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Physical Education and Arts



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Grade

5

Revision
Guide



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New Curriculum
With
Answers

PlusOne | Serious Revision

Physical Education and Arts

Grade 5 Revision Guide *(with answers)*

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A. PHYSICAL EDUCATION

STUDY AREA 1: PHYSICAL EDUCATION

TOPIC 1: HUMAN BODY

Objectives

You should be able to:

- identify body parts that store and transport food.
- explain the process of storing and transporting food.

UNIT 1: ORGANS OF THE BODY

Important insights

- The human body is made up of bones, blood, nerves and muscles.
- Bones give shape and structure to the human body.
- The human body consists of different kinds of cells which are the main building blocks and they join to make a tissue.
- A group of tissues together make an organ which is a body parts.
- Blood is the body's means of transporting substances around the body as it:
 - transports oxygen from the lungs to the heart and then to the rest of the body.
 - transports carbon dioxide from body tissues to the heart and then to the lungs to be expired (breathed out).
 - transports nutrients (especially glucose) and minerals from the intestines to the rest of the body.
 - transports waste products to the kidneys.
- There are three types of muscles found in the human body which are:
 - skeletal muscle which attaches to the bones and whose function is to contract and relax to facilitate movement.
 - smooth muscle found in the hollow organs such as the stomach, oesophagus, bronchi and walls of the blood vessels that are stimulated by involuntary impulses such as moving food along the oesophagus.
 - cardiac (heart) muscle is found in the walls of the heart which serve to pump the heart.
- The outer covering of the body is the skin.
- The human body has internal and external body parts.
- Internal body parts are the organs that are found inside the human body and are covered by the skin. They include the oesophagus, trachea, lungs, heart, stomach, liver, kidneys, gall bladder, appendix, small and large intestines.
- They internal body parts help the human body to function smoothly and keep the body healthy and strong.
- External body parts are organs that can be seen such as lips, knees, toes, foot, thumb, leg, chest, arm and hand. Eyes, ears and nose are also external organs but are also sensory organs.
- Sensory organs are connected to the brain and they help us to feel or sense the things around us. The eyes are for seeing, ears for hearing, skin for touching, tongue for tasting and nose for smelling. Other sensory organs include the skin for touch.
- There are also body parts such as the head, neck, arms and state their functions.

- jump for distance and land safely.
- execute rotational throws for accuracy and distance.
- demonstrate target throws over a barrier.
- demonstrate the teens' javelin throw at least 30m distance.

UNIT 6: RUNNING, JUMPING AND THROWING

Important insights

- Running eight-minute endurance race is a long race over a short, marked distance that is completed in eight minutes.
- Sprint or hurdles or slalom shuttle relay refers to shuttle relay of sprint and slalom distances.
- An eight-minute endurance race is a long race over a short-marked distance that is completed in eight minutes.
- A precision long-jump is a jump from a ten metres run-up for distance that is done over a marked area.
- Jumping for height includes activities such as high jump and pole vault.
- Throwing is a skill that is executed by the upper limbs and the arms.
- The rotational throw is a rotational motions throw at three targets which are the left zone, centre zone and right zone and it is a distance and accuracy throw.
- The overhead backward throw is a distance throw using the medicine ball.
- Target throwing over a barrier.

STUDY AREA 2: SPORT

TOPIC 5: INVASION GAMES

Objectives

You should be able to:

- demonstrate defending with time and speed.
- execute the correct attacking techniques with time and speed.
- demonstrate proper positioning within boundaries, team mates and opponents.
- exhibit basic defensive and offensive roles.

UNIT 7: SPACE AWARENESS, POSITIONING AND REACTION

Important insights

- Invasion games are games where the main aim is to attack an opponent's territory and score goals or get points.
- Invasion games focus on teamwork, keeping possession, defending and scoring.
- Each team in invasion games has an equal number of athletes as the opponent.
- Examples of invasion games are soccer, netball, hockey, basketball, water polo, handball and rugby.
- Space awareness is the ability to see and understand two or more objects concerning each other and your body in terms of space and distance.
- Space awareness should always be in relation to defense and attacking procedures.
- Defending is the guarding or preventing an attack from opponents that can result in the scoring of goals.
- Attacking is the act of advancing towards an opposing team with the aim to score goals or points.

B. VISUAL AND PERFORMING ARTS

TOPIC 1. HISTORY OF ARTS AND CULTURE

UNIT 1: MUSIC

Objectives

You should be able to:

- identify social functions of music.
- sing songs that are sung during social functions.
- identify the gendered nature of folk songs.
- derive the meaning of songs sung during different social activities.
- assess gender roles in indigenous music.
- identify how music has used technology in the past and present.
- incorporate children's rights, responsibilities and *unhu/ubuntu/vumunhu* in their improvisation.
- play musical instruments.

Important insights

- Music serves a variety of social functions across cultures providing entertainment, healing, unity and identity.
- Examples of functions where music serves a social purpose include the following:
 - *Nhimbe or Ilima* - Singing and dancing as people do work together to make work enjoyable.
 - Wedding - Entertainment in celebration of marital union.
 - Funerals - Solemn music to console the bereaved as well as entertaining music to ease the pain on the bereaved.
- Religious functions - To provide and create the desired mood and purpose for the cultural and religious practices.
- Music was viewed by society as male-related from the pre-colonial to the colonial period and women were not encouraged to do music.
- Zimbabwe has a variety of indigenous musical instruments such as chipendani, mbira, marimba, chigufe, hwamanda and ngororombe.
- Playing the musical instrument requires knowledge of the playing techniques as well as an understanding of the instrument itself.

UNIT 2: VISUAL ARTS

Objectives

You should be able to:

- describe the role and development of visual art in post-colonial eras.
- identify ways of preserving and conserving artworks.
- analyse ways of preserving and conserving different artworks.
- distinguish different works of art in Zimbabwean societies.

GRADE 5 EXAMINATION PRACTICE 1

PHYSICAL EDUCATION AND ARTS

513

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. Which of the following was a function of music in pre-colonial Zimbabwe?
 - A. uniting the society
 - B. provoking the spirits
 - C. insulting the king
 - D. to cause havoc
2. Identify the musical instrument shown below.

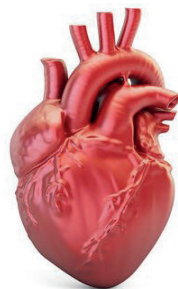


- A. guitar
 - B. recorder
 - C. piano
 - D. flute
3. What is harmony?
 - A. a form of dance
 - B. the distance between notes
 - C. sounding different notes at the same time
 - D. the art of composing traditional music
 4. State an example of a tuned instrument.
 - A. umqangala
 - B. hosho
 - C. magavhu
 - D. amahlwayi
 5. Which of the following is a tempo marking?
 - A. forte
 - B. crescendo
 - C. piano
 - D. largo
 6. Which of the following is a percussion instrument?



- A.
 - B.
 - C.
 - D.
7. Define a music scale.
 - A. arrangement of notes in a specific order of whole and half steps
 - B. the flow of music through time
 - C. the highest note in a melody
 - D. the quality of a sound

18. Why does a cultural dance change when performed for a paying audience?
- it is done for the ancestors
 - the audience demands it to change
 - it is not performed for its cultural purposes
 - it is done over days
19. What do we call one who composes and arranges dance movements?
- choreographer
 - dancer
 - teacher
 - judge
20. From the answers below, which is not an element of dance?
- action
 - space
 - time
 - proportion
21. What are the human body's basic building blocks?
- cells
 - bones
 - blood
 - tissues
22. Which one is a necessity to stay healthy?
- sedentary behaviours
 - healthy food
 - eating too much
 - unhealthy food
23. Name one part of a bicycle.
- handle bar
 - helmet
 - reflective clothing
 - life jacket
24. How long should the eight-minute endurance race take to be run?
- 6 minutes
 - 8 minutes
 - 4 minutes
 - 10 minutes
25. Who controls the flow of action of a handball match?
- umpire
 - coach
 - referee
 - starter
26. Identify one target game.
- darts
 - cricket
 - softball
 - baseball
27. Which equipment can be used to spin a ball?
- hockey stick
 - net
 - post
 - pyramid
28. Why should one wear shoes with grip when descending in adventure games?
- to descend faster
 - for safety
 - to descend slowly
 - to have fun
29. What is the major responsibility of the human body part below?



- cleaning blood
- pumping blood to the rest of the body
- remove waste from the human body
- to take in carbon dioxide from plants

GRADE 5 EXAMINATION PRACTICE 7

PHYSICAL EDUCATION AND ARTS

513

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. What is the importance of music during a wedding?
 - A. to interrupt the wedding ceremony
 - B. to invite the ancestral spirits
 - C. to sing bad things about the people getting married
 - D. to provide entertainment
2. Name the type of mbira shown below.



- A. nyunganyunga B. matepe C. nhare D. njari
3. Tempo markings indicate the _____ at which the music is to be performed.
 - A. volume B. speed C. power D. mood
 4. Which part of the marimba instrument amplifies the sound?
 - A. keys B. resonators C. buzzers D. mallets
 5. Identify the note shown in the diagram below.



- A. C B. G C. E D. B

16. What is the significance of the props below in Hosana dance?



- A. to carry water for the judges
B. to intimidate the audience
C. to carry beer to appease the ancestors
D. to distract the dancers from performing freely
17. In which dance are children the main performers?
A. kongonya B. mbende C. chokoto D. dinhe
18. State a way of involving Ubuntu in dance.
A. supporting other dance ensembles
B. always competing with other dancers
C. copying other dancers' dance sequences
D. uploading wrong dance performances
19. What is a dance sequence?
A. a way in which dancers enter the stage
B. the arrangement of females and males in a dance
C. the position of dancers after a competition
D. an arrangement of dance patterns in order
20. Identify an example of a dance principle.
A. line B. solo C. balance D. ensemble
21. What name is given to a group of tissues together?
A. organ B. bone C. nerves D. muscles
22. Which activity can be undertaken at a community level?
A. tug of war B. karate C. nhodo D. fish fish
23. What name is given to the act of crouching with knees bent and buttocks near the heels?
A. stance B. squat C. grip D. balance
24. Identify an activity that increases the body temperature.
A. cool down B. warm up C. loosening D. signposting

GRADE 5 EXAMINATION PRACTICE 9

PHYSICAL EDUCATION AND ARTS

513

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. In pre-colonial Zimbabwe, when was music performed?
A. birth B. religious functions C. sleeping D. discipline
2. Which part of the marimba instrument amplifies the sound?
A. buzzers B. resonators C. mallets D. keys
3. Which of the following is the longest note value?



A.



B.



C.



D.

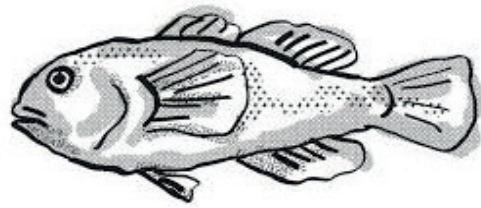
4. What is not encouraged when downloading music from the internet?
A. downloading music for free from unauthorised sites
B. paying the musician for the music
C. downloading from official sites
D. passing negative comments towards the music
5. How many keys does a Nyunganyunga mbira have?
A. 12 B. 15 C. 20 D. 18
6. A short musical piece in which multiple voices sing the same melody but start the song at different times is called an
A. ostinato. B. recorder. C. round. D. scale.
7. The tempo marking andante means that the music is to be performed at a _____ speed.
A. medium B. fast C. slow D. quick
8. What does fortissimo mean in music?
A. soft B. loud C. very loud D. very soft

9. Which of the following artworks illustrates texture?

A.



B.



C.



D.



10. Which of the following is not a good environment for art preservation?

- A. cool
- B. moist
- C. dry
- D. dark

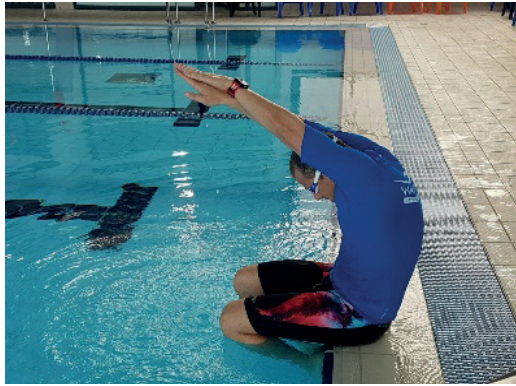
11. State an example of an art element.

- A. proportion
- B. composition
- C. repetition
- D. colour

12. An example of art technology software is

- A. Muscore.
- B. CorelDraw.
- C. Sibelius.
- D. VLC.

22. How many secondary colours do we have on the colour wheel?
 A. 6 B. 4 C. 3 D. 2
23. What is used to play marimba?
 A. Keys B. Tonic solfa
 C. Resonators D. Mallets
24. What is weight transfer?
 A. safely move your weight from one body position to another
 B. keep the body safely in one position
 C. keep weight under control
 D. ability to turn the body in any direction
25. Give an example of a percussion musical instrument that is single and is struck by hand to produce sound.
 A. cymbal B. clapper C. triangle D. tambourine
26. Name the type of diving shown in the picture.



- A. sitting dive
 B. kneeling dive
 C. standing dive
 D. diving from the starting block
27. When is the P.R.I.C.E method used as first aid?
 A. when there is severe pain and swelling after an injury
 B. when a person nearly drowns
 C. when a person drowns
 D. when an athlete is nose bleeding
28. What is a map?
 A. landforms in the environment
 B. adventure sites representation on a map
 C. diagrammatic representation of landforms found on a place
 D. orienteering activities representation on a map

GRADE 5 EXAMINATION PRACTICE 13

PHYSICAL EDUCATION AND ARTS

513

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. Which of the following is not a tempo marking?
A. largo B. forte C. andante D. grave
2. The words that are added to a piece of composed music are called
A. notes. B. names. C. lyrics. D. notation.
3. In which period of Zimbabwe was music mainly used for religious purposes?
A. colonial B. pre-colonial C. post-colonial D. chimurenga
4. Which of the following instruments requires air to produce sound?
A. guitar B. violin C. piano D. flute
5. Which of the following instruments can be made using the material shown below?



- A. hwamanda B. mbira C. chipendani D. ngororombe
6. _____ is not a tuned instrument.
A. Chipendani B. Mbira C. Marimba D. Chigufe
 7. What does a crescendo marking mean?
A. the music should be performed fast
B. the music should be performed at a very soft volume
C. the volume should increase gradually
D. the conductor should stop the music

19. _____ is used as musical accompaniment in Isitshikitsha dance.
- A. Wind B. Marimba C. Piano D. Clapping
20. Which of the following dances makes use of the prop shown below?



- A. clarks B. dinhe C. muchongoyo D. jaka
21. Where does Muchongoyo traditional dance originate from?
- A. Masvingo B. Chipinge C. Murehwa D. Bikita
22. Which type of food nutrients do we get from sweet potatoes?
- A. proteins B. carbohydrates C. fats and oils D. vitamins
23. What is ensured by proper footwork, stance and grip in striking games?
- A. proper balance B. better movement C. good stroke D. heavy movement
24. Identify an example of a dairy product.
- A. cheese B. cereal food C. nuts D. fish
25. Which one is not the importance of leg movement in aquatics?
- A. creates propulsion
- B. helps with balance and rotation
- C. helps lift legs and keep one horizontal in the water.
- D. enables streamlining in the water
26. How many major classes of formations do we have in Mass Displays?
- A. 5
- B. 4
- C. 2
- D. 3

35. Name the stroke also known as the froggy stroke.
- A. breaststroke
 - B. front crawl
 - C. backstroke
 - D. side stroke
36. Identify a pair of percussion instruments that have the same keys.
- A. marimba and tambourine
 - B. piano and trumpet
 - C. piano and marimba
 - D. trumpet and marimba
37. What are light movements?
- A. performing an activity effortlessly
 - B. movements are swift
 - C. movements are very strong
 - D. movements are slow
38. Identify the resultant colour after mixing red and yellow.
- A. purple
 - B. green
 - C. orange
 - D. violet
39. How is the ball spun for height?
- A. ball struck forward in a diagonal manner
 - B. ball goes up and in a vertical manner
 - C. ball goes up and in a diagonal manner
 - D. ball goes up and in a curved manner
40. Why is it important to always observe safety first?
- A. you will fail the physical fitness
 - B. will have wrong leg footing
 - C. will get injured and that affects health
 - D. will have poor appetite

GRADE 5 EXAMINATION PAPER 1 ANSWERS

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