

**AUGUST 2023
EBS 320
METHODS OF TEACHING
PHYSICAL EDUCATION
2 HOURS**

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)
THIRD YEAR, END-OF-FIRST SEMESTER EXAMINATION, AUGUST 2023**

18TH AUGUST 2023

**METHODS OF TEACHING
PHYSICAL EDUCATION**

9:00 AM – 9:30 AM

This paper consists of two sections, A and B. Answer ALL the questions in Section A and TWO questions from Section B. Section A will be collected after the first 30 minutes.

**SECTION A
(20 MARKS)**

Answer ALL questions in this Section.

For items 1 to 13, each stem is followed by four options lettered A to D. Read each item carefully and circle the letter of the correct or best option.

1. All the following are phases of a theory physical education lesson **except**
 - A. application.
 - B. development.
 - C. introduction.
 - D. specific warm up.
2. A written document, which is drawn from the syllabus and broken down into topics to be covered within an academic period is called
 - A. course outline.
 - B. lesson plan.
 - C. scheme of work.
 - D. weekly forecast.
3. When a skill is introduced to a class as a whole with everybody performing at the same level, the class organization is referred to as
 - A. class activity.
 - B. group activity.
 - C. skill practice.
 - D. specific practice.

4. All the following are factors that affect choice of content and methods of teaching **except**
- age of learner.
 - class size.
 - core point.
 - time.
5. Which of the teaching-learning phases in options is also referred to as the preparatory phase?
- Children centred
 - Impact
 - Post-impact
 - Pre-impact
6. A curriculum that involves putting the plan into action, this implies that authorities must ensure that every school has a playing ground is called
- curriculum model.
 - enacted curriculum.
 - experience curriculum.
 - planned curriculum.
7. Which of the following is **not** a procedure the teacher should follow when using the guided-discovery style of teaching?
- Accept off-target responses and then lead the group back onto the track.
 - After asking the question, have patience to wait for responses.
 - Provide the answer to pupils if they are wasting too much of your teaching time.
 - Reinforce students responses to maximize further involvement.
8. Which of the stages of teaching-learning phases are the following decisions made?
- Whom to teach
 - What to teach
 - Where to teach
- Children centred
 - Impact
 - Post-impact
 - Pre-impact
9. Which of the anatomy of teaching-learning phases are the following decisions made?
- Reinforcement
 - Feedback
- Impact
 - Post-impact
 - Pre-impact
 - Student-centred
10. The reciprocal style of teaching physical education allows students to make decisions at the following teaching-learning phases.
- Planning
 - Execution
 - Evaluation
- I and II
 - II only
 - II and III
 - III only

11. All the following are the objectives of learning kindergarten physical education syllabus **except** develop
 - A. body control.
 - B. fine and motor skill.
 - C. physical fitness.
 - D. spatial awareness.

12. Which sequence of learning involves the relationship between learning in the one area and other areas? sequence
 - A. Diagonal
 - B. Fixed
 - C. Horizontal
 - D. Vertical

13. The term that refers to objectives that describes knowledge and ability levels in processing information is called domain.
 - A. affective
 - B. cognitive
 - C. physical
 - D. psychomotor

Items 14 and 15 are statements followed by True and False options. Read each statement carefully and indicate whether it is True or False by circling the letter of the correct option.

14. The mode of questioning in the guided discovery style of teaching is often referred to as funnel effect or design.
 - A. True
 - B. False

15. The small group style of teaching in physical education does **not** use more than two pupils at a time.
 - A. True
 - B. False

For items 16 to 20, write the appropriate responses in the spaces provided.

16. One-to-one teacher student's ratio is an advantage of teaching style.

17. In practical Physical Education lesson, what activities are used to prepare particular or targeted body parts before the teacher start teaching a skill practice?

18. What is the last activity in practical physical education lesson performed for children to enjoy the day's activity which is also used to assess the skill taught?

19. At what time or period is a physical education teacher expected write his or her remarks for a lesson?

20. What are the **two** types of reinforcement in teaching-learning to address feedback?

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SECTION B
[40 MARKS]

Answer any TWO questions from this Section.

1.
 - a. What is the relationship between Command style and Demonstration? **(5 marks)**
 - b. Discuss **five** important tips you will use as a teacher when demonstrating a skill to your class. **(15 marks)**

2. List and explain **five** factors that determine the choice of content and methods of teaching a practical physical Education Lesson. **(20 marks)**

3.
 - a. Explain any **four** reasons why teachers should prepare lesson notes before teaching. **(12 marks)**
 - b. Explain **four** reasons why teacher should prepare scheme of work **(8 marks)**

4.

- a. Differentiate between Class activity and Group activity methods at the instructional Phase of the teaching and learning process. **(8 marks)**
- b. Differentiate between teacher decision and student decision at the following teaching styles. **(12 marks)**
 - i. Command teaching style
 - ii. Reciprocal teaching style
 - iii. Guided discovery teaching style