

Volume 2

PLUS ONE

Study Pack

Social Science

Physical Education and Arts

Grade

3



New Curriculum
With
Answers

Volume 2

PLUS ONE

Study Pack

Social Science

Physical Education and Arts

Grade

3



**SECONDARY
BOOK PRESS**

Anchors of the schools curricula

Published by:

Secondary Book Press Private Limited

4th Floor, CABS Centre Building,

Cnr Jason Moyo & 2nd Street,

Harare, Zimbabwe

Tel: +263 242 771 406 | +263 242 753 201

Mobile: +263 712 560 870 | +263 788 954 870

Email: sales@secondarybookpress.co.zw

Website: www.secondarybookpress.co.zw

PlusOne Grade 3 Study Pack | Volume 2**ISBN: 978 – 0 – 7974 – 8553 – 2**

First Published in August 2023

Copyright ©Secondary Book Press

Editor-in-Chief: Munyaradzi Gunduza

Text and design layout: Blessed Mudzingwa and Patricia Munemo

Every effort has been made to trace the copyright holders. In the event of unintentional omissions or errors, any information that would enable the publisher to make the proper arrangements will be appreciated.

All rights reserved. No part of this publication 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 permission of the copyright owner.

Contents

Social Science

Family, Religion and Moral Education

Topic 1 : Family	1
Topic 2 : Religion	4
Topic 3 : Religion and health	13
Topic 4 : Identity	16

Heritage and Social Studies

Topic 5 : Identity: Family history and local heritage	19
Topic 6 : Cultural heritage	22
Topic 7 : National history, sovereignty and governance	26
Topic 8 : Children's rights/entitlements and responsibilities	30
Topic 9 : Shelter	34
Topic 10 : Social services and volunteerism	37
Topic 11 : Natural heritage: production, distribution and consumption	40
Topic 12 : Transport and communication	43
Topic 13 : Work and leisure	46
Topic 14 : Global issues	48

Guidance and Counselling

Topic 15 : Relationships	51
Topic 16 : Norms, values, attitudes and behaviour	53
Topic 17 : Understanding gender and gender based violence	55
Topic 18 : Managing human growth and development	57
Topic 19 : Personal hygiene	58

Topic 20 : Children's rights and responsibilities	61
Topic 21 : Educational and career guidance	64
Topic 22 : Citizenship and volunteerism	66
Topic 23 : Management of resources and assets	67
Topic 24 : Safety and protection	69
Examination Practices	73
Examination Practice 1	73
Examination Practice 2	80
Examination Practice 3	88
Examination Practice 4	95
Examination Practice 5	102
Examination Practice 6	110
Examination Practice 7	118
Examination Practice 8	126
Examination Practice 9	134
Examination Practice 10	142

Physical Education and Arts

Physical Education, Sports and Mass Displays

Topic 1 : Human body	150
Topic 2 : Safety and health	153
Topic 3 : Aquatic skills	157
Topic 4 : Kids athletics	162
Topic 5 : Invasion games	166
Topic 6 : Target and combat games	170
Topic 7 : Net games	172
Topic 8 : Striking games	174

Topic 9 : Adventure games	177
Topic 10 : Educational gymnastics	179
Topic 11 : Music	182
Topic 12 : Background art	184
Topic 13 : Arena acts	186

Visual and Performing Arts

Topic 14 : History of arts and culture.....	191
Topic 15 : The creative process and performance.....	196
Topic 16 : Aesthetic values and appreciation.....	201
Examination Practices	207
Examination Practice 1	207
Examination Practice 2	211
Examination Practice 3	215
Examination Practice 4	219
Examination Practice 5	223
Examination Practice 6	227
Examination Practice 7	231
Examination Practice 8	235
Examination Practice 9	239
Examination Practice 10	243
Answers	247
Social Science Answers	247
Physical Education and Arts	266



Social Science

Development Editor: Ray Kanyasola

Authors: Everjoy Nyamande, Prisca Kachere and Mukuviri Josephine

Family

Objectives

By the end of this topic, you should be able to:

- describe the structure of families.
- compare and contrast the structure of families.
- identify names and family members.
- state family totems.
- identify family possessions.
- describe family unity.
- explain family practices in relation to religion.
- explain self-awareness and self-esteem.
- identify the impact of one's actions on others.
- explain the influence of one's actions on other people's lives.

Types of families

- A nuclear is a family made up of parents and their children.
- A monogamous is a family made up of a father, mother and their children.
- A polygamous is a family made up of a man who has many wives.
- Child headed family is a family where the older child who is less than eighteen years takes care of his or her younger siblings. This could be due to

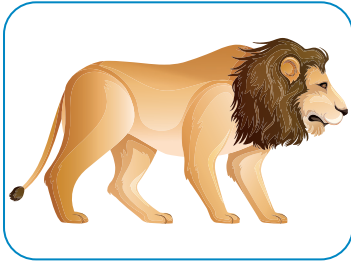


A polygamous family

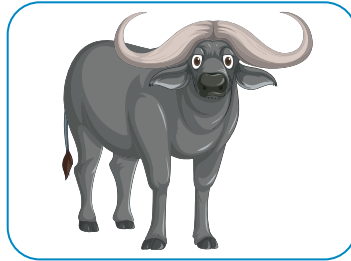
divorce, neglect, death of parents or parents who are working out of the country.

- One parent family (also called single parent family) is made up of a father or mother taking care of the children. It can be because that the other parent has died or they are divorced.

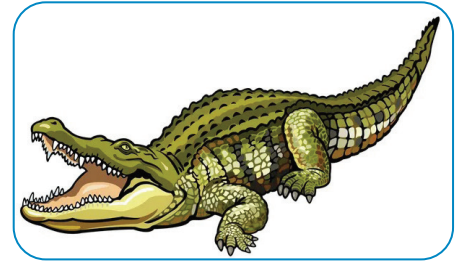
Family names and totems



Lion/Shumba/Isilwane



Buffalo/Nyati/Nyathi



Crocodile/Garwe/Ingwenya

A family name is also known as the surname. In Zimbabwe, the father's surname is usually adopted as the family name. Other family names are derived from totems. Totems can be an animal or part of the body, for example, heart or leg. It can be any object that a family can use to represent themselves. A totem is a form of family identity.

Family possessions

Possessions are the things that a family owns. These can be cattle, house or land.

Family unity

Family unity is when a group of related people maintain oneness and support each other. Unity in families can be seen during ceremonies, for example, weddings, funerals and birthday parties.

Family chores

These are duties done in the family. These duties are shared amongst family members. For example, boys and girls help with cooking, washing plates, sweeping, herding the cattle, fetching firewood and ploughing the fields, while the parents provide and protect the family.

Religion

Objectives

By the end of this topic, you should be able to:

- identify religion in different families.
- describe the origins of Indigenous religion.
- state the names of the Supreme Being.
- identify and compare sacred places in Indigenous religion.
- identify and sing songs related to ceremonies and festivals in Indigenous religion.
- name and describe religious artefacts.
- name the symbols used in different religions.
- identify the founders of different religions.
- identify places of worship.
- identify the Christian symbol.
- identify religious attire.
- name the founder.
- state the names and the titles of the Supreme Being.
- identify the place of worship.
- state the sacred days in Judaism.
- identify the Jewish symbol.
- identify religious attire.
- list the holy books.
- name the founder of Islam.
- state the names and titles of the Supreme Being in Islam.
- identify the place of worship in Islam.
- state the Holy days in religion.
- identify the symbol for Islam.
- identify the attire in Islam.
- state the Holy book.

Religion

Religion are the beliefs in the existence and worship of God. Different religions in Zimbabwe are as follows.

- (a) Indigenous religion.
- (b) Christianity.
- (c) Islam.
- (d) Judaism.

Indigenous religion

Origins

Indigenous religion started in Africa when people started to live together in groups and societies. No Holy book is used in Indigenous religion.

Names of the Supreme Being

In Indigenous religion, different names are given to the Supreme Being. For example, in Shona, He is called Musikavanhu meaning The Creator, Mwari meaning God or Nyadenga meaning God of Heaven.

In Venda, he is called Mudzimu meaning God, in Tonga its Leza, in Ndebele its Nkulunkulu and in Xhosa its Thixo.

Sacred places



Home altar/Chikuva/Emsamo

These are holy places and they are respected. Sacred places are used for worshipping in Indigenous religion. Examples of sacred places are the home altar (*chikuva/emsamo*) and sacred trees like *muhacha* tree and *mutsonzowa* tree.

Names of the Supreme Being

Name	Meaning
Yahweh	Lord Jehovah
Jehovah Jireh	The Lord will provide
Jehovah Shalom	The Lord is peace
EL Olam	The Everlasting God
EL Shaddai	Lord God Almighty

Sacred days

These are days set aside for worship and remembering an important event in a religion. In Christianity, they are associated with the life of Jesus Christ from his birth to his death. They include the following.

- Christmas (25 December) when celebrating the birth of Jesus Christ.
- Easter (no fixed dates) days set aside to remember the death and resurrection of Jesus Christ.
- Weekly worship days (Saturday and Sunday) set aside for worshipping.

Places of worship



Christians worshipping in an open space

Christians have different places of worship. Examples of these places of worship are:

- a church building.
- open spaces.
- under trees.
- mountains.
- homes.

Symbol of worship

The cross is the symbol used by Christians. It is a remembrance of how Jesus suffered before his death at Calvary (Golgotha).

Christian attires



Religious attire in Christianity

The different denominations of Christianity are their own special attire.

The Holy book

The Holy book for Christians is the Bible. It is made up of 66 books. The Old Testament has 39 books and the New Testament has 27 books. The books are from Genesis to Revelations.

Judaism

The founder of Judaism is Abraham, the father of the Jews.

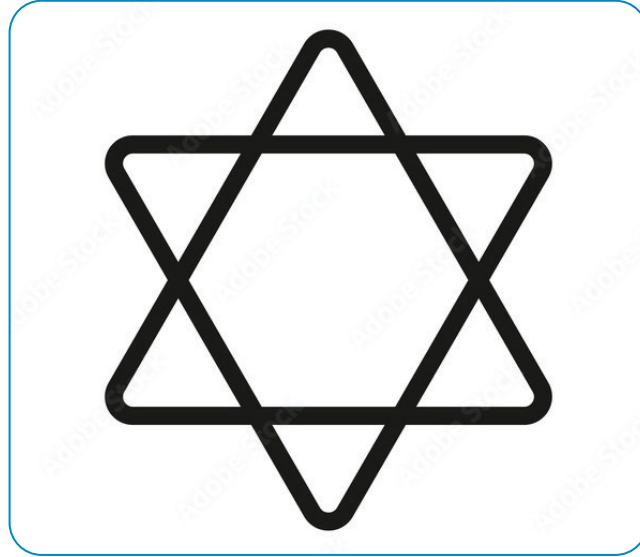
Names and titles of the Supreme Being

Judaism believes in one God. The God is called Yahweh which means God is Lord. The other names of God are listed below.

Name	Meaning
Adonai	Lord
EL Shaddai	God Almighty
EL Hai	Living God

Symbol

The Judaism symbol is the Star of David.



The Star of David

Attire

Jews dress according to the places they are found. Special attire worn by the Jews include the following.

- Kippah – (a skull cap) worn to remind the Jews to follow the laws of God at all times.
- Tallit – (a prayer shawl) worn before prayer and worship.
- Tefillin – small leather boxes with long leather straps attached. The boxes are worn on the left arm and on the forehead. Passages of scriptures are found inside the boxes.

The Holy book

The Holy book for Jews is the Tanakh. It is divided into three (3) which are:

- the Torah – contains the first five books of the Bible.
- the Nevim – the books of the prophets.
- the Kethuvim – are the remaining writings of the Bible.

Islam

Founder

Muhammad is the founder of Islam. Muhammad's wife was called Khadija.

Names and titles

Muslims call their God Allah. Allah is said to be called by many names which can be as many as ninety-nine. Some of his names are listed below.

- The Merciful – He who acts in extreme kindness.
- The Creator – The one who brings everything to life.
- The Mighty One – The Stronger one, the defeater who is not defeated.
- The Eternal Lord – The one with complete power and is perfect.
- The Great Forgiver – The one who forgives the sins of his followers, time and again.

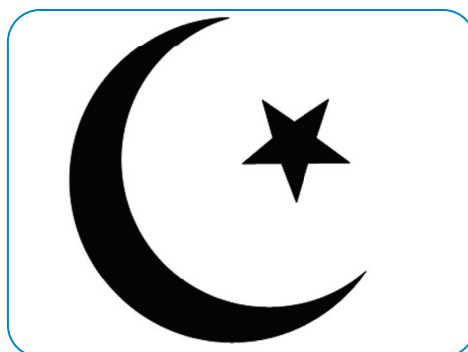
Place of worship

Muslims pray in a Mosque. They pray facing Mecca and they pray five times a day. Mihrab is found in every Mosque and is used to show the direction of Mecca.

Holy days

The holiest period in the Islamic year is Ramadan. It is observed in the 9th luna month of the year. Eid al-Fitr is celebrated at the end of Ramadan. Al-Hijira is a festival which marks the beginning of the year.

Symbol



The crescent and the star

The symbol for Muslims is the crescent and star.

Identity

Objectives

By the end of this topic, you should be able to:

- state what HIV and AIDS stand for.
- list the cause of AIDS.
- give facts on HIV and AIDS.
- disseminate information on HIV and AIDS.
- explain ways of taking care of various body parts.
- explain the need for exercise and rest.
- list healthy eating habits.

What do HIV and AIDS stand for?

HIV stands for Human Immunodeficiency Virus. It is a virus that causes AIDS. AIDS stands for Acquired Immunodeficiency Syndrome. It has no cure and it kills. People suffering from HIV can take Anti-Retro-Viral drugs (ARVs) and can have a healthy life. The 1st of December worldwide is set aside to unite to help end HIV and remember those lost to AIDS-related illnesses. The immune system is affected by the HIV virus. The immune system is a body system that protects the body from diseases.

Causes of HIV and AIDS

The virus is acquired by sharing sharp objects like razor blades, needles, syringes and scissors with an infected person and also through unprotected sex with an infected person.



Children sharing a razor blade

Identity: Family history and local heritage

Objectives

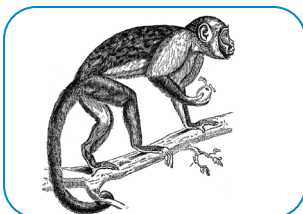
By the end of this topic, you should be able to:

- trace the origins of the family.
- explain the importance of family genealogy.
- identify family names and totems.
- state common names in their communities.
- recite praise poems of their totems.
- explain the importance of the totem system.
- identify local heroes and heroines.
- outline what makes one a hero or a heroine.
- identify indigenous hunting tools.
- describe how indigenous hunting tools are made.
- explain the use of indigenous hunting tools.

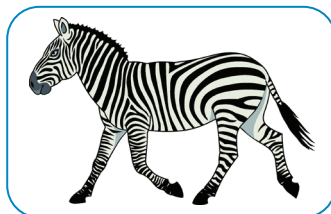
Family genealogies

- Father, mother and their children make up a family.
- A family is a group of relatives living together.
- A family genealogy explains the history of a family.
- Each family has an origin.
- A family tree is important to know your origin.
- A family genealogy can be drawn as a family tree.

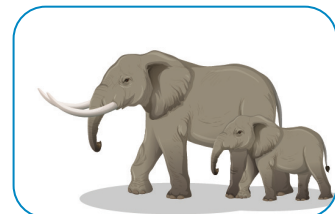
Family names and totems



Monkey/Tsoko/Inkawu



Zebra/Mbizi/Idube



Elephant/Nzou/Indlovu

- A family name is called a surname.
- A totem can also be used as a surname.
- Usually totems are paternal – they come from the father’s side.
- Totems are derived from animals, body parts and objects such as zebra, lion, monkey, elephant and stones.
- Examples of totems used as body parts include the leg and the heart.

Importance of totems

- **Identity** – to know who you are.
- **Marriage** – men and women of the same totem are not allowed to marry each other.
- **Preserve animals** – people are not allowed to eat meat of their totem, it is believed that their teeth will fall out.

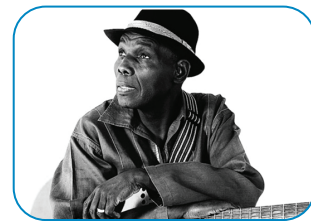
Local heroes and heroines



Robert Gabriel Mugabe



Victoria Chitepo



Oliver Mtukudzi

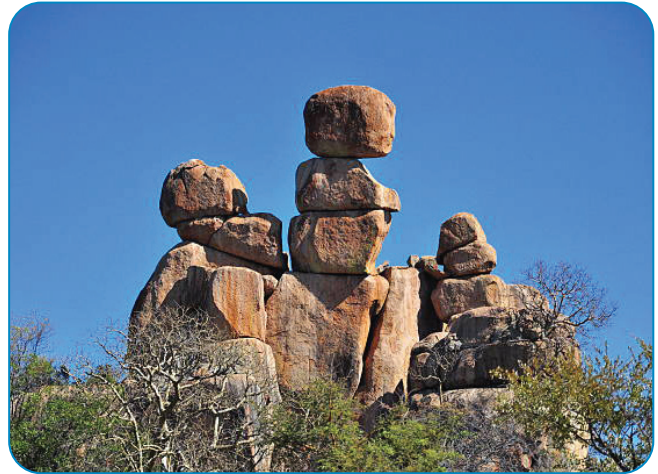
- Families and communities have heroes and heroines.
- A hero is a man who has done something brave or outstanding.
- A heroine is a woman who has done something brave or outstanding.
- Heroes and heroines:
 - are brave.
 - are helpful.
 - are honest.
 - are caring.
 - make sacrifices.
 - have courage.
 - put others first.

Shelter and heritage sites

- A heritage site is a place that has a very important part of our history and culture.
- A heritage site brings in foreign currency.
- Examples of heritage sites in Zimbabwe are Great Zimbabwe, Victoria Falls, Khami Ruins, Matopo Hills and Gonakudzingwa prison.

Matopo hills

- The hills are found 35km south-west of Bulawayo.
- There are caves at Matopo hills.
- There are rock paintings inside the caves and shrines.
- Shrines are places of worship.
- Long ago, people lived in caves because they were strong.



Matopo Hills

The Great Zimbabwe

- Great Zimbabwe is the oldest city in Zimbabwe.
- It is near the city of Masvingo.
- Great Zimbabwe ruins are a famous heritage site.
- It was built by the Shona people.
- The walls were built from stones.
- Tourists from all over the world visit the heritage site.
- Tourists are people who visit places for pleasure.



Great Zimbabwe

Global issues

Objectives

By the end of this topic, you should be able to:

- explain the importance of planting and caring for trees.
- outline the effects of drought on people and their environment.

Afforestation

Uses of trees

- Trees are important to people and animals.
- People can not live without trees.
- Trees are important because they give us:
 - air to breathe.
 - wood for making furniture.
 - wood for firewood.
 - fruits to eat.
 - shade during hot weather.
- Trees stop soil erosion.
- They provide food and shelter for animals.

Tree planting

- Planting trees is very important.
- In Zimbabwe, the first Saturday of December every year is the national tree planting day.
- Planting trees is called afforestation.



People planting a tree

Relationships

Objectives

By the end of this topic, you should be able to:

- identify types of families.
- explain one's family.
- trace family trees.
- outline family morals and values.

Families

- A family is a group of people related and living together as a result of marriage or adoption.
- There are different types of families, which include nuclear, single parent, child headed and extended families.
- A nuclear family consists of parents and their children living together. A nuclear family can be in two forms which are polygamous and monogamous families.
- Monogamous and polygamous families are nuclear families because the children share the same father, surname and totem.
- A polygamous family is a family of one husband with two or more wives and his children.
- A monogamous family is a family of one husband with one wife and his children. Both polygamous and monogamous families are also called double parent families.
- A single parent family consists of one parent living with his or her children.
- A child headed family consists of children living alone without parents or guardians. In this type of family, the eldest child takes care of his or her siblings.

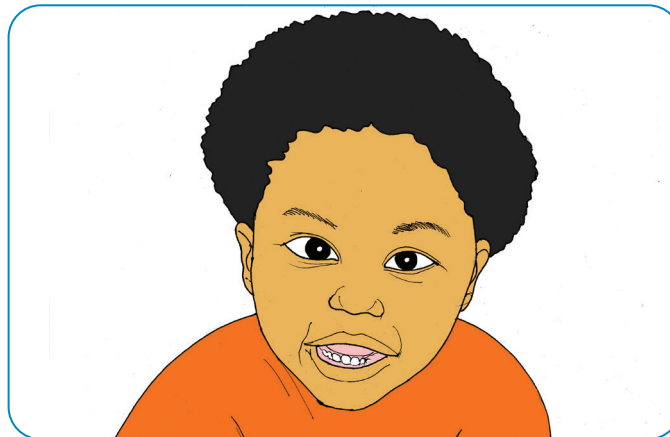
Managing human growth and development

Objectives

By the end of this topic, you should be able to:

- outline physical development in children.
- identify physical changes in children.

Human growth



A toddler showing milk teeth

- When a child is born, he or she goes through the process of development. A child will learn to sit, crawl and walk as he or she grows.
- Humans are born with teeth even though they only start to show after six months. These set of teeth are known as milk teeth or baby teeth.
- Milk teeth are smaller and they are less strong. Milk teeth help to shape the mouth of the baby, help in chewing or biting food and also help as the baby begins to learn how to speak.
- The milk teeth will start to fall as they are replaced by a new set of teeth which are known as permanent teeth.
- Permanent teeth are bigger and stronger than baby teeth or milk teeth.

Educational and career guidance

Objectives

By the end of this topic, you should be able to:

- discuss effective ways of studying.
- explain ways of managing time.
- list desired careers.
- identify different careers in your community.

Study skills

- To perform well in school, you should have good study skills which will help you in reaching your goals.
- When studying, have a timetable which should help you in managing time and allocating time to different tasks.
- Being organised can also help when studying.
- Searching for facts and not cramming are also good study skills that can assist in obtaining goals.
- Where you feel you do not understand, always ask for help from parents, friends, teachers and others.
- Doing homework, corrections and revision exercises can help you in understanding what was taught in class.
- Hard working people are usually very successful in life and end up helping others in the family and community.



A young girl studying

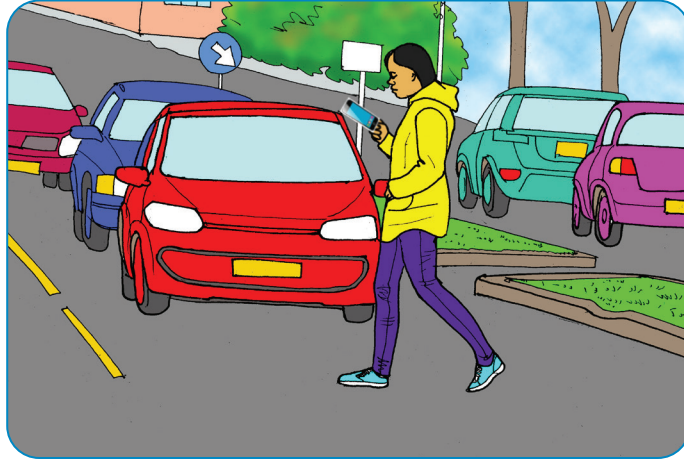
- People who work hard in order to achieve their goals in life, earn a good name in the society, get a good job and can be role models for others who also need to be successful.

Career guidance



Different careers

- There are many different careers that people can choose from. Examples of careers include pilots, farmers, police officers, tailors, judges, nurses, pharmacists, gardeners, drivers, teachers and doctors.
- When one works hard they get money which they must use wisely. A budget is used to plan how to spend money.
- Before buying, compare prices and only buy the things that you have planned for. Avoid impulse buying.
- Try to save money in the bank or in a saving tin or box for future use.



A girl using her phone while crossing the road

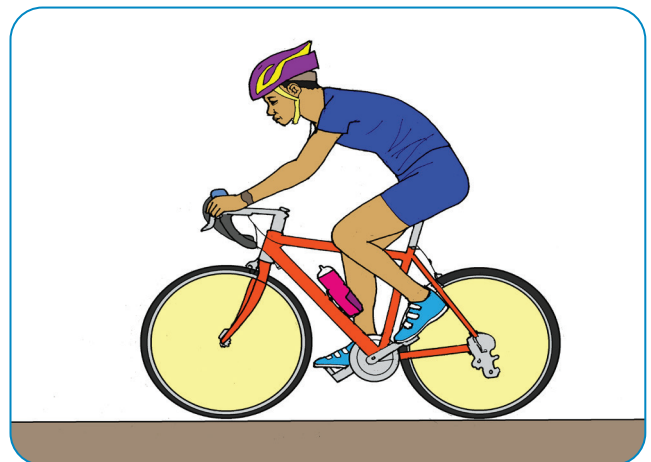
- When crossing a road, a pedestrian should look both sides before crossing.
- Use of cellphones while crossing busy roads could lead to accidents.
- Wear bright or reflective clothing at night so that drivers can be able to see you at night.

Passenger safety

Passengers should make sure that they are seated when a vehicle is moving. Wearing of safety belts should be emphasised for all passengers as this ensures passenger safety.

Cyclist safety

- Cyclists are those people who travel using bicycles, motor cycles and tricycles. Just like a motorist, a cyclist should obey road rules in order to avoid accidents.
- A cyclist/cyclists should never travel or move side by side but should travel in a single line.
- All cyclists should wear safety equipment such as helmets.



A cyclist

Safe use of ICT

- ICT means Information and Communication Technology. ICT tools are used every day in the home, at school and at work to communicate and transfer information.
- ICT tools include laptops, smartphones, tablets, radios, televisions and computers.



A girl spilling tea on a laptop

- There are rules which must be followed when you are in the computer room or computer lab which are:
 - do not run when in the computer room.
 - no food is allowed in the computer room.
 - no noise in the computer room.
 - follow steps given when switching off the computer.
- ICT tools need to be used carefully as they can have negative effects. ICT equipment should not be used in the absence of an adult to prevent abuse.
- All cables should be placed away from walkways to avoid accidents. Use of ICT equipment should be monitored so that children do not get addicted to using ICT tools.

EXAMINATION PRACTICE 1

SOCIAL SCIENCE

305/1

PAPER 1

TIME: 1 HOUR 30 MINUTES

1. A group of people who are connected together through birth, marriage or adoption is called a _____.

A. grandparents B. totem C. family D. structure

2. The picture below shows a _____ family.



A. nuclear B. polygamous C. single parent D. child headed

3. To keep healthy, one should always _____.

A. eat junk food B. exercise C. lie D. steal

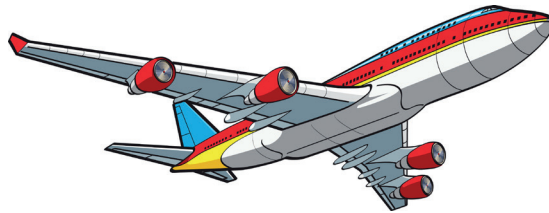
4. What are totems?

A. Group of people living under the same roof
B. People who have a common ancestor
C. An animal, part of the body or an object used to represent a family
D. Child headed families

5. _____ influences the family life.

A. Religion B. School C. Friends D. Buses

17. Wash your _____ before eating.
 A. body B. hands C. face D. mouth
18. The _____ arrests those who do wrong things.
 A. teacher B. doctor C. lawyer D. police
19. All families have _____ to play in the community.
 A. weddings B. nothing C. roles D. celebrations
20. Name the mode of transport shown below.



- A. Road B. Rail C. Air D. Water
21. Father, mother and children make up a _____.
 A. community B. family C. totem D. friendship
22. A _____ explains where a family came from.
 A. genealogy B. uncle C. origin D. totem
23. The totem for most people in Zimbabwean is taken from the _____ side.
 A. sister's B. mother's C. father's D. uncle's
24. A hero or heroine _____.
 A. makes sacrifices B. is selfish
 C. is greedy D. put themselves first
25. A deceased person is a _____ person.
 A. lazy B. dead C. smart D. happy
26. _____ is done when a child is born to show joy and happiness.
 A. Ululating B. Crying C. Laughing D. Sleeping
27. A parent _____ for the family.
 A. steals B. plays C. provides D. sings

18. The Christian symbol below is a _____.



- A. bible B. cross C. church D. regalia
19. Allah is said to be called by _____ names.
A. twenty-nine B. hundred C. ninety-nine D. nineteen
20. Who provides children with the right to clothes?
A. Friends B. Teachers C. Classmates D. Parents
21. It is a taboo to _____ a relative.
A. marry B. play C. share D. beat
22. Showing children private parts is a form of _____ abuse.
A. physical B. emotional C. sexual D. neglect
23. A _____ is a place where people live.
A. church B. house C. classroom D. den
24. Heritage sites bring in _____.
A. foreign currency B. problems
C. bond notes D. cheque
25. Great Zimbabwe was built by the _____ people.
A. Ndebele B. Venda C. Ndau D. Shona
26. Why did people of long ago live in caves?
A. It was important
B. They were afraid
C. They were strong
D. It was cheap

EXAMINATION PRACTICE 3

SOCIAL SCIENCE

305/2

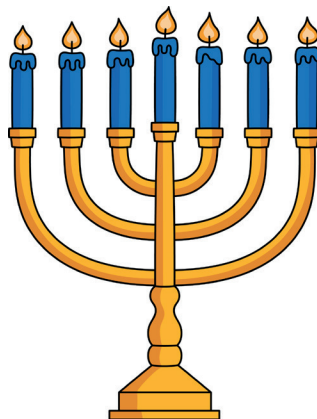
PAPER 2

TIME: 1 HOUR 30 MINUTES

Section A

Answer all questions in this section.

1. (a) Identify **one** children's right. [1]
(b) (i) Name **two** children responsibilities. [2]
(ii) One form of healthy living is _____. [1]
(c) Identify **one** technological tool that can be used in religions. [1]
2. (a) Two examples of family values are _____ and _____. [2]
(b) One sacred place in Islam is the _____. [1]
(c) What is a taboo? [1]
(d) In which religion is the symbol below used? [1]



3. (a) State **one** form of a natural resource. [1]
(b) Crops grown for sale are called _____. [1]
(c) Crops grown for food are called _____. [1]
(d) _____ and _____ are forms of wealth. [2]
4. (a) What is the function of the following types of shelter:
(i) cave, [1]
(ii) granary? [1]

Section C

Answer all questions in this section.



9. (a) Name the event shown above. [1]
(b) In Zimbabwe, who officiates Independence celebrations? [1]
(c) Name the traditional leader who handles over cases at village level. [1]
(d) Identify **one** traditional hunting tool. [1]
(e) One example of an Indigenous game is _____. [1]
10. (a) Give **one** example of a national symbol. [1]
(b) Two things that the national pledge promises are _____ and _____. [2]
(c) Identify **one** modern means of communication. [1]
(d) State **one** natural resource in your community. [1]



Development Editor: Ray Kanyosola

Authors: Musawenkosi Ndlovu and Sithokozile Zvavamwe

Unit 1**Organs of the body****Objectives**

By the end of this topic, you should be able to:

- *name external and internal body parts.*
- *distinguish external and internal body parts.*
- *discuss ways of caring for different body parts.*

Organs of the body are the parts that makes up the human body. The human body consists of internal and external body parts.

Important insights

- The body is made up of two classes of body parts.
- The two classes are as follows.
 - External body parts are organs that are found outside the body and can be seen.
 - Internal body parts are organs that are found inside the body and cannot be seen.

External body parts include the following.

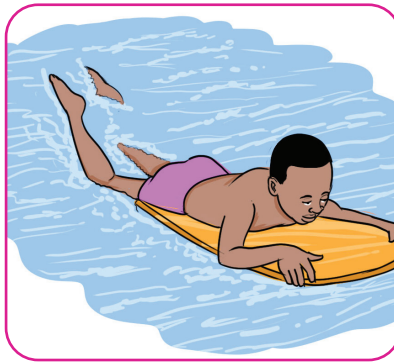
External body part	Function
Head	It houses the brain which is the processing unit of the human body.
Eyes	To see and give the body vision.

Important insights

- Floating is the ability to stay on the water surface without drowning.
- Floating on the water surface is done without the body moving itself but allowing the water to do so.
- Floating can be done with or without aids.
- To float without any aid, one must execute the following.
 - take a deep breath.
 - tilt the head backwards.
 - lift feet off the ground.
 - relax the body as you float.
- Floating with aids can be done using the following.



Floating buoy



Floating board



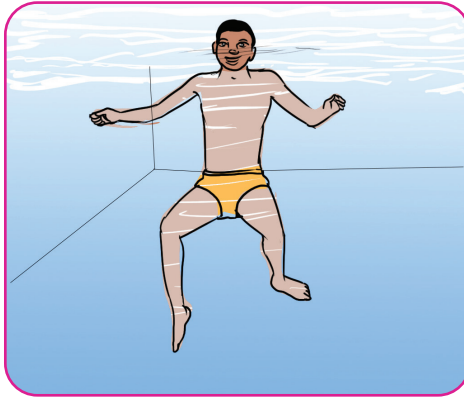
Life jacket

- Swimming involves having the whole body fully in water at times.
- This is known as being submerged in the water.
- When submerging the whole body in water without any breathing aids, one should perform the following:
 - take a deep breath.
 - submerge the whole body in water.
 - breathe out through your mouth by means of blowing out bubbles.

Water treading

- Water treading is the action of maintaining the body afloat.
- Water treading requires one to perform the correct arm and leg action.
- The arms must execute a wave-like motion slowly together with the legs for one to tread.

- Continuous motion in water without swimming is referred to as gliding.

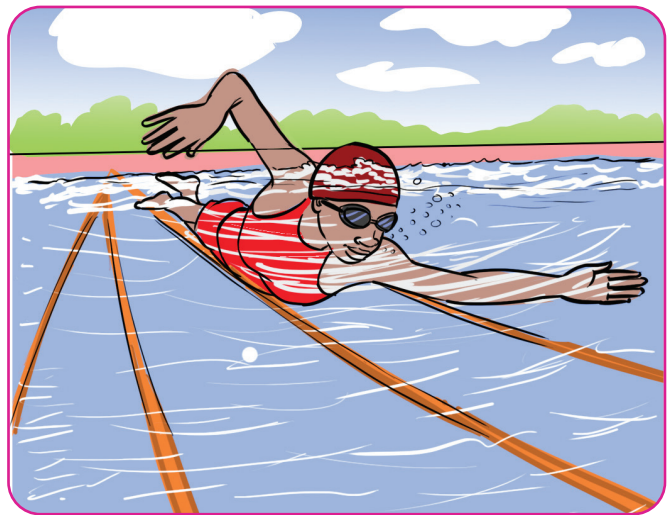


Water treading

- To glide, one must execute the following:
 - stand with your back to the pool wall.
 - extend your arms in a streamline position.
 - place one-foot flat on the wall behind you.
 - lower your body forward into the water and push off the wall.
 - glide with your arms stretched forward and your legs straight without kicking.

Front crawl

- Front crawl is a swimming method of moving the arms and legs to push against the water and propel the swimmer forward.
- To execute the front crawl, one must do the following:
 - lie flat facing downwards on water.
 - extend your arm straight down and back, cupping your palm to pull the water past your hips.
 - raise your arm out of the water, bending at the elbow before extending it in front of you.
 - tilt your head to the side when you need to take a breath.



Front crawl

Topic 6 — TARGET AND COMBAT GAMES —

Unit 12 Aiming/Target

Objectives

By the end of this unit, you should be able to:

- *aim at stationary targets using different objects within 15cm distances from a standing position.*
- *aim at stationary targets using different objects within 15m distance after a short run up.*

To aim is to point or direct (a weapon or object) at a target. A target is an object or place selected as the aim of an attack. Target games are those in which players send an object such as a ball, dart or an arrow towards a target area.

Important insights

- When playing target games, different equipment like balls, hula hoops, tyres, arrows, buckets and rings can be used.
- Play dough can be shaped into big round balls and stuck on a wall.
- Using wooden arrows, learners stand in 15cm sand aim to shoot on the play dough.
- Tyres can be hung with ropes from the tree in about 5-6m.
- Players can line up facing the tyres from 15m.
- The players can then throw balls to pass through the opening space of the tyre.
- If one misses the tyre hole, then they have failed to hit the target.



Aiming into a tyre hole

Topic 8

STRIKING GAMES

Unit 15

Grip

Objectives

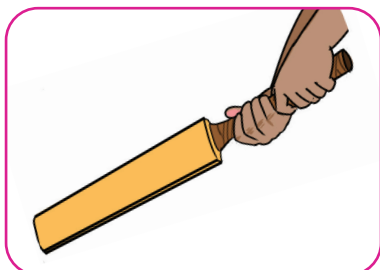
By the end of this unit, you should be able to:

- *demonstrate the correct equipment grip.*
- *state dangers of failing to handle equipment correctly.*

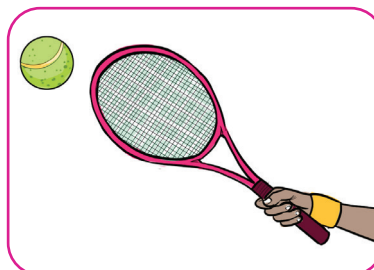
Equipment is handled in a certain way when playing striking games. The way in which equipment is held is based on how to grip it. This is done to produce a correct and accurate strike.

Important insights

- A grip is the way in which athletes hold sporting equipment in striking games.
- Holding equipment correctly and accurately is done to produce a correct strike as well as to avoid danger.



Holding a cricket bat



Holding a tennis racket

- Gripping equipment is done in different ways depending on the following.
 - Type of equipment.
 - Type of sporting activity.

Topic 12

BACKGROUND ART

Unit 21

Patterns and mounts

Objectives

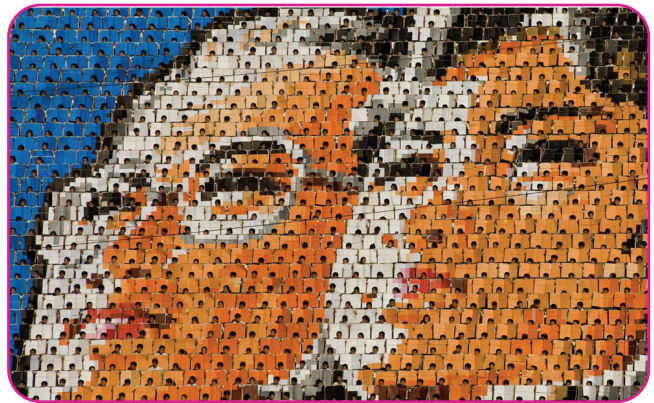
By the end of this topic, you should be able to:

- *print alphabetical letter.*
- *draw pictures related to portrayed themes on banners.*

Background art is important in mass displays. It can be made using letters or pictures. Background art is done in relation to a given theme.

Important insights

- Background art is a form of art that creates a preferred environment for a performance.
- It sets the mood for the mass displays performance.
- It is a design made by combining various art techniques and set in the background of performers to aid in giving meaning to their performance.
- A variety of background art can be made using letters and pictures.



Background art

EXAMINATION PRACTICE 6

PHYSICAL EDUCATION AND ARTS

305/1

PAPER 1

TIME: 1 HOUR 30 MINUTES

Answer all questions.

1. What is the name of the percussion instrument shown below?



- A. Flute B. Triangle C. Mbira D. drum
2. Artworks are sold in _____.
A. a gallery B. an exhibition C. a school D. a house
3. Name the musician shown below.

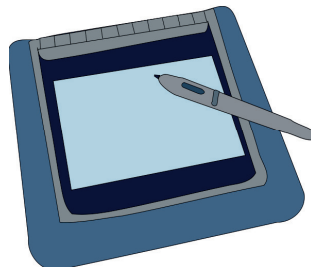


- A. Winky D B. Kapfupi C. Macheso D. Mtukudzi
4. Which dance is mainly dominated by males?
A. Mbende B. Chihodha C. Chinyamvera D. Isitshikitsha
5. The root triad in the key of C major is _____.
A. DFA B. GBD C. CEG D. ACE

6. Which of the following is not a primary colour?
A. Red **B.** Blue **C.** Brown **D.** Yellow
7. Body movements used to emphasise a point in theatre are called _____.
A. energy **B.** tension **C.** dancing **D.** gestures
8. A dance form with 2 patterns is called _____.
A. AB **B.** Retrograde **C.** Rondo **D.** ABA
9. What emotions can be drawn from the artwork below?



- A.** Anger **B.** Pain **C.** Love **D.** Happiness
10. _____ is an example of a dramatic element.
A. Voice **B.** Conflict **C.** Shape **D.** Motivation
11. A solo dance is performed by how many people?
A. One **B.** Two **C.** Three **D.** Four
12. Selling an artist's music for personal gain is called _____.
A. piracy **B.** composition **C.** business **D.** enterprise
13. What type of drawing do we get from the art tool shown below?



- A.** Manual **B.** Sketching **C.** Electronic **D.** Substitute
14. Application of cosmetics is an example of _____ effects in theatre.
A. sound **B.** visual **C.** musical **D.** lighting
15. Which effect is used to maintain the tempo of a dance?
A. Sound **B.** Visual **C.** Musical **D.** Lighting

EXAMINATION PRACTICE 6

PHYSICAL EDUCATION AND ARTS 305/2

PAPER 2

TIME: 1 HOUR

Answer all questions.

1. (a) The picture below shows an art _____ (**exhibition / studio**) [1]



- (b) The person who collects artworks is called a _____.
(**adjudicator / curator**) [1]

- (c) _____ is a prominent sculptor in Zimbabwe. [1]

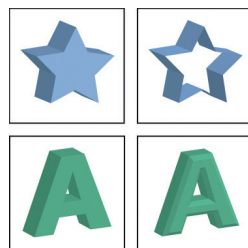
- (d) Name **two** artworks that can be exhibited in an art gallery. [1]

2. (a) The people watching a play in theatre are called the _____.
(**audience / scriptwriters**) [1]

- (b) Another name for posture in dance is _____.
(**stance / shape**) [1]

- (c) _____ is a colour with white added to it. [1]

- (d) The objects below are examples of _____ objects.
(**2D / 3D**) [1]



(e) _____ is colour with black added to it. [1]

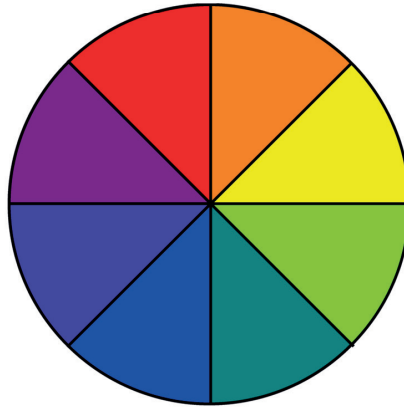
3. (a) The use of puppets in theatre is known as _____.
(puppetry / puppets) [1]

(b) Which one of these songs is a pre-colonial song?
(Kanjiva / Chemutengure) [1]

(c) The physical area upon which dancers perform is called
a _____. (stage / scene) [1]

(d) The Shona name for the Zimbabwean liberation war is _____. [1]

(e) The picture below shows a _____. [1]



EXAMINATION PRACTICE 8

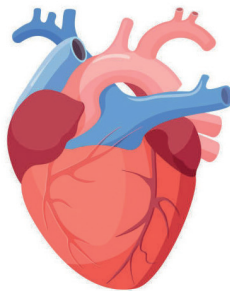
PHYSICAL EDUCATION AND ARTS 305/2

PAPER 2

TIME: 1 HOUR

Answer all questions.

1. (a) What is the function of the body part shown below?



- (b) The body parts that can be seen by the naked eye are called _____ body parts. [1]
- (c) _____ helps us to breathe. **(Lungs / Legs)** [1]
- (d) _____ helps us to grip equipment during physical activities. [1]
- (e) The safety equipment shown below is a _____. [1]



2. (a) An example of a storage device in art is a _____. [1]
(USB / tank)
- (b) Acceptable behaviour in theatre is known as _____. [1]
(ethics / copyrights)
- (c) _____ is what actors wear during a play. [1]
(Overalls / Costumes)
- (d) The audience can appreciate theatre by _____. [1]
(clapping hands / making noise)

(e) What is the use of stage lights in theatre? [1]

3. (a) The athlete in the picture below is throwing a _____. [1]

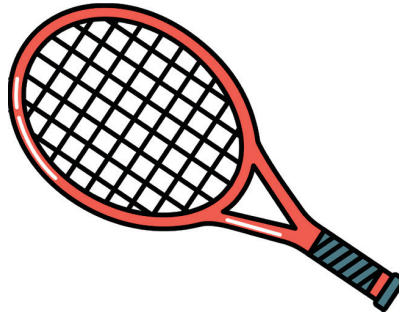


(b) The ability to do an activity for a long time is called _____.
(endurance / balance) [1]

(c) Which of the following is a locomotion skill?
(Forward roll / Strength) [1]

(d) _____ is a safety rule at school? [1]

(e) The equipment below is known as a _____. [1]



Social Science Answers: Examination Practice Paper 1 Answers

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

Social Science Examination Practice Paper 2 Answers

Examination practice 1

Section A

1. (a) polygamous family
(b) Child headed family
(c) accept different totems
(d) House/ car/ livestock
2. (a) lack of confidence
(b) having positive relationships/ being able to express views freely
(c) Lack of appreciation/ negative criticism/ lack of recognition/ being scolded in public/ bullying
3. (a) Eland/Mhofu/Impofu / Monkey/Soko/Inkawu / Buffalo/Nyati/Inyathi
Warthog/Humba/Ingulungulu / Eagle/Hungwe/Ingqungqulu
(b) the father/ grandfather
(c) dead
(d) surname
4. (a) nhodo/ tsoro
(b) Puzzles/ video or computer games/ chess
(c) bank
5. (a) look at both sides before crossing/ wearing light coloured clothes at night/ using the right side of the road
(b) sweeping the house/ cooking/ fetching firewood/ herding cattle
(c) family with the eldest child, who is below eighteen years, looking after his or her siblings
(d) protein

Section B

6. (a) Musikavanhu – God the creator/ UMdali – the one who created people/ Umvelinqangi – The most high
(b) ancestors
(c) Indigenous
(d) ngundu/ headgear

PHYSICAL EDUCATION AND ARTS PAPER 2 ANSWERS

Examination practice 1 answers

1. (a) stomach
(b) teeth
(c) lungs, heart, small and large intestines, liver
(d) To pump blood
2. (a) warm up
(b) prepares the body for the main activity
(c) meat
(d) protective
(e) fenced
3. (a) secondary
(b) Charcoal
(c) amantshomane
(d) minim
(e) soft

Examination practice 2 answers

1. (a) compose
(b) spot
(c) ethical
(d) composer
(e) photography
2. (a) bat
(b) space
(c) throwing

- (d) grip
(e) tennis
3. (a) collect artworks
(b) choreographer
(c) scriptwriter
(d) sculptor
(e) actor

Examination practice 3 answers

1. (a) tent
(b) bowling
(c) Cricket
(d) handball
(e) camping
2. (a) mbira
(b) learners to name traditional songs
(c) soap stone
(d) entertainment/ education
3. (a) beaming
(b) improvisation
(c) line
(d) media
(e) nyau

Examination practice 4 answers

1. (a) Lights
(b) Sibelius
(c) adjudication
(d) sketches
(e) puppet