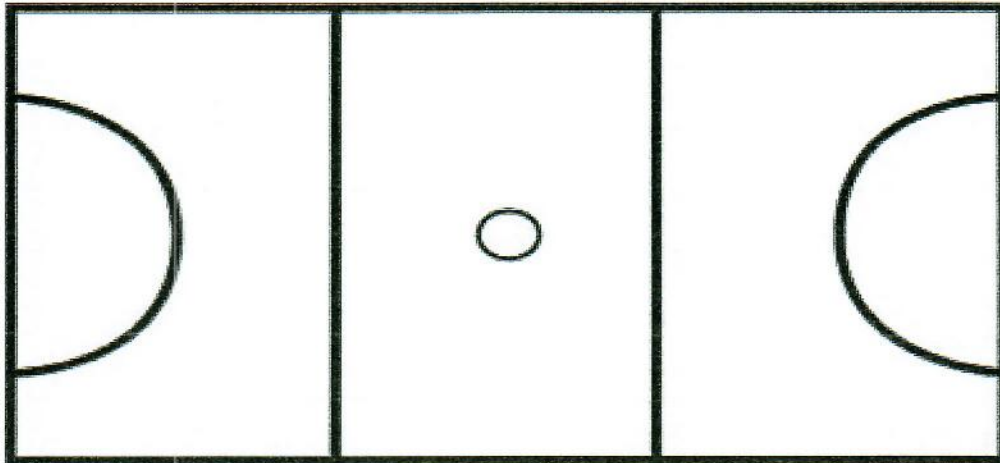
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6. Before the start of play, place the players for both teams in their playing positions on the netball court. (7 marks)



9. How would you explain the following terms to your grade 7 class? (4 marks)

a) Held ball

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b) Offside

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11. At what distant should an opposing player stand to intercept or defend a ball?

(1mark)

12. Yellow wing attack in her attempt to lob a pass to the goal shooter scores a goal. Is the goal allowed? Give one reason to justify?

(2 marks)



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13. Give one responsibility for each of these players and develop one activity that will improve the players role GA,,GD and C.

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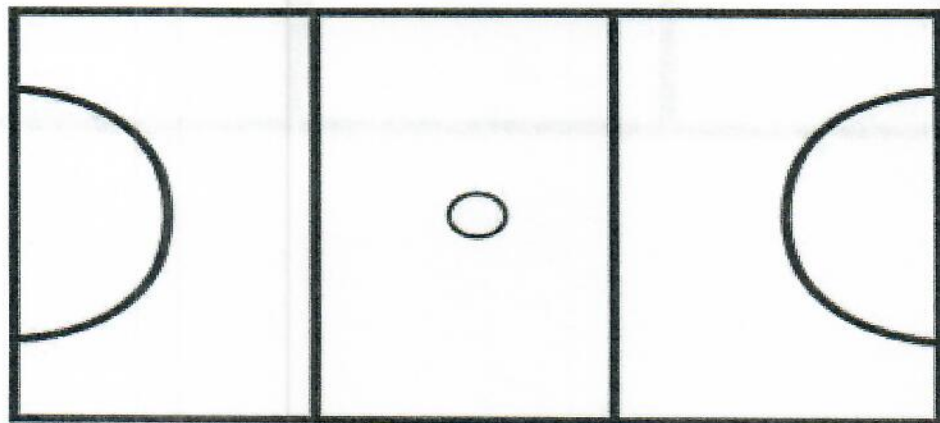
(6marks)

**Section C**

**Instructions: Answer any TWO questions**

1. a) Design four (4) activities that can be used to improve the skill of shooting to a group of Grade 5 students (showing illustration) ensuring progression. Total (20 marks)

2. a) Explain six (6) roles of the umpire during a netball game. (6 marks)  
b) Using the court below highlight the area of control for two umpires during a netball game. (6 marks)



c) Explain the difference between suspension and ordering off a player. (4 marks)  
d) Describe a practical example of suspension and ordering off by an umpire. (4 marks)

Total (20 marks)

3) Explain the following coaching points to a group of under 12 Netballers.

- a) Simultaneous landing and Pivoting
- b) Shoulder pass

Total (20 marks)

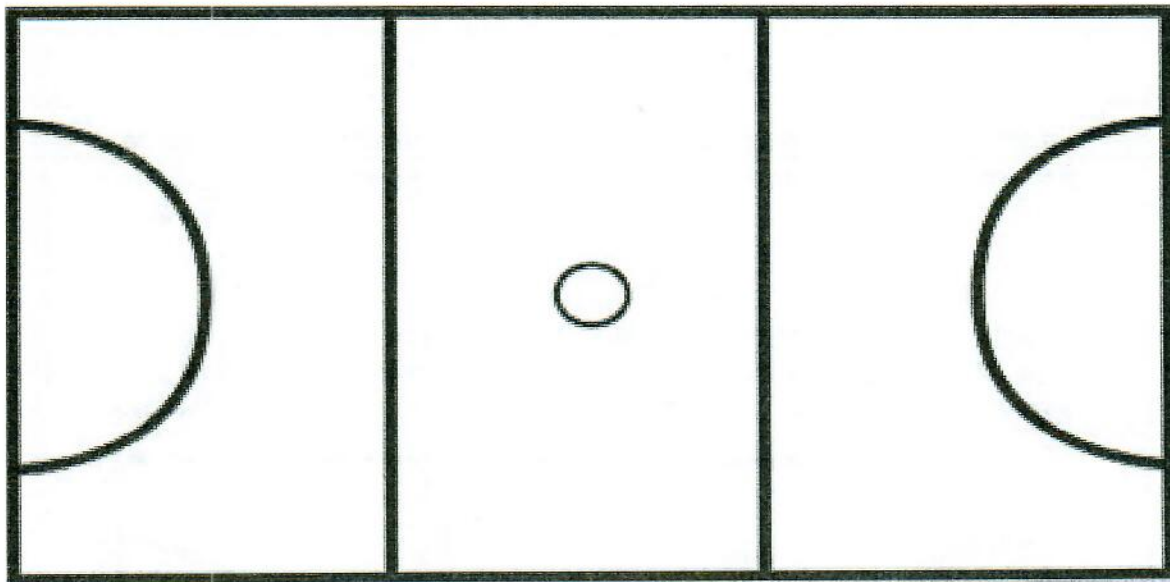
4. a) Using the diagram below put in all Dimensions (measurements) of the Netball Court

b). Name all lines and areas of the Court.

(15 marks)

c) Place all attacking players on the court.

( 5 marks)



**END OF EXAMINATION**