

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2016 – EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

**NETBALL LEVEL 1
[PE 104SEB]**

**YEAR 1
SECONDARY**

Time 2 ½ HOURS

INSTRUCTIONS: Candidates are required to answer ALL questions in Sections A and B and any TWO questions from Section C.

SECTION A

Answer ALL questions in this section.

1. The main objective of the game of netball is to
 - a. score more goals than the opposition.
 - b. score the same amount of goals as the opposition.
 - c. enjoy the game with your teammates.
 - d. only pass the ball to your team mates.

2. What is the height of the goal post on a netball court?
 - a. 3ft
 - c. 16ft
 - b. 10ft
 - d. 12ft

3. The goal line on a netball court is also referred to as the
 - a. transverse line.
 - b. side line.
 - c. back line.
 - d. none of the above.

4. Which of the following is a defensive playing position?
 - a. GS
 - b. GA
 - c. WD
 - d. WA

5. Which pass is most effective when players are in close proximity?
 - a. The shoulder pass
 - b. The lob pass
 - c. The chest pass
 - d. The bounce

6. Who is the official in charge of a netball game?
 - a. Umpire
 - b. Coach
 - c. Referee
 - d. Team captain

7. Which is **NOT** an infringement in the game of netball?
 - a. Over a third
 - b. Contact
 - c. Toss-up
 - d. Breaking

8. In the game of netball the centre circle measures
 - a. 6ft in diameter.
 - b. 2ft in diameter.
 - c. 3ft in diameter.
 - d. 4ft in diameter.

9. Which country is the present Netball World Champion?
 - a. New Zealand
 - b. Jamaica
 - c. England
 - d. Australia

10. Who invented netball?
 - a. Dr. James Smith
 - b. Dr. James Nattie
 - c. Dr. John Henry
 - d. Dr. James Naismith

11. How many players from a team are allowed on court at the start of play?
 - a. Nine
 - b. Twelve
 - c. Seven
 - d. Eight

12. The Netball court is divided into
 - a. Thirds.
 - b. Quarters.
 - c. Fifths.
 - d. Halves.

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. How often are Netball World Championships held?
 - a. Every 5 years
 - b. Every 4 years
 - c. Every 3 years
 - d. Every 2 years

15. A toss-up in the game of netball is given for
 - a. a ball that has been sent out of court.
 - b. simultaneous contact.
 - c. the ball going over two thirds.
 - d. when the ball is dead.

16. If a player catches the ball and lands on the right foot; he or she may
- step on the right foot and lounge on the left foot.
 - step on the left foot, lift the right foot and pass the ball.
 - step with both feet.
 - hop on the right foot, step on the left and then pass the ball.
17. During the game of netball, Goal Defense hits the ball and it goes out of court. Which penalty is awarded?
- A free pass is awarded
 - A throw in is awarded
 - A free throw is awarded
 - A long throw is awarded
18. In a game situation, blue GA enters the centre third before the whistle is blown for the center pass. What penalty is awarded?
- A free pass is awarded
 - A throw on is awarded
 - A short throw is awarded
 - A long throw is awarded
19. Which of the following infringements would a penalty pass be awarded for?
- Footwork infringements.
 - Travelling on court.
 - Moving in the incorrect third.
 - Contact, obstruction and intimidation infringements.
20. All the following are true about playing the game of netball except
- a player may tip the ball in an uncontrolled manner.
 - a player may lean on the ball to gain balance.
 - a player may roll the ball to another player.
 - a player may bat or bounce the ball to another player.

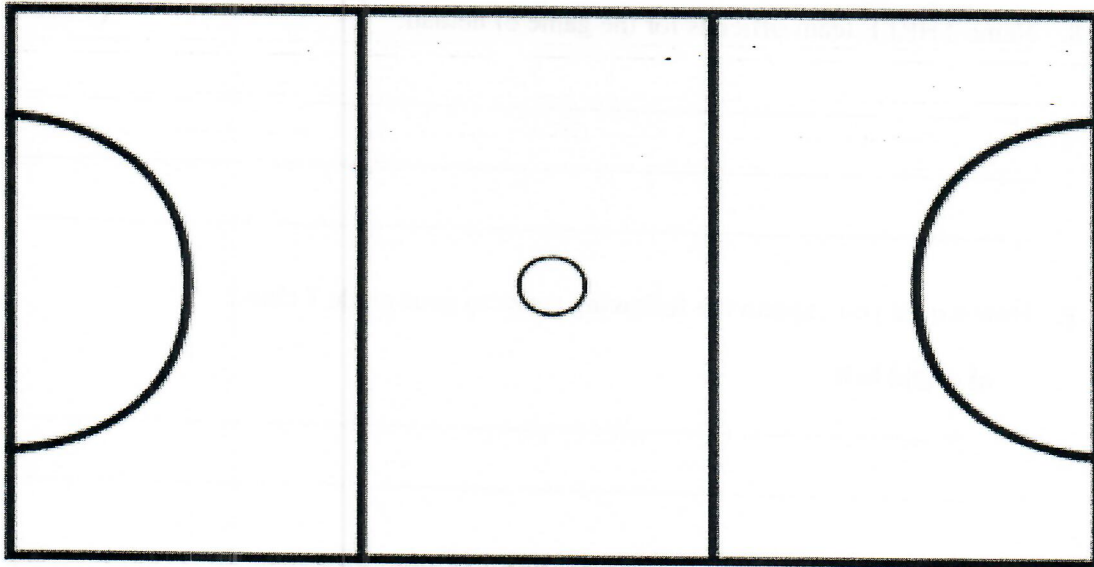
SECTION B

Answer ALL questions in this section. Total 40 marks

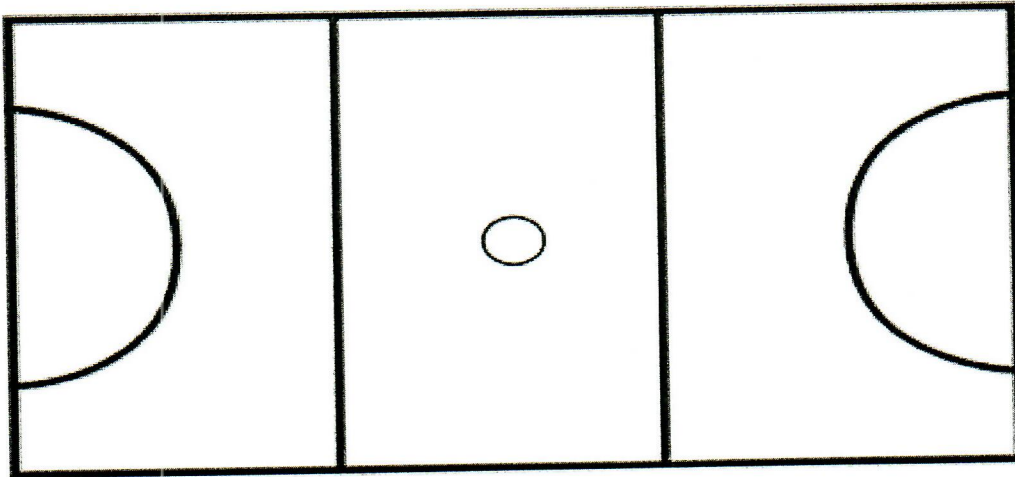
1. How long is a player permitted to hold the ball? _____ (1 mark)
2. Where should the first pass of the game be received? _____ (1 mark)
3. List FOUR players that are allowed to receive the first pass of the same. (4 marks)

4. Explain the difference between contact and obstruction. (4 marks)

5. Explain the over third rule with the aid of the diagram below. (5 marks)



6. Draw a game strategy which illustrates the movement of the ball from the centre third to the goal shooting circle; that uses a defending player to receive the first pass and making at least five passes. (7 marks)



7. Name THREE game officials of netball. (3 marks)

8. Name THREE team officials for the game of netball. (3 marks)

9. How would you explain the following terms to your grade 7 class?

a) Held ball

b) Offside

10. State the length and width of the netball court. (2 marks)

11. At what distance should an opposing player stand to intercept or defend a ball? (1 mark)

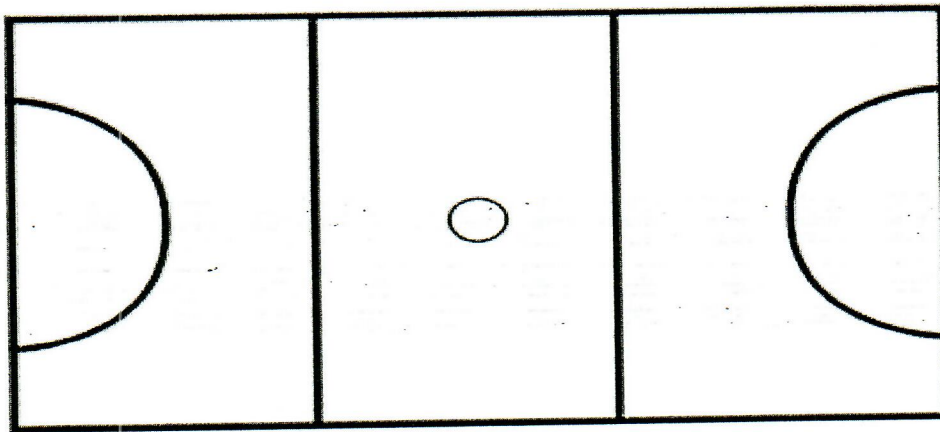
12. Yellow wing attack in her attempt to lob a pass to the goal shooter scores a goal. Is the goal allowed? Why? (2 marks)

13. Give one responsibility for each of these players G.S, W.A. and C. (3 marks)

SECTION C

Answer any TWO questions in this section.

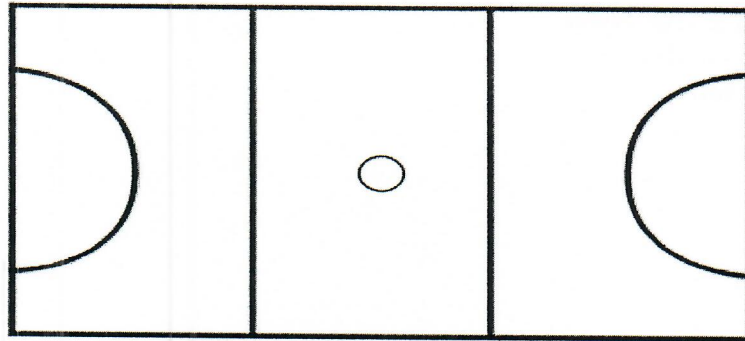
1. a. Explain the game of netball to a grade six class. (6 marks)
 - b. State SIX reasons why the whistle is blown in the game of netball. (6 marks)
 - c. State TWO coaching points for any two of the following: (8 marks)
 - i. Chest pass
 - ii. Bounce pass
 - iii. Simultaneous Landing
 - iv. One two Landing
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2. a. Put in the playing positions for one team on the court below. (7 marks)



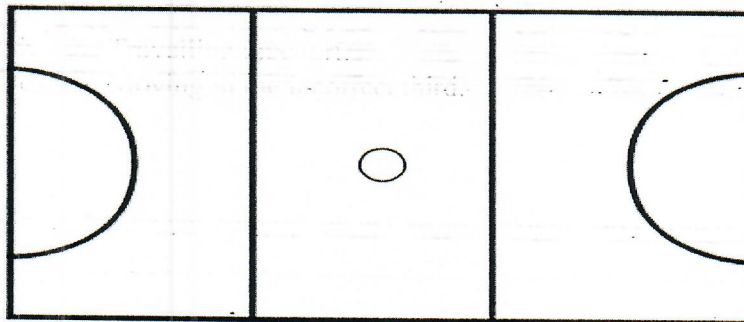
- b. Explain the difference between *obstruction* and *short pass*. (5 marks)

- c. Discuss FOUR activities that may be included when warming up for netball. (8 marks)

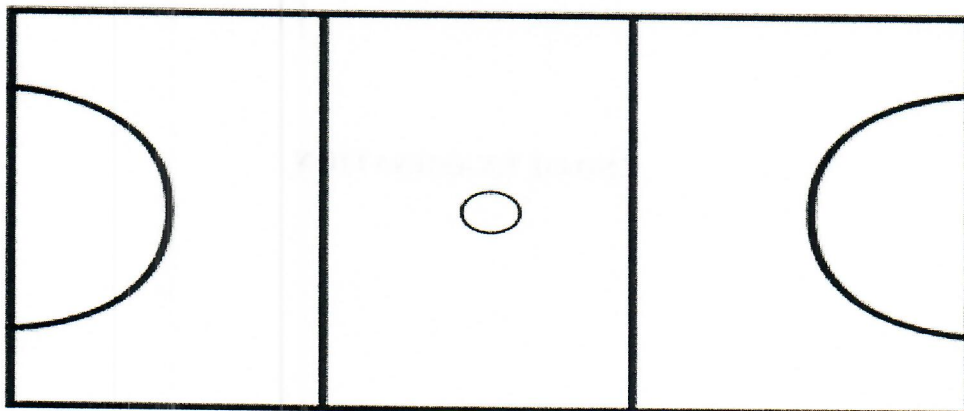
3. a. Explain the following Coaching Points for shooting to a group of under 12 Netballers.
Grip, Stance, Aim, Release, Follow- Through (10 marks)
- b. Describe one activity that you could utilize to teach the skill of shooting. (4 marks)
- c. Number all playing areas and then shade in the playing position for the Centre on the diagram below. (3 marks)



- d. Number all playing areas then shade in the playing position for the WA on the diagram below. (3 marks)



4. a. You are teaching a beginner how to catch a netball. Explain FIVE coaching points that you would use. (10 marks)
- b. Using the diagram provided below insert all dimensions (measurements) of the Netball Court and name all the lines and areas of the court. (10 marks)



5. a. Discuss FIVE roles of the following Netball Associations.

i. Netball Jamaica

ii. International Netball Federation

(10 marks)

b. Construct a lesson plan to teach any ONE of the following attacking skills:

Single feint dodge

Double feint dodge

Sprint dodge

Half roll

(10 marks)

END OF EXAMINATION