

LET'S DO PHYSICAL EDUCATION AND ARTS REVISION GUIDE

GRADE
7

The best
ZIMSEC
Revision Guide

3 Books in 1

- Study Guide
- Revision Guide
- Exam Practice

- ✓ With answers
- ✓ Full syllabus coverage
- ✓ Exam hints and tips



**Loriat Mhoka
Admire Goronga
Biggie Matore**



LET'S DO

PHYSICAL EDUCATION AND ARTS

REVISION GUIDE

Grade 7

Bigge Matore
Admirer Goronga
Loriat Mhoka



GRAMSOL





Physical Education and Arts
Grade 7

Published by
Gramsol Books
46 Kwame Nkrumah Avenue,
Harare. 2021
www.gramsol.com
Tel. 0864 420 9124

Gramsol Books
©Biggie Matore
©Admire Goronga
©Loriat Whoka

The moral rights of the authors have been asserted.

Publisher: Sandura Tafadzwa
Managing Editor: Mbono Njabulo
Commissioning Editor: Mabhodyera Courage
Development Editor: Kahiya Wendy and Ndlovu Sihwa Viola
Typeset by Shoniwa Patrick
Cover by Chikanga Francis
Printed by Gramsol Books

ISBN: 978-1-77921-387-7

Legal Notice

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form, or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission from the Gramsol Books.

You must not circulate this book in any other binding or cover and you must impose this same condition on any inquirer.



CONTENTS

REVISED

Section A: Physical Education.....	1
Topic 1 Human body.....	1
Unit 1.1 Organs of the body.....	1
Topic 2 Safety and health.....	6
Unit 2.1 Healthy living habits.....	6
Unit 2.2 Safety.....	10
Topic 3 Aquatic skills.....	15
Unit 3.1 Water safety.....	15
Unit 3.2 Strokes.....	16
Topic 4 Kids athletics.....	19
Unit 4.1 Running.....	19
Unit 4.2 Jumping.....	23
Unit 4.3 Throwing.....	24
Topic 5 Invasion games.....	27
Unit 5.1 Space awareness.....	27
Unit 5.2 Positioning.....	32
Unit 5.3 Reaction.....	33
Topic 6 Target and combat games.....	37
Unit 6.1 Aiming/targeting.....	37
Unit 6.2 Stance.....	39
Topic 7 Net games.....	44
Unit 7.1 Strokes.....	44
Topic 8 Striking games.....	48
Unit 8.1 Grip.....	48
Unit 8.2 Striking.....	53
Topic 9 Adventure games.....	57
Unit 9.1. Outdoor activities.....	57
Topic 10 Educational gymnastics.....	61
Unit 10.1 Locomotion.....	61
Topic 11 Music.....	64
Unit 11.1 Background and performing music.....	64
Topic 12 Background art.....	67
Unit 12.1 Patterns and mounts.....	67
Topic 13 Arena acts.....	71
Unit 13.1 Movement and Rhythm.....	71
Unit 13.2 Choreography	74
Unit 13.3 Formations.....	76
 Section B: Visual Performing Arts.....	 80
Topic 1 History and Culture.....	81
Unit 1.1 Music.....	81
Unit 1.2 Visual Arts.....	86



Unit 1.3 Theatre.....	98
Unit 1.4 Dance.....	107
Topic 2 Creative Processes and Performances.....	111
Unit 1.1 Music.....	112
Unit 1.2 Visual Arts.....	120
Unit 1.3 Theatre.....	125
Unit 1.4 Dance.....	132
Topic 3 Aesthetics values and Appreciation.....	136
Unit 1.1 Music.....	137
Unit 1.2 Visual Arts.....	141
Unit 1.3 Theatre.....	144
Unit 1.4 Dance.....	149
Topic 4 Arts Technology.....	152
Unit 1.1 Music.....	153
Unit 1.2 Visual Arts.....	156
Unit 1.3 Theatre.....	160
Unit 1.4 Dance.....	164
Topic 5 Enterprise skills.....	166
Unit 1.1 Music.....	167
Unit 1.2 Visual Arts.....	170
Unit 1.3 Theatre.....	174
Unit 1.4 Dance.....	177

SAMPLE

Examination Practice 1	
Paper 1.....	179
Examination Practice 2	
Paper 1.....	182
Examination Practice 3	
Paper 1.....	185
Examination Practice 4	
Paper 1.....	188
Examination Practice 5	
Paper 1.....	191
Examination Practice 6	
Paper 1.....	194
Examination Practice 7	
Paper 1.....	197
Examination Practice 8	
Paper 1.....	200
Examination Practice 9	
Paper 1.....	203
Examination Practice 10	
Paper 1.....	206
Answers	209



EXAM TIPS AND TRICKS

1. Make sure you have enough time to study

- Last minute studying is never a good idea because you end up panicking and retaining very little.

2. PQRS method

- Preview – read the objectives at the beginning of each topic
- Question – using the objectives as a guide, ask yourself questions about the topic
- Read – Read the topic focusing on information that relates to the objectives and your questions
- Summary – summarize the topic in your own words and write down any questions you might have
- Test – answer your questions from earlier and those at the end of the topic to check your understanding

3. Get the most out of your study session

- Have specific goals for each session and remove all distractions. Use flow charts and diagrams, e.g. mind maps/spider diagrams to help you summarize what you are reading.
- Study in short chunks because this will help you to learn faster and memorize information quicker. Lastly, take regular breaks and stay hydrated.

4. Revise, revise, revise

- Revision is your best friend because it is the best way to find out what you know and what you are yet to master. Practice on old exam papers, take advantage of the exam practice questions in this book and track your progress.
- Study with your friends and quiz each other; explain your answers so that everyone gets a better understanding and by doing so you learn how to answer the same question in different ways.

5. Take care of yourself

- You can only perform as great as you feel, think positive and stay motivated.
- Get consistent sleep and make time to socialize with family and friends.
- Most importantly, if you find yourself feeling overwhelmed, do not be afraid to ask for help from your friends, family or teachers.



6. Exam day

- Prepare everything that you will need for your exam the night before, e.g. pens, calculators, set squares, etc.
- Know when and where you will be writing. Arrive early. Read each question at least twice before answering to make sure you understand it properly. Go over your paper before handing it in.

All the best!

SAMPLE



TOPIC 1

HUMAN BODY

Checklist

Have you understood the following
1.1 Organs of the body

1.1 ORGANS OF THE BODY

Revised ☐

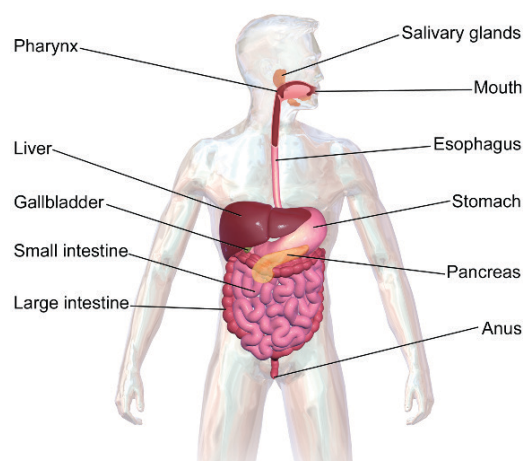
The human body

The human body is made up of external and internal body parts. These parts are called organs. The parts that we see and touch are called external organs, for example, arms, legs and ears. The parts that are inside the body are called internal organs. Examples of parts found inside the body are the lungs, heart, stomach and teeth.

Internal body parts and their different functions

Organs that store and transport food

The digestive system transports and stores food. It is made up of the following:



Components of the digestive system

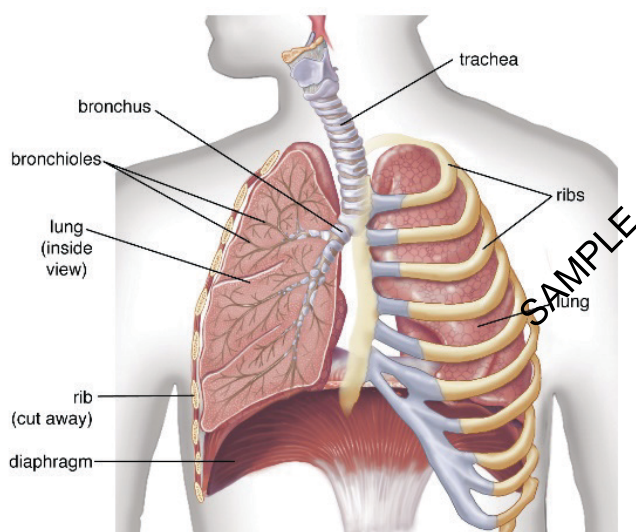
Oesophagus

- The oesophagus is a long and flexible tube, which leads from the pharynx in the upper throat to the stomach. It is about 23 - 25cm long. It pushes the swallowed food into the stomach.

- Chin
- Shoulder
- Arm
- Hand
- Fingers
- Leg
- Heel
- Ankle
- Neck
- Chest
- Stomach
- Thumb
- Knees
- Feet
- Toes

Organs that store and transport air

The breathing in of oxygen and breathing out of carbon dioxide is called **respiration**. The organs that facilitate breathing are called the **respiratory system**. The respiratory system is made up of the following:



Respiratory system

Nose

- It takes air in and out.
- The nose has two openings called nostrils.
- The hairs in the nose help to remove dirt.

The throat/pharynx

- It is where air passes into the larynx.

Trachea

- The other name for the trachea is the windpipe.
- It passes air into the lungs.
- The trachea or windpipe divides into the right and left bronchi.

The bronchi

- The bronchi continue to divide into alveoli.
- The exchange of oxygen and carbon dioxide takes place in the alveoli.

Book Link

Refer to pages 2-3 of Let's do Physical Education, Sport and Mass displays learners' book grade 7

Healthy living habits at home, school and the community

- These are healthy practices that are frequently done to prevent illness or diseases, and they include :
- Taking a bath daily to remove sweat and dust from the body.
- Brushing and cleaning teeth after every meal to avoid tooth decay and to promote fresh breath.
- Washing clothes and uniforms to remove dirt which attract germs.
- Keeping our homes, schools and community clean.
- Sweeping rooms, and the home surroundings, cleaning windows.
- Putting litter in bins and pits help to keep the home and its surroundings clean.
- Keeping the toilets clean to prevent the spread of germs.

Table showing physical activities done at home

Examples of physical activities at home, school and community

Home	School	Community
<ul style="list-style-type: none">• Cleaning the house	<ul style="list-style-type: none">• Watering the garden	<ul style="list-style-type: none">• Bicycle riding
<ul style="list-style-type: none">• Digging and watering the garden	<ul style="list-style-type: none">• Digging the garden	<ul style="list-style-type: none">• Swimming
<ul style="list-style-type: none">• Playing games	<ul style="list-style-type: none">• Playing games soccer and netbal	<ul style="list-style-type: none">• Group walking horse riding
<ul style="list-style-type: none">• Washing a car	<ul style="list-style-type: none">• Skipping rope games and others	<ul style="list-style-type: none">• Clean up campaign
<ul style="list-style-type: none">• Pounding grain using pestle and		<ul style="list-style-type: none">• Aerobic dancing• Karate

Health-related fitness

These are physical activities that improve our health fitness.

Benefits of exercise

- Improve sleep.
- Improve the immune system.
- Reduce blood pressure.
- Improve flexibility of the body.
- Reduces the chances of heart diseases and stroke.
- Strengthens bones.

Physical activities include:

- Playing sport
- Jogging
- Rope skipping
- Running
- Walking
- Swimming



- The area must be free from dangerous objects.
- Wear correct attire or uniform.
- Go swimming with an older person.
- Do thorough warm-up and cool-down before and after the activity.
- Have proper information on how to maintain and store different equipment.

Tips for safe exercising

- It would help if you were not alone when doing physical activities.
- Others should know about your physical activity programme.
- Make sure that necessary equipment is available for water activities.
- Practice the correct techniques and skills for the activity.

Safety rules for long jump

- Fill the landing area with sand.
- Dig the landing area to loosen the pit.
- Make the landing sand wet.
- Remove dangerous objects such as sharp stones or broken bottles from the approach run.

Safety rules for javelin throwing area

- Before throwing the javelin, make sure that the throwing area is free and clear.
- The javelin must be carried back to the throwing area.
- Spectators should move away from the landing area of the javelin.

Safety rules on a javelin

- Carry the javelin in a vertical position.
- Walk whilst collecting, returning and collecting the javelin.
- Never throw back towards your throwing position.
- Wait for everyone to throw and collect at once when working in a group.

Safety rules on the track

- Do not leave equipment on the track.
- Do not hold discussions on the track.
- Check for runners before crossing the track.
- Warm-up on the outside three lanes.

Safety rules on jumps

- Do not leave anything on the run-up.
- Check before you cross the run-up.
- The coach and the assistant are the only people who should use the rake.
- Place markers at the side.



the ground. Players need to spin the ball for height and distance. The strokes used for spinning technique are:

- Serve
- The backhand
- Forehand

The above strokes are known as ground strokes. They are played near the baseline after the ball has bounced.

Types of strokes

The backhand stroke

Either topspin or backhand spin can be played with it. It is used when played defence shots and the run. Used also when the ball is above the shoulder.

Preparation for the backhand stroke

With the racket slightly bent turn sideways. Turn shoulders while making a backswing. Raise racket higher than the ball.

The forehand stroke

- It is usually hit with a topspin
- A backspin and sidespin can also be used.

Factors to consider when performing forehand stroke

- Shifting body weight
- The move
- The racket speed

SAMPLE

The high topspin lob (strokes for speed)

An easy return of a tennis ball in a high arc is called a **lob**. You can use a lob when someone is quicker than you at the table. It is used in defence. It is played away from the table.

How to perform the lob

- Bend the knees to take the ball low.
- Lift the ball high over the net (strokes for height).
- Lift the ball as deep as possible so that it becomes harder for the opponent.

Shifting body weight

- Hit the ball at highest level while knees are bend.
- Transfer body weight to the front leg by swinging the racket upwards.

The move

- Half turn forward sideways.
- Rotate shoulders.
- Start the backswing.

Racket speed

- The racket should be below the level of the ball. Swing the racket from a low to a high position. Increase racket speed.
- Control the ball by lifting the racket after the contact.



speed and lines up the strings, so they can spin the ball in a steep low-to-high movement.

Cricket

- **Create "V" shape on bat** – When you hold a bat first lay it down on the ground and face the bat downward on the ground. Hold it with your hands and create a "V" shape with a thumb on the bat. The right hand must be on top for right-hand batsmen. The left hand must be on top for left-hand batsmen. Both hands must be in the line-up of the bat.
- **Hold from middle handle** – A right technique to hold a bat handle is to hold it from the middle. Holding it from the middle will help you to generate more power in shots. Hitting long sixes can be easier while holding the middle handle.
- **Distance between both hands** – When you hold a cricket bat there must be a distance between both hands. In both hands, there must be a small amount of gap to play the shot more freely. If you place hands closer to each other it will be stuck at a time of playing a shot.
- **Relax hand while the holding bat** – If you think that holding the cricket bat handle tight gives more power in shots, that's wrong. Holding bat tightly is a wrong technique it doesn't increase hitting power in the bat. When you hold a bat the hand must be relaxed and stay focus to face the next ball on the ground.
- **Gripping a cricket ball** – Finger position: Hold the ball with two fingers either side of the seam, with the thumb underneath. The next two fingers fold softly into the palm of your hand.
- **Ball Position** – You will also want to have a finger's width in between the palm of your hand and the back of the ball. Gripping the ball too tightly will make it hard for the ball to roll out of your fingers. Holding it too loosely will mean less control over the ball.
- **Aim** – When bowling always try to hit the top of the off-stump. This is the same in seam bowling as the seam will help you get edges and knock out some stumps.
- Off spin spins into the right hander and is the most common form of spin
- Leg spin spins away from the right hander and is the second most common type of bowling.

Objects that require grip in striking games:

- Bats
- Balls

Types of grip in in golf

The following are methods of gripping a golf club:

- Ten finger grip
- Interlocking grip
- Overlocking grip



golf club and ball. The ball is hit from the tee. Golf clubs are used to hit the ball from the tee using backward stroke in the following ways.

- Transference of two-thirds body weight on the right foot as the upswing begins.
- Focus eyes on the ball.
- Bent the knees slightly.
- As you prepare to go down to hit the ball and move the club backwards.
- Follow through with the club.

To lift and direct the ball towards the target is determined by correct stance and follow through.

- Coordination between the body movements and stance or foot position is essential when striking objects.
- Correct footwork is essential because it helps to achieve the proper base to practice any type of stroke. To place feet at open stance as one plays a stroke is very effective.

The steps of getting into open stance position

- Toes level
- Place feet shoulder apart
- Bent knees slightly
- Lean upperbody forward
- Aims straight
- Focus eyes on the ball

Footwork and coordination in the backward stroke

Backward stroke is very effective in defending the wicket. The movement patterns in the backward stroke are:

- Move backward.
- Get your head in line with the ball.
- Place your feet backward to maintain balance.
- Bodyweight slightly forward.

What to do when executing backward stroke:

- Top hand should control.
- Bring bat at an angle.
- Maintain balance.
- Play the stroke.

Forward stroke

This type of stroke is played to prevent stumps from getting hit.

Steps in the forward stroke:

- Back foot should be allowed to pivot so as the inner side becomes in contact with the ground.
- Body falls backward.
- Bring the angled bat down on the ball with the top hand in control.
- Bottom hand should relax into a thump and four fingers grip.
- The ball will be directed to the target if these strokes are appropriately performed.

UNIT 1.4

DANCE

Checklist

Have you understood the following:

- Development and function of dance in pre-colonial, colonial, Chimurenga/Umvukela and post-colonial Zimbabwe.
- Cultural diversity in dance.
- Zimbabwean instruments used in dance.
- Features of dance from various cultures.
- Functions of dance in life.
- Dance and ceremonies in Zimbabwe.
- Dance ceremonies from Southern Africa.

DANCE

SAMPLE

Revised

Development and function of dance in pre-colonial, colonial, Chimurenga/Umvukela and post-colonial Zimbabwe

- Dance was important during the various eras in Zimbabwe and has developed much over time.
- During the pre-colonial era, common dances included mbakumba, jerusarema, mhande, chinyambera, zhana, dinhe and isitshikitsha.

The table below shows types of dances and common songs.

NAME OF DANCE	COMMON SONGS	ARTIFACTS
Mbakumba	1.kusarima 2.chihwehwete 3.gara ndichauya	1.hoes 2.duri 3.knobkerrie 4.stabbing spear
Jerusarema (mbende)	1.maurenge 2.sarura wako	1
Mhande	1.kurauone 2.ngainaye	1.claypots 2.spear 3.knobkerrie 4.gano

Let's Revise Physical Education and Arts



- A simple time signature is in one form.

Revised

Examples are 2, 3, 4, 2, 3, 4, 3, 4, 4, 4, 2, 2, 2 and 8

- Compound time signatures has beats broken down into 3 part rhythms.

Examples are 6, 9, 6, 12, 8, 8, 4 and 4

- The top number is divisible by 3 and is bigger than 3.
- We now know the difference between simple and compound time signature.
- Select some choral songs in these time signatures and practice them in groups.

Rounds, descants and songs with ostinato

- A round is when more groups of singers sing a song with each round starting the song at different times and finishing at different times as well.
- Examples of such songs include ghost of John.
- An ostinato is a short melodic phrase repeated throughout a composition, sometimes slightly varied or transposed to a different pitch.
- We can practice composing such songs.
- A descant is an additional vocal part above the main melody.
- Many church melodies and hymns included a descant.
- They have a higher pitch than the original melody.

EXAM TIP

Most church songs have rounds and descants.

Two and three-part harmony

- We can sing two and three part songs in choral music mostly.
- The three common parts are known as soprano, alto and tenor.
- The national anthem is a common example.
- Short melodies in three-part harmony can be created as well.

EXAM TIP

Practice tonic solfa more to sing properly.

Tuned and un-tuned percussion instruments

- Tuned percussion instruments are adjusted to suit the desired pitch.
- Marimba and mbira are common examples.
- Un-tuned percussion instruments do not require any adjustments.
- Examples are tambourine, hosho, triangles and clappers.

Theory of music – (a) Major key of C

- A musical scale is made up of seven letters of the alphabet.
- However, in actual counting the letters are eight with one repeated letter.
- In this case, C Major has CDEFGABC.
- Each letter has a different sound and is placed differently on the treble clef stave.

C Major Scale Ascending (Treble Clef)



(a) Major key of G

- On the keyboard or melodica, all notes of C Major are white.
- In G Major, letter F is sharpened.
- A sharp increases the value of the original note by half
- This means on the keyboard F is a black note.

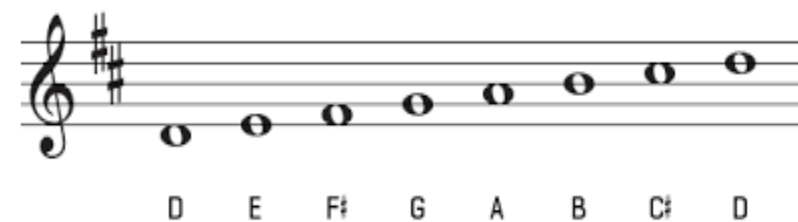
G Major Scale Ascending (Treble Clef)



(b) Major key of D

- The scale of D Major has two sharps.
- The letters with sharps are F and C.
- This means on the keyboard F and C are black notes.

D major scale (treble clef)



(c) Major key of F

- The scale of F Major has one flat.
- The letter B has a flat.
- A flat reduces the value of a note by half.
- It also means B is a black note on the keyboard.

EXAM TIP

Take note of the order of sharps FCGDAEB.



5.



- The symbol above shows a rest for a_____.
- A. quaver B. crotchet C. minim D. semi breve
6. Which of the following is a compound time signature?
- A. 6/8 B. 2/4 C. 3/8 D. 4/4
7. The following are tuned instruments except_____.
- A. *mbira* B. *marimba* C. guitar D. clappers
8. Which major scale has one flat?
- A. C Major B. D Major C. G Major D. F Major
9. The tonic triad for D Major on its root position is_____.
- A. DEF B. DFA C. DFG D. DEA
10. The following are untuned instruments except_____.
- A. guitar B. cymbal C. *hosho* D. tambourine

SAMPLE

UNIT 4.1

MUSIC

Checklist

Have you understood the following:

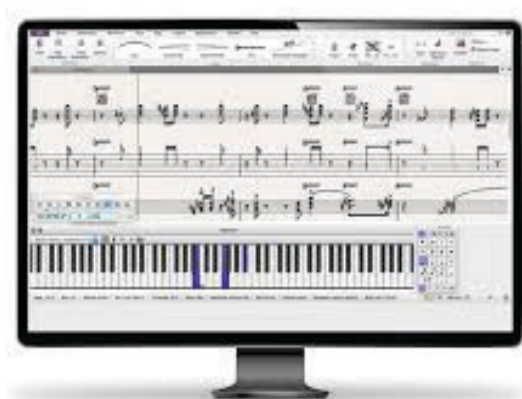
- Music technology
- Composition of two bar rhythms
- Ethics in music and the internet
- Song composition
- Performance directions

MUSIC

Revised ☐

Music technology

- Musical software such as Finale and Sibelius are used in composition of music.
- The main function of these software's is to help create, edit and print musical scores.
- Musical symbols can be written using these musical softwares.
- The picture below shows an extract of Sibelius.



- You can buy the software and practice using staff notation.
- Rhythms can thus be made using the music software and place in on a treble clef stave.

EXAM TIP

Music softwares work with notation.

Composition of two bar rhythms

- Musical softwares such as Finale and Sibelius can be used to compose two bar rhythms.
- We can start by writing down the rhythms before using the musical software's so that it can be easy.

Let's Revise Physical Education and Arts

(d) Autodesk Sketchbook Pro 7.

- Sketch Book Pro.
- Easy Paint Tool SAI
- Painter X3
- Premier Pro CC

Below is a list of basic software tools that can help you when using software on a computer:

Software tool	Use
Crop tool	Used to remove areas outside a selection
Ellipse tool	For drawing circles and ellipses by dragging in the drawing window
Parallel dimension tool	Allows you to draw slanted dimension lines
hand tool	Is more of a function than a tool as it enables you to move images by dragging.
Gradient tool	Enables you to select the gradations of your choice
Colour Eyedropper Tool	Samples colours and applies them to objects

Design packages

- Design packages in art vary from place to place depending on availability and affordability.
- There are some free packages but the majority were developed by people who may require that you pay for using them.
- Packages differ in features and tool manipulation.
- Corel software may have features which Adobe Photoshop may not have.

Below are common graphic design software:

- CorelDraw.
- Affinity Designer
- Adobe Illustrator CC
- Gravit Designer
- Inkscape
- Sketch Artist
- Xara Designer Pro X.
- Adobe Photoshop
- Gravit Designer.
- Canva online editor
- Free In Design
- Autodesk SketchBook with free sketch software

When designing a logo the following can be adopted:
Research on a possible type of logo that you may like.
Define your own brand identity.



- from the environment.
- A *mbira* can be made locally by getting a resonator and metal keys.
 - It is made of metal keys which have been sharpened to produce the desired sound and attached to a hardwood soundboard, usually placed inside a large gourd to amplify the sound.
 - Untuned instruments are easy to construct because no tuning is required.

EXAM TIP

Indigenous instruments can be made from materials in the environment.

Performance for paying audience or commissioned work

- We can compose songs that can be sung for a paying audience.
- This is mostly the way in which musicians survive with, among many other ways.
- For a business function, we must locate the theme of the function then compose lyrics in line with the theme.
- In terms of payment, you can liaise with the organisers of the business function.
- Another way is through composing of songs that advertise products.
- Also, you can organise your own exhibition for a fee.

Business ethics-soft skills

- Ethics refer to what is good or bad in behaviour.
- Business requires a good behaviour so as to be successful.
- Music requires knowledge on acceptable and unacceptable practices.
- Examples of soft skills include interpersonal skills, communication skills, listening skills, time management, empathy, teamwork, problem-solving skills and work ethic among many others.
- The soft skills by an individual also reflect *Unhu/Ubuntu/Vumunhu*.
- For instance, there is a certain type of language that is not acceptable in business ethics such as hate speech and vulgar language.
- Communication skills can also show if you have *Unhu/Ubuntu/Vumunhu*.
- Copyright protection refers to a form of intellectual property law that protects original works of authorship.
- This also includes literacy, dramatic, musical and artistic works such as poetry, novels, movies, songs, computer software and architecture.
- It is usually shown by a symbol © with the date when the work being protected was published or performed.
- The issue of copyright is important because it ensures that the work of an author is not stolen or abused by imposters.

Marketing

- Advertising jingles are songs composed to advertise a



- places.
- The government can commission an artist to work on an art project like sculpting a prominent person like the Joshua Nkomo statue in Bulawayo.
 - The following should be considered when planning for an exhibition:
 - purchasing display materials like string to hang artworks and glue
 - creating artworks for display
 - venue for the exhibition
 - ushers to assist with guests
 - mounting works of art
 - creating speeches in line with theme
 - sourcing for donations for the event
 - director of ceremony for the event
 - creating a programme for the event
 - inviting people
 - sourcing for assistance
 - looking for an appropriate guest of honor for the event
 - organising for personnel to provide entertainment for the day
 - organising for personnel to take guests on gallery walk.

Business ethics

- Ethics are simply moral principles and values that govern a person's behaviour when conducting an activity.
- Ethics concern an individual's moral judgments about right and wrong. Sometimes people seem to harm others and the environment in the business decisions that they make.
- In business circles ethics refer to appropriate business practices regarding potentially controversial subjects including corporate policies, corporate social responsibility, practices of trading, bribery, and or discrimination.
- The following are examples of ethical behaviours in the workplace which ensure maximum productivity output at work:
 - professionalism,
 - obeying the company's rules,
 - effective communication,
 - taking responsibility,
 - accountability,
 - trust and
 - mutual respect for others at work.
- Business ethics enhance the law by outlining acceptable behaviors beyond government control.
- In doing business, application of soft skills is essential in attracting and keeping customers. Examples of such soft skills include:
 - communication skills
 - time management
 - teamwork
 - leadership
 - problem solving

Business ethics-soft skills, Ubuntu, Copyright Protection



- In business, ethics concern an individual's moral judgments about right and wrong
- At times, people seem to harm others and the environment in the business decisions that they make.
- We should also demonstrate respect for the human dignity, autonomy, privacy, rights, and interests of other people regardless of sex, race or national origin.
- A copyright is simply a form of legal protection or intellectual property law which protects original works of people from being used unnecessarily.
- In works of music, literature, artistic work, movies and singing, authorship should be respected.

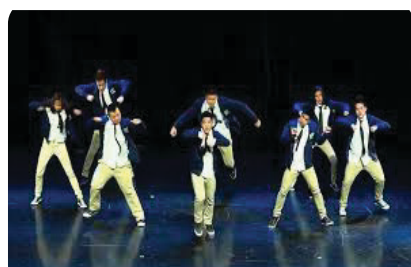
Soft skills enable someone to interact effectively with other people. They include:

- teamwork
- willingness to learn
- time management
- communication skills
- leadership
- problem solving
- being able to resolve conflicts
- being adaptable.

EXAM TIP

Make a list of soft skills discussed in this unit and describe them one by one.

Commercial performances or commissioned work



Commercial performances

- Commercial performances are usually for paying customers or commissioned projects.
- Actors do not usually play for free.
- Commissioning is a formal arrangement to engage or do a piece of work.
- A very good example is the commissioning of the new



18. The lines marked on the track are called _____.
A. lanes B. legs C. sprints D. torso
19. Where is jumping done?
A. track B. arena C. ground D. field
20. _____ is an example of an invasion game.
A. Shot put B. Darts C. Soccer D. Discus
21. Which of the following is not a pre-colonial song?
A. Chaminuka Ndimambo B. Goto rine hwema
C. Maruza imi D. Nyama yekugocha
22. The period after independence is known as _____.
A. pre-colonial B. post-colonial C. colonial D. Chimurenga
23. What do we call instruments with a membrane?
A. Idiophones B. Membranophones
C. Chordophones D. Aerophones
24. What role did music play in the post-colonial era?
A. Entertaining the whites B. Praising the whites
C. Celebrating independence D. Mocking the black majority
25. Which musician sang about children's rights?
A. Oliver Mtukudzi B. Winky D C. Amara Brown D. Buju Banton
26. What is the role of music at a wedding?
A. Consoling B. Celebrating a birthday
C. Praising God D. Celebrating a marriage
27. Which of these female singers is known for playing mbira?
A. Shingisa Suluma B. Olivia Charamba
C. Lady Squanda D. Chiwoniso Maraire
28. Nowadays people use _____ in recording.
A. computer B. drum C. keyboard D. guitar
29. These are African musicians except _____.
A. Alick Macheso B. Bob Marley C. Hugh Masekela D. Brenda Fassie
30. Which type of music do Dolly Parton sings?
A. Sungura B. House C. Country D. Rhumba
31. Which of these is the odd one out?
A. Colour B. Line C. Harmony D. Shape
32. The following are examples of man-made art resources except _____.
A. rubber B. tin C. plastic D. reeds
33. Plural of software is _____.
A. soft B. software C. softwares D. all of the above.
34. The word which describes a building in which objects of historical, scientific, artistic, or cultural interest are stored and exhibited is _____.
A. museum B. gallery
C. exhibition D. none of the above
35. Internet consist of _____ pages.
A. internet B. data C. downloaded D. uploaded
36. Which of these is not an indigenous media?
A. Reeds B. Fibre C. Sisas D. Paint
37. _____ is legal protection or intellectual property law which protects original works of production





GRADE 7 EXAMINATION PRACTICE 8

PHYSICAL EDUCATION AND ARTS

008/01

PAPER 1

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES:

- When you are told to start, choose one correct answer from the suggested answers.
- Answer all the questions on the separate answer sheet.

1. The sprint start is made up of _____ stages.
A. two B. five C. three D. four
2. The winner in a race is the one whose _____ crosses the finishing line.
A. head B. hands C. torso D. legs
3. We use a _____ to measure time taken to run a race.
A. thermometer B. stop watch C. pressure D. stethoscope
4. Lack of Vitamin C causes a disease called _____.
A. scurvy B. goitre C. rickets D. typhoid
5. A disease caused by lack of exercise is _____.
A. obesity B. goitre C. rickets D. scurvy
6. Which one is not a physical activity?
A. Cycling B. Sleeping C. Digging D. Dancing
7. An injury that causes the skin to change colour is a _____.
A. bruise B. sprain C. strain D. fracture
8. _____ are insects which cause the spread of germs.
A. Bees B. Locust C. Ants D. Flies
9. An external body part used for defending in netball is the _____.
A. head B. elbow C. hand D. foot
10. One net game is _____.
A. tennis B. netball C. rugby D. handball
11. A _____ is an external body part.
A. hand B. brain C. lung D. heart
12. Internal body parts are contained inside the body. Which one is an internal body part?
A. Eyes B. Nose C. Lungs D. Knee
13. Which part of the body contains the brain that we use for thinking?
A. Chest B. Head C. Heart D. Hair
14. Digestion of food is done in the _____.
A. lungs B. heart C. liver D. stomach
15. Which body organ is responsible for breathing in and out air?
A. Lungs B. Liver C. Heart D. Leg
16. The stomach is responsible for _____.
A. breathing B. eating C. storing food D. digestion food
17. The heart is covered by the _____.
A. brains B. ribs C. chest D. liver
18. An organ responsible for getting nutrients from the food that we eat is _____





GRADE 7 EXAMINATION PRACTICE 9

PHYSICAL EDUCATION AND ARTS

009/01

PAPER 1

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES:

- When you are told to start, choose one correct answer from the suggested answers.
- Answer all the questions on the separate answer sheet.

1. A state of physical, mental and social well-being of an individual is _____.
A. habit B. health C. fitness D. component
2. Which one is a healthy related fitness component?
A. Endurance B. Agility C. Power D. Balance
3. One healthy habit that all humans practice every day is _____.
A. writing B. drawing C. bathing D. typing
4. Which habit keeps one healthy?
A. Bathing B. Eating healthy C. Sleeping D. Exercising
5. An activity done to get the body ready for main activity is called a _____.
A. exercise B. habit C. cool down D. warm up
6. The ability to change direction quickly while the body is in motion is called _____.
A. power B. coordination C. agility D. balance
7. Which habit is likely to be done only at school?
A. Picking papers B. Washing clothes C. Bathing D. Sleeping
8. An activity done to keep fit in sport is _____.
A. reading B. jogging C. kicking others D. washing plates
9. Food can either be _____ or bad to our bodies.
A. dangerous B. fatal C. good D. disastrous
10. Which activity needs speed and power in order to have good results?
A. Playing tennis B. Running 1 500m
C. Performing gymnastics D. Ball dribbling
11. Basketball dribbling requires good _____.
A. coordination B. agility C. power D. balance
12. Reaction time is a sport component required mainly by _____.
A. all athletes B. swimmers only
C. basketball players only D. tennis players only
13. A gymnast performing a beam balance requires _____ sport component.
A. agility B. speed C. balance D. reaction time
14. When one is moving from point A to B he or she can use different _____.
A. power B. coordination C. agility D. speed
15. Which activity improves endurance in physical activity?
A. Continuous running B. Wrestling
C. Playing chess D. Playing karate
16. What is an attire?
A. What we drink during an activity

Let's Revise Physical Education and Arts



GRADE 7 EXAMINATION PRACTICE 10
PHYSICAL EDUCATION AND ARTS

010/01

PAPER 1

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES:

- When you are told to start, choose one correct answer from the suggested answers.
- Answer all the questions on the separate answer sheet.

1. Identify one safe water body that can be used for swimming.
A. Pond B. Dam C. Pool D. Ocean
2. We always use a _____ to enter a pool.
A. a rope B. ladder C. stick D. string
3. When entering a river we use the _____ side.
A. shallow B. deep C. left D. right
4. Blowing bubbles in water prevents oneself from _____.
A. floating B. swimming
C. gliding D. swallowing water
5. In order to get big splashes one should kick the water _____.
A. slowly B. fast C. moderately D. very slowly
6. A person who saves swimmers who are drowning is called _____.
A. swimmer B. life saver C. risk taker D. free style
7. How does one show that he or she is in trouble whilst in water?
A. Splash water B. Wave one arm
C. Wave one arm with fist clenched D. Shout for help
8. Picture of a person in water legs should point straight with straight body shape and arms pointing in front of the head the person is _____.
A. gliding B. treading C. swinging D. sleeping
9. To remain in motion the swimmer uses _____.
A. arms only B. both arms and legs
C. legs only D. legs and head only
10. What do we say when a swimmer is completely covered by water?
A. Treading B. Gliding C. Floating D. Submerged
11. Flutter kick is used mostly in _____.
A. front crawl and backstroke B. back stroke and breast stroke
C. front crawl only D. breast stroke
12. A stroke which is also regarded as frog swimming is _____.
A. back stroke B. breast stroke C. front crawl D. free style
13. A reversal of direction by a swimmer is called _____.
A. Gliding B. diving C. turning D. floating
14. The three basic strokes are _____.
A. gliding diving backstroke B. back stroke breast stroke front crawl
C. turning backstroke front crawl D. back stroke diving resuscitation
15. A stroke done while the body is facing the water is called _____.
A. front crawl B. backstroke C. breaststroke D. sitting dive
16. Tumble turn is usually used in _____.

ANSWERS

Physical Education

Topic 1 Human body

Unit 1.1 Organs of the body

- | | | | |
|------|-------|------|------|
| 1. B | 2. C | 3. A | 4. B |
| 5. A | 6. D | 7. C | 8. C |
| 9. D | 10. A | | |

Topic 2 Human body

Unit 2.1 Healthy living lifestyle

- | | | | |
|------|-------|------|------|
| 1. D | 2. A | 3. C | 4. A |
| 5. C | 6. B | 7. A | 8. D |
| 9. A | 10. C | | |

Unit 2.2 Safety

- | | | | |
|------|-------|------|------|
| 1. B | 2. C | 3. C | 4. A |
| 5. D | 6. C | 7. A | 8. B |
| 9. A | 10. B | | |

Topic 3 Aquatic life

Unit 3.1 Water safety

- | | | | |
|------|------|------|------|
| 1. A | 2. D | 3. D | 4. A |
| 5. B | 6. B | 7. C | |

Unit 3.2 Strokes

- | | | | |
|------|-------|------|------|
| 1. C | 2. A | 3. B | 4. A |
| 5. D | 6. A | 7. C | 8. D |
| 9. A | 10. D | | |

Topic 4 Kid athletics

Unit 4.1 Running

- | | | | |
|------|-------|------|------|
| 1. B | 2. A | 3. B | 4. A |
| 5. D | 6. C | 7. A | 8. B |
| 9. B | 10. A | | |

Unit 4.2 Jumping

- | | | | |
|------|-------|------|------|
| 1. C | 2. A | 3. C | 4. D |
| 5. D | 6. C | 7. A | 8. B |
| 9. D | 10. A | | |

Unit 4.3 Throwing

- | | | | |
|------|-------|------|------|
| 1. D | 2. A | 3. C | 4. A |
| 5. D | 6. A | 7. A | 8. B |
| 9. A | 10. D | | |

Topic 5 Invasion games

Unit 5.1 Space awareness

- | | | | |
|------|-------|------|------|
| 1. B | 2. D | 3. A | 4. A |
| 5. D | 6. A | 7. D | 8. B |
| 9. D | 10. B | | |



- | | | | |
|------|-------|------|------|
| 1. D | 2. A | 3. C | 4. D |
| 5. A | 6. A | 7. C | 8. A |
| 9. B | 10. A | | |

Topic 11 Music

Unit 11.1 Music

- | | | | |
|------|-------|------|------|
| 1. D | 2. A | 3. C | 4. A |
| 5. A | 6. C | 7. B | 8. D |
| 9. A | 10. B | | |

Topic 12 Background art

Unit 12.1 Background art

- | | | | |
|------|-------|------|------|
| 1. C | 2. A | 3. A | 4. A |
| 5. A | 6. B | 7. B | 8. A |
| 9. D | 10. D | | |

Topic 13 Arena acts

Unit 13.1 Movement and rhythm

- | | | | |
|------|-------|------|------|
| 1. B | 2. A | 3. D | 4. A |
| 5. A | 6. C | 7. A | 8. A |
| 9. C | 10. A | | |

Unit 13.2 Choreography

- | | | | |
|------|-------|------|------|
| 1. B | 2. A | 3. D | 4. A |
| 5. C | 6. A | 7. D | 8. A |
| 9. C | 10. A | | |

Unit 13.3 Formations

- | | | | |
|------|-------|------|------|
| 1. A | 2. B | 3. A | 4. C |
| 5. A | 6. A | 7. D | 8. B |
| 9. C | 10. A | | |

SAMPLE

VISUAL AND PERFORMING ARTS

TOPIC 1

1.1

- | | | | |
|------|-------|------|------|
| 1. B | 2. B | 3. C | 4. B |
| 5. B | 6. C | 7. C | 8. A |
| 9. B | 10. C | | |

1.2

- | | | | |
|------|-------|------|------|
| 1. C | 2. A | 3. C | 4. C |
| 5. D | 6. B | 7. B | 8. A |
| 9. D | 10. C | | |

1.3

- | | | | |
|------|-------|------|------|
| 1. A | 2. C | 3. A | 4. A |
| 5. B | 6. B | 7. B | 8. A |
| 9. C | 10. A | | |

1.4

- | | | | |
|------|-------|------|------|
| 1. C | 2. A | 3. A | 4. C |
| 5. B | 6. A | 7. D | 8. C |
| 9. B | 10. A | | |

Let's Revise Physical Education and Arts



5. B	6. B	7. B	8. C
9. C	10. C		

4.4

1. B	2. B	3. B	4. C
5. B	6. D	7. B	8. A
9. D	10. A		

TOPIC 5

5.1

1. C	2. D	3. D	4. B
5. C	6. B	7. B	8. A
9. B	10. D		

5.2

1. D	2. C	3. B	4. C
5. B	6. A	7. C	8. A
9. D	10. A		

5.3

1. D	2. A	3. C	4. B
5. C	6. B	7. C	8. A
9. B	10. C		

5.4

1. D	2. B	3. B	4. A
5. C	6. B	7. D	8. A
9. B	10. C		

SAMPLE

SPECIMEN 1

1. B	11. B	21. C	31. C
2. D	12. B	22. B	32. D
3. 4	13. D	23. B	33. B
4. D	14. D	24. C	34. C
5. C	15. A	25. A	35. B
6. D	16. A	26. D	36. D
7. C	17. C	27. D	37. B
8. A	18. A	28. A	38. B
9. A	19. D	29. B	39. C
10. A	20. C	30. C	40. D

SPECIMEN 2

1. B	11. A	21. C	31. C
2. B	12. A	22. D	32. A
3. C	13. C	23. B	33. D
4. B	14. A	24. A	34. C
5. D	15. C	25. B	35. B
6. A	16. B	26. D	36. A
7. D	17. B	27. B	37. C
8. C	18. D	28. B	38. B
9. B	19. C	29. C	39. D
10. D	20. C	30. D	40. A

SPECIMEN 3

1. C	11. D	21. B	31. C
2. A	12. A	22. A	32. B

Let's Revise Physical Education and Arts