

OCTOBER 2023
EBS 129/129J
ATHLETICS FOR BASIC SCHOOLS
1 HOUR 30 MINUTES

Candidate's Index Number
Signature:

UNIVERSITY OF CAPE COAST
COLLEGE OF EDUCATION STUDIES
SCHOOL OF EDUCATIONAL DEVELOPMENT AND OUTREACH
INSTITUTE OF EDUCATION

COLLEGES OF EDUCATION
FOUR-YEAR BACHELOR OF EDUCATION (B.ED)
FIRST YEAR, END-OF-SECOND SEMESTER EXAMINATION, SEPTEMBER/OCTOBER 2023

5TH OCTOBER 2023

ATHLETICS FOR BASIC SCHOOLS

8:30 AM – 10:00 AM

SECTION B
[40 MARKS]

Answer TWO questions from this Section.

Please, note that if you answer more than two questions, only the first two will be marked.

1.
 - a. Describe **three** progressive stages by which you can introduce/teach long jump to Class Six pupils after they have warmed up. (15 marks)
 - b. State **five** technical characteristics of 'Set' Position (5 marks)
2. Explain the following terms with **four** relevant examples. (20 marks)
 - a. Gross motor skills
 - b. Fine motor skills
 - c. Locomotive skills
 - d. Non-Locomotive skills
3.
 - a. Describe **five** technical characteristics of the 'hop' phase in triple jump. (5 marks)
 - b. Describe how you will teach visual **baton change** after warm up and stretching. (15 marks)
4.
 - a. Describe **three** styles you can teach your pupils to apply during high jump event. (12 marks)
 - b. Describe **two** benefits of relay races to the development of affective and psychomotor domains of school children. (8 marks)