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# Physical Education and Arts



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Grade

7

Revision  
Guide



Tariro A. Dzamara  
Pfungwa Mugomba  
Nyusa Madembo  
Anicetus Matsokoto  
Matlidah Dondo  
Tineyi E. Chibayambuya

New Curriculum  
With  
Answers

*PlusOne | Serious Revision*

# Physical Education and Arts

## Grade 7 Revision Guide (with answers)

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# PHYSICAL EDUCATION AND ARTS

## 1.1 PHYSICAL EDUCATION, SPORT AND MASS DISPLAYS

Physical Education can be viewed as that process of education which uses physical activities and the whole human being as a medium of learning.

A common phrase used by the general public is that “a healthy body leads to a healthy mind.”

- (a) Within a school setting and if implemented well, Physical Education can be a unifier that serves the society by being the agent of social integration through greater community involvement by linking the school to the community.
- (b) Physical Education promotes physical literacy where a person does not only visit a doctor when sick but rather understand how the body systems work.
- (c) Physical Education helps learners and the society improve skill related components such as speed, agility, reaction time, balance, co-ordination and basic movement patterns.
- (d) Physical Education helps learners and the society to improve upon areas of strength, endurance, flexibility and cardio-vascular activities.
- (e) Physical Education develops mental alertness, movement and performance for those engaged in the activities.
- (f) Physical Education helps in exposing inert skills and capabilities in learners for them to use their natural talents and aptitudes in recreational, amateur and professional sport.
- (g) Physical Education develops learners physically, socially, emotionally, and cognitively and this is noticeable during participating in team sports, projects, problem solving, physical fitness, adventure activities as well as public displays and performances.
- (h) Physical Education helps learners with acquired knowledge, skills and right attitudes engage in meaningful recreation which makes them refrain from dangerous behaviours such as drug and alcohol abuse, early sexual life encounters and non-conformity to rules and regulations. Health experts and researchers recommend that if children want to increase their life expectancy, they need to eat healthy foods and be physically active.

## 1.2 VISUAL AND PERFORMING ARTS

Learners are exposed to the creative and aesthetic world around them through art, visual arts, music, movement and dance and they explore their aptitudes in these expressive arts individually and collectively.

Zimbabwe contemporary art has gone through various phases of evolution to become what it is today.

- (a) Learners will be exposed to a wide range of visual and performing arts programmes which develop excellence, originality, self-identity, confidence, ability to communicate and identification of talents.
- (b) The practise of arts has a very significant contribution to the sustainable socio-economic development of the nation.
- (c) The learning of Visual and Performing Arts will also bring inter-cultural understanding and tolerance.

### 3. TOPIC SUMMARY

#### 3.1 PHYSICAL EDUCATION, SPORT AND MASS DISPLAYS

##### TOPIC 1: PHYSICAL EDUCATION

##### UNIT 1: THE HUMAN BODY

- The human body is made up of bones, blood, nerves and muscles.
- Cells are the basic building blocks of the body.
- The body has external body parts and internal body parts.
- External body parts are those body parts that we can see at the outside of the body and internal body parts are those found inside the body.
- The following external body parts have their respective functions; head: contains sensory organs such as eyes, ears, tongue, brain and nose.
  - Eyes for seeing.
  - Ears for hearing.
  - Mouth for talking and eating.
  - Arms for handling things.
  - Legs for walking, running and kicking.
  - Chest as cover for the heart, lungs and liver.
- The internal parts have the following functions;
  - Brain for thinking, memory, speech and function of the body parts.
  - Liver for pumping blood to all body parts.
  - Lungs help in breathing.
  - Stomach digests the food we eat.
  - Intestines get nutrients from the food we eat.
  - Gall bladder stores the bile that is produced by the liver.
- Body parts that store and transport food work in a system called the digestive system and include the mouth, throat, oesophagus, stomach, small and large intestines.
- Body parts that transport and store air belong to the respiratory system and include the nose, the throat, the windpipe, the lungs and the diaphragm.
- We breathe in oxygen and breathe out carbon dioxide.
- The air enters and exists the body through the nose and the mouth.
- The normal breathing rate whilst resting is between 12 and 25 times per minute.
- Three body parts that help in the digestion of food are tongue, teeth and saliva.
- Food nutrients are taken to the rest of the body by blood.
- The heart and the blood vessels join together to form the blood circulatory system.
- The heart is divided into four chambers.
- Arteries carry oxygenated blood from the heart to all parts of the body.
- Veins carry deoxygenated blood back to the heart.
- Capillaries are formed where arteries and veins join.
- A stethoscope is an instrument used to listen to the heart beat.

- Colours have meaning for background art.
- Red - passion, drama, danger, courage, strength and power.
- Yellow - hope, success, confidence, freshness and energy.
- Green - growth, health, refreshing and peaceful.
- Black - mystery and bad luck.
- Blue - trust, shade of sea and sky, calmness and extreme peace.
- Pink - sensitivity, love, femininity and tenderness.

## UNIT 13: ARENA ACTS

- There is movement freely from point A to point B as well as responding to music played and the movement must be interesting.
- When involved in movement remember to use space wisely.
- Calisthenics are gymnastic exercises that are designed to develop health and vigour and are performed with little or no special apparatus.
- Mass Displays formations take different shapes and displays different activities
- Simple formations are popularly known as the exercise point and include exercise formation, file formation, column formation, oblique formation, circle formation and square formation.
- Complicated formations include star formation, s-shaped and flower formation.
- Dance involves movement and can be done in the arena as part of play through sport.

## 3.2 VISUAL AND PERFORMING ARTS

### TOPIC 1: HISTORY AND CULTURE

#### UNIT 1.1 MUSIC

- Pre-colonial period is the era when Europeans had not settled in Zimbabwe.
- Colonial period refers to the period when Europeans had settled and became rulers of Zimbabwe.
- Post-colonial era is the period after Zimbabwe had got its independence.
- The piano has seven letters of the alphabet and they are A, B, C, D, E, F and G.
- The Nyungwenyungwe mbira has two rows and the lower row uses the odd numbers below 15 whilst the upper row uses the even numbers below 15.
- Musical instruments are classified into groups depending on how they are used or played and the manner the sound is produced.

The groups are as follows:

- Membranophones which generate sound by striking, vibrating, rubbing or singing into a stretched membrane.
- Chordophones are stringed instruments and produce their sound by strumming, picking, plucking, bowing or striking strings. A plectrum is used to pluck the string. Fingers pick/strum the string.
- Idiophones produce their sound by vibrating the instrument itself.
- Aerophones produce their sound through the vibration of a mass of air.
- Music was used for religious functions, work, games, entertainment, marriage ceremonies and thanks giving occasions during the pre-colonial period.
- Social functions of music include; employment creation, edutainment, boosting morale, spiritual



- Three-part harmony songs are sung using three voice parts which are soprano, alto and tenor.
- Keys on the keyboard have letter names and they represent different pitches.
- The treble clef is for high notes and the bass clef is for lower notes..
- The national anthem consists of different intervals which include seconds, thirds and fourths.
- Tuned instruments are instruments that need to be adjusted in order to produce a desired pitch.
- Un-tuned instruments are instruments that do not need to be adjusted and do not produce a definite sound.

## UNIT 2.2: VISUAL ARTS

- Any artwork production begins with an understanding of what is available for use and how it can be used.
- Art media refers to the art materials and supplies used to create artworks.
- Primary colours are yellow, blue and red.
- The secondary colours are achieved by mixing two primary colours in equal proportion as follows yellow and blue gives green, blue and red gives us purple and the result of mixing yellow and red is orange.
- We get tertiary colours by mixing a primary colour and a secondary colour but there is no distinct resultant colour.
- The elements of design are point, line, form, shape, colour, texture, space and unity or harmony.
- The principles of design in visual arts are balance, unity, variety, proportion, movement or rhythm, pattern and emphasis.
- Observational drawing refers to drawing what you see or what you have noticed.
- Life drawing refers to drawing a live animal/human feature from observation.
- Still life drawing refers to the drawing of objects that don't move.
- Three dimensional artworks have height, width and length and these include sculptures, crafts, decorative art, architecture, moulded sculptures installation art, pottery and carvings.
- Elements of 3-dimensional design are line, plane, mass and volume, shape, value, texture and colour.
- Art elements for sculptures are relief, round, mass, space, movement, volume, surface and colour.
- Art elements in observational drawing are point, line, shapes, form, colour, space, texture and value.
- The types of lines are vertical lines, horizontal lines, diagonal lines and curved lines.
- Types of shapes include geometric shapes which are regular or precise and organic shapes which are difficult to describe and are irregular and uneven.

## UNIT 2.3: THEATRE

- Theatre requires actors to have good skills in improvisation and creativity.
- When writing a script for theatre always think of the purpose and be guided by the 5ws; who, what, where, when and why.
- Characterisation is the way that a narrator highlights a character in a story.
- Universal themes are ideas that apply to everyone despite the difference in culture and are as follows; survival, life experiences, death, love and growing up.
- Acting skills are the skills that an actor or actress must have in order to perform well and are good stage presence, memorisation of lines well, characterisation, creative insight, good understanding of dramatic techniques, confidence, energy and dedication to perform and the ability to enter into another character.



## MULTIPLE CHOICE EXAM TAKING TIPS

When examiners set out tests they are guided by Blooms Taxonomy and the writing targets and goals are:

- Remembering - recall or recognition of specific information.
- Understanding - explaining ideas or concepts.
- Applying - using information in another familiar situation.
- Analysing - breaking information into parts to explore understanding and relationships.
- Evaluating - justifying a decision or course of action.
- Creating - generate new ideas, products or course of action.
- Read the entire question.
- Read a multiple - choice question in its entirety before glancing over the answer options.
- Answer it in your mind first.
- After reading a question, answer it in your mind before viewing the answer options.
- Eliminate wrong answers.
- Eliminate answers options which you are 100% sure are incorrect before selecting the answers you believe are correct.
- Use the process of elimination.
- Cross out all the answers you know are incorrect.
- Focus on the remaining answers.
- Select the best answer.
- It is important to select the best answer to the question being asked, not just an answer that seems correct.
- Read every answer option.
- Read every answer option prior to choosing a final answer.
- Answer the questions you know first.
- If you are having difficulty in answering a question move on and come back to tackle it once you have answered all the questions you know.
- Make an educated guess.
- If it will not count against your mark, make an educated guess for any question you are unsure about.
- Pay close attention to these words; not, sometimes, always and never.
- Any answer that includes always must be irrefutable, if you can find a single counterexample then the answer is not correct.
- If any answer option includes never, a single counter-example will indicate the answer is not the correct answer.
- It's usually best to stick with your first choice but not always.
- It is best to stick with the answer you first choose after reading the question.
- It is usually counter-productive to constantly second guess yourself and change your answer.
- All of the above and none of the above.
- When you encounter all of the above or none of the above answer choices, do not select all of the above if you are pretty sure any of the answers provided is incorrect.

# ZIMBABWE GRADE SEVEN EXAMINATIONS

## PHYSICAL EDUCATION AND ARTS PAPER 1

713

SPECIMEN PAPER

Time: 2 hours

### INSTRUCTIONS TO CANDIDATES

1. Read **all** the instructions carefully.
2. Do **not** open this booklet until you are told to do so by the invigilator.
3. Use **only** an **HB** pencil for all entries on the answer sheet.
4. When you are told to start, choose **one** correct answer from the suggested answers and shade it **very dark** as shown in the examples at the top of the answer sheet.
5. If you wish to change your answer, **erase** it **completely** with a pencil rubber and then shade the new choice.
6. If **more** than **one** lozenge is shaded for any one answer, that answer will be regarded as wrong.
7. Answer **all** the questions on the separate answer sheet provided.
8. If **you do not understand** the instructions, **ask** the invigilator to explain them to you **before you start**.

### INFORMATION FOR CANDIDATES

Each question carries one mark

---

**This question paper comprises 8 printed pages.**

Specimen Paper

**[Turn over**

# GRADE 7 EXAMINATION PRACTICE 1

## PHYSICAL EDUCATION AND ARTS

713

### 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 following types of music originated from Africa **except**  
A. Mbira music.      B. Sungura music.      C. Country music.      D. Marabi music.
2. Identify an instrument that is played using fingers only?  
A. Gourd rattles.      B. Drums.      C. Trumpet.      D. Mbira.
3. Which of the following is NOT a traditional art tool?  
A. Egg shell.      B. Sticks.      C. Chisel.      D. Adze/mbezo.



4. The artwork in the picture above originated from \_\_\_\_\_ tribe.  
A. Tonga      B. Zulu      C. Ndebele      D. Manyika
5. Story telling was usually done in the  
A. morning.      B. afternoon.      C. mid-day.      D. evening.
6. The ideal costume for a death ceremony is a  
A. gown.      B. traditional attire.      C. black cloth.      D. white cloth.
7. \_\_\_\_\_ dance became popular with freedom fighters in the Chimurenga war.  
A. Kongonya      B. Gumboot      C. Rhumba      D. Mbende
8. Rain making ceremony for Zulu people is known as  
A. Indlamu.      B. Oshiwambo.      C. Kazomba.      D. Nyau.
9. Which of the following is a simple time signature?  
A.  $\frac{2}{4}$       B.  $\frac{9}{8}$       C.  $\frac{6}{8}$       D.  $\frac{12}{8}$
10. The distance between two notes of a scale is called  
A. harmony.      B. scale.      C. interval.      D. syllabus.

25. What is stored in the muscles?  
 A. Fats.                      B. Energy.                      C. Vitamins.                      D. Mineral salts.
26. Which component of physical fitness is tested by the “Sit and Reach Test?”  
 A. Strength.                      B. Agility.                      C. Flexibility.                      D. Timing.
27. Identify one way of preventing injury in physical activities.  
 A. Warming up correctly.                      B. Loosening.  
 C. Stretching                      D. Strengthening.
28. The odd one out is  
 A. timing.                      B. speed.                      C. balance.                      D. stamina.
29. What comes out of the skin when doing exercises?  
 A. Strength.                      B. Sweat.                      C. Blood.                      D. Saliva.
30. Which discipline differs in height for men and women players?  
 A. Soccer.                      B. Basketball.                      C. Netball.                      D. Volleyball.
31. Identify a balance which is hardest to perform?  
 A. handstand.                      B. bridge.                      C. headstand.                      D. Tiger balance.
32. Name one of the formations in Mass Displays.  
 A. File.                      B. Climax.                      C. Gymnastic.                      D. Athletic.
33. \_\_\_\_\_ is not a stage of warm up.  
 A. Jogging                      B. Knee bend                      C. Skill rehearsal                      D. Locomotion
34. Which of the following is an indigenous game?  
 A. Nhodo.                      B. Basketball.                      C. Hockey                      D. Netball.
35. The picture is showing



- A. shoulder balance    B. one leg balance    C. running                      D. double leg balance
36. Where is shot putt allowed to land in a field event competition?  
 A. Outside the marked area.                      B. Inside a marked area.  
 C. Close to outside the boundaries.                      D. Close to inside the boundaries.
37. Identify a discipline that does not allow two members of the batting team to be at the same base.  
 A. Basketball.                      B. Handball.                      C. Soccer.                      D. Baseball.

# GRADE 7 EXAMINATION PRACTICE 3

## PHYSICAL EDUCATION AND ARTS

713

### 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 following are indigenous musical instruments **except**

- A. guitar.                      B. chigufe.                      C. mbira.                      D. hosho.

2. Name the musical instrument in the picture.



- A. Marimba.                      B. Ngoma/Ingungu.                      C. Chipendani.                      D. Mbira.

3. The painting in the picture below was drawn by the \_\_\_\_\_ people.



- A. Tonga                      B. San                      C. Ndebele                      D. Zulu

4. A well-known theatre company formed by Cont Mhlanga is called

- A. Chipawo.                      B. Amakhosi.                      C. Rooftop.                      D. Pakare paya.

5. Gumboots dance is common among \_\_\_\_\_ men.

- A. Karanga                      B. Chewa                      C. Zezuru                      D. Ndebele

6. Which one is not a compound time signature?

- A.  $\frac{6}{8}$                       B.  $\frac{9}{8}$                       C.  $\frac{3}{4}$                       D.  $\frac{12}{8}$

7. Complimentary colours are directly opposite each other on a colour wheel, \_\_\_\_\_ is the complimentary colour of red.

- A. blue                      B. purple                      C. orange                      D. green

34. The picture below is showing a person abseiling. This is also known as



- A. rappelling.      B. free climbing.      C. rafting.      D. canoeing.
35. Calisthenics are a form of \_\_\_\_\_ exercise.  
A. dance      B. apparatus      C. music      D. gymnastics
36. \_\_\_\_\_ are games where the aim is to get into an opponent's area to attack.  
A. Aquatic      B. Running games      C. Invasion games      D. Throwing games
37. A healthy mind and body are achieved through the following **except**  
A. various physical activities.  
B. chopping firewood.  
C. jogging in the morning.  
D. reading books.
38. \_\_\_\_\_ is not an outdoor adventure.  
A. Mountain climbing  
B. Horse riding  
C. Hide and seek  
D. Washing clothes
39. Which one is an example of a net game?  
A. Basketball.      B. Netball.      C. Tennis.      D. Kickball.
40. A shape can be defined as a \_\_\_\_\_ enclosing an area.  
A. line      B. anything      C. heart      D. cup

# GRADE 7 EXAMINATION PRACTICE 5

## PHYSICAL EDUCATION AND ARTS

713

### PAPER 1

TIME: 2 HOURS

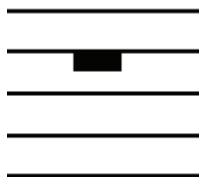
### INSTRUCTIONS TO CANDIDATES

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

1. Chimurenga songs were sung to

- A. inspire and unite the freedom fighters and masses.
- B. destroy the masses.
- C. please ancestors
- D. young children only.

2. This is a \_\_\_\_\_ rest.



- A. semi-breve      B. quaver      C. crotchet      D. minim

3. The highness and lowness of sound is called

- A. harmony.      B. form.      C. pitch.      D. texture.

4. The lines that are put on a stave to bring out a correct time signature pattern are called

- A. stave.      B. bar lines.      C. clefs.      D. rests.

5. A person who records music is a

- A. composer.      B. disc-jockey.      C. music producer.      D. adjudicator.

6. Great Zimbabwe monument is located in which province?

- A. Mutare.      B. Matabeleland.      C. Mashonaland.      D. Masvingo.

7. Which shape is three dimensional?

- A. Cube.      B. Circle.      C. Rectangle.      D. Triangle.

8. What is the role of artworks?

- A. Plagiarise.      B. Copying.      C. Painting.      D. Communicating.

9. What is the best improvisation when one does not have paint?

- A. Using crayons.      B. Using mighty markers.
- C. Using broken coloured chalks.      D. Using inks.



21. The picture below is showing athletes running through the bend. Why are they leaning on the bend?



- A. to increase speed  
B. to reduce speed  
C. they will not reduce speed  
D. they will not fall
22. What name is given to athletes who guard against conceding runs in cricket?  
A. Fielders.                      B. Batsmen.                      C. Umpires.                      D. Spikers.
23. Identify a natural source of water.  
A. Aquifer.                      B. Borehole.                      C. Tap.                      D. Tank.
24. What can be used as background art in Mass Displays?  
A. Flowers.                      B. Art books.                      C. Shields.                      D. Clay pots.
25. Which among the following is **not** a water survival technique?  
A. Staying afloat                      B. Jumping  
C. Staying calm                      D. Using swimming devices
26. The picture is showing a freestyle stroke. The arm which is out of water is at what stage?



- A. catch phase                      B. propulsive phase                      C. recovery stage                      D. stretch phase
27. What is the function of kidneys in the human body?  
A. Clean waste in the body.  
B. Repair muscles and tissues.  
C. Make muscles bigger.  
D. Help with recovery after training.

# GRADE 7 EXAMINATION PRACTICE 6

## PHYSICAL EDUCATION AND ARTS

713

### 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. At a funeral music is sung to \_\_\_\_\_ the bereaved.  
A. comfort and console                      B. rebuke  
C. entertain                                      D. encourage happiness
2. The words that make up a song which usually consist of verses and choruses are called  
A. instruments.              B. lyrics.                      C. percussion.              D. poetic verses.
3. This note has how many crotchet beats?



- A. 1 beat.                      B. 2 beats.                      C. 5 beats.                      D. 4 beats.
4. The following are music software **except**  
A. Finale.                      B. Sibelius.                      C. Publisher.                      D. Muse-score.
5. How do we preserve artworks?  
A. Advertising.              B. Selling.                      C. Framing.                      D. Destroying.
6. \_\_\_\_\_ is a primary colour.  
A. Purple                      B. Blue                              C. Violet                              D. Orange
7. Background art is important because it  
A. decorates spectators.                      B. gives educative information on the theme.  
C. beautifies presenters.                      D. decorates guest of honour.
8. What medium was used to make the Zimbabwean bird sculpture?  
A. Stone.                      B. Clay.                              C. Wood.                              D. Iron.
9. In a museum, who educates tourists about artefacts?  
A. Art teacher.                      B. Craftsman.                      C. Curator.                              D. Producer.
10. During storytelling in pre-colonial societies, who usually narrated the stories?  
A. Children                      B. Grandparents                      C. Teachers                              D. Soldiers

24. Emotionalism puts more emphasis on  
 A. imitation.                      B. observation.                      C. evaluation.                      D. feelings.
25. Why are arteries thicker than veins?  
 A. They carry more blood than veins.  
 B. They carry blood from the heart which has more force.  
 C. They carry blood to the heart with more force.  
 D. Veins carry blood for a shorter distance.
26. When the game is on, in invasion games, there is need to \_\_\_\_\_ move into open space.  
 A. foolishly.                      B. sluggishly                      C. slowly                      D. quickly
27. An object that you aim at in a game is called a  
 A. bean bag.                      B. cone.                      C. pylon.                      D. target.
28. How many players are defenders in the 4-4-2 formation?  
 A. 2.                      B. 10.                      C. 4.                      D. 8.
29. Digging is a skill in which game?  
 A. Rugby.                      B. Tennis.                      C. Volley ball.                      D. Hockey.
30. Which one is not a type of diving in swimming?  
 A. tumble dive                      B. sitting dive.                      C. spring dive.                      D. fall in.
31. Hop, step and jump are stages in \_\_\_\_\_ jump.  
 A. pole vault                      B. long                      C. high                      D. triple
32. When is a lob usually used?  
 A. When the opponent is at the service line.  
 B. When the opponent is at the baseline.  
 C. When the opponent is at the right side of the court.  
 D. When the opponent is close to the net.
33. The human tower is associated with which sport?  
 A. Netball                      B. Gymnastics                      C. Hockey                      D. Soccer
34. The picture below is showing which relay baton exchange technique?



- A. a side sweep                      B. up sweep                      C. down sweep                      D. visual technique

# GRADE 7 EXAMINATION PRACTICE 14

## PHYSICAL EDUCATION AND ARTS

713

### 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. Idiophones are self \_\_\_\_\_ instruments.  
A. sounding                      B. played                      C. instrumentally                      D. constructed
2. Identify this note.



- A. Dotted quaver.      B. Dotted minim.      C. Dotted crotchet.      D. Rest.
3. The top number indicates



- A. 2 crotchet beats per bar.                      B. 4 crotchet beats per bar.  
C. 2 quaver beats per bar.                      D. 2 minims per bar.
4. The idea of adding new lines on a given melody is called  
A. playing.                      B. composing.                      C. improvisation.                      D. choreography.
5. What is timbre?  
A. Highness of sound.      B. Voice quality.                      C. Volume.                      D. Sorrow.
6. From the given options, select a dance phrase for mhande dance.  
A. Cooking                      B. Jumping                      C. Stamping                      D. Grinding
7. Long ago the rainmaking ceremony would take place at a  
A. grave.                      B. hut.                      C. shrine.                      D. river.
8. Expression of feelings in any performance is shown by  
A. mood.                      B. focus.                      C. dedication.                      D. creation.
9. What is involved in dance creation?  
A. Ignorance.                      B. Conflicts.                      C. Team work.                      D. Laziness.

10. Percussion band players focus mainly on which element of music?

- A. Pitch.                      B. Melody.                      C. Rhythm.                      D. Competition.

Use the diagram below to answer questions 11, 12 and 13.

## Pearly Gates

Doh is A

Alistair Tariro, Dzamara

**Adagio** ♩ = 50

**rit.** - - -

Lyrics for the first staff: d | :t| d : | :m.r|m :f.l | f .s : .r|m : | f .s:d'.t |l :l | s :m |d :-

Lyrics for the second staff: s| | s| :s| s| :l| | s| .l| :d .t| d :- | l| .d : .t| l| :- | d :- | d :d .l| d :l| s| :-

Lyrics for the third staff: m| | d| :r| m| :f| | d| :m| s| :- | f.l.m| : .s| d| :l| | l| | :d| | f| :f| | m| :d| m| :-

11. Which two tempo markings are shown in the piece above?

- A. doh is *a* and *mf*      B. rit and *mf*      C. adagio and rit      D. *f* and *mf*

12. What is the meaning of the marking or symbol in bar 3?

- A. Gradually increase volume.                      B. Slow down.  
C. Sing softly.                      D. Start from the beginning.

13. The key of the piece is

- A. C major.                      B. D major.                      C. G major.                      D. A major.

14. Define electrophones.

- A. Expensive instruments.  
B. Instruments that are struck using sticks.  
C. Instruments that require electricity to produce sound.  
D. Instruments that are more beautiful when connected to electricity.

15. Clothes worn by dance performers are called

- A. fashion.                      B. gucci.                      C. attire.                      D. clothes.

16. \_\_\_\_\_ is the function of musical instruments during a dance.

- A. Accompaniment      B. Entertainment      C. Flexibility      D. Decoration

17. Choreography is

- A. dancing for money.                      B. making dance steps for a wedding.  
C. creating and organising a dance routine.                      D. watching people dance for money.

## GRADE 7 EXAMINATION PRACTICE 32

### PHYSICAL EDUCATION AND ARTS

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#### 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 the scale of G major, the interval between the tonic and D is a

A. 3<sup>rd</sup>                      B. octave                      C. 5<sup>th</sup>                      D. 4<sup>th</sup>

Use the diagram below to answer questions 2 and 3.



2. The notes in the chord above are

A. A<sup>#</sup>CE<sup>#</sup>                      B. AC<sup>#</sup>E                      C. AC<sup>#</sup>E<sup>#</sup>                      D. ACE<sup>#</sup>

3. The time signature shown in the diagram represents \_\_\_\_\_ crotchet beats in a bar.

A. 2                      B. 3                      C. 4                      D. 1

4. In pre-colonial Zimbabwe, music was usually performed at \_\_\_\_\_ functions.

A. political                      B. economical                      C. social                      D. psychological

5. The attire made from animal hide that is worn below the waist by the males as shown in the picture below is called



A. ngundu.                      B. mbikiza.                      C. magavhu.                      D. chuma.

6. What is a prop in dance?

A. Clothes that are worn by the dancers.  
B. Instruments played during a dance.  
C. The venue at which dance is performed.  
D. Objects carried and used by dancers during a dance.

## GRADE 7 EXAMINATION PRACTICE 33

### PHYSICAL EDUCATION AND ARTS

713

#### 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.

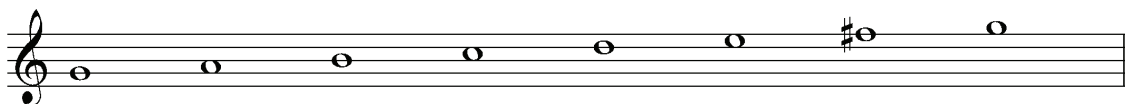
1. Which Zimbabwean musical genre is closely related to Kanindo music?

- A. Jiti.                      B. Sungura.                      C. Mbira.                      D. Jazz.

2. \_\_\_\_\_ leads to the creation of different musical genres.

- A. Style                      B. Culture                      C. Artists                      D. Money

3. The diagram below shows the scale of



- A. D major.                      B. C major.                      C. G major.                      D. A major

4. Common time is an example of a \_\_\_\_\_ time signature.

- A. simple                      B. triple                      C. compound                      D. mixed

5. Mhande dance attire is \_\_\_\_\_ in colour.

- A. white and yellow      B. blue and yellow      C. red and black      D. black and white

6. The environment created on stage for a dance performance is called the

- A. stage.                      B. set design.                      C. props.                      D. atmosphere.

7. Below is a diagram that shows art in a frame. Which of the following is a use of the frame in artworks?



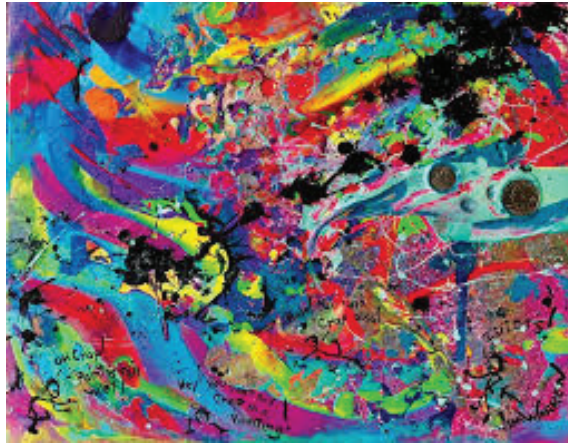
- A. It protects artworks from extreme weather conditions.  
B. It makes the artworks go bad due to moisture.  
C. It cuts artworks with its glass.  
D. It blocks the viewer from seeing the art.

8. \_\_\_\_\_ indicates the marital status of a woman in South Africa.

- A. Beads                      B. Money                      C. Painting                      D. Sculptures



18. What kind of a painting does the diagram below illustrates?



- A. observational      B. abstract      C. motivational      D. imaginary

19. \_\_\_\_\_ is not an element of art.

- A. Tone      B. Colour      C. Texture      D. Balance

20. The following diagram shows an example of a \_\_\_\_\_ in theatre.



- A. prop      B. set design      C. sound effect      D. Movement

21. Cubes and cones are examples of

- A. 3D shapes.      B. 2D shapes.      C. colour shapes.      D. 1D shapes.

22. When organising colours one can start from a light colour to

- A. dark colour.      B. light colour.      C. clean colour.      D. red colour.

23. Regular physical activity does not

- A. increase your running speed.  
B. reduce feeling of depression.  
C. reduce the risk of dying from heart disease.  
D. reduce the risk of getting hypertension.

24. The skill used in climbing ropes is called

- A. abseiling.      B. sailing.      C. mounting.      D. belaying.

# GRADE 7 EXAMINATION PRACTICE 34

## PHYSICAL EDUCATION AND ARTS

713

### 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.

- Which of the following is not western music?  
A. Country.                      B. Hip hop.                      C. Zimdancehall.                      D. Rhythm and blues.
- \_\_\_\_\_ is not a compound signature.  
A.  $\frac{6}{8}$                       B.  $\frac{9}{8}$                       C.  $\frac{12}{8}$                       D.  $\frac{4}{4}$
- Calculate the interval from doh to fah.  
A. 3<sup>rd</sup>                      B. 2<sup>nd</sup>                      C. 4<sup>th</sup>                      D. 6<sup>th</sup>
- Moderato means  
A. slow.                      B. play at a moderate speed.  
C. fast.                      D. play very fast.
- How many notes does an octave have?  
A. 7.                      B. 5.                      C. 8.                      D. 3.
- An arrangement of all colours based on their relationships is called  
A. form.                      B. mixture.                      C. painting.                      D. colour wheel.
- Give one example of organic shape.  
A. Oval.                      B. Trees.                      C. Triangle.                      D. Square.
- Illegal use of restricted websites without authorisation is called  
A. pruning.                      B. copying.                      C. dubbing.                      D. hacking.
- Choose the odd one.  
A. CorelDraw.                      B. Photoshop.                      C. Sibelius.                      D. Adobe.
- The following are stones used for curving **except**  
A. limestone.                      B. sandstone.                      C. soapstone.                      D. pebble.
- Which one is a career in theatre?  
A. Filming.                      B. Painting.                      C. Composing.                      D. Carpentry.
- What does a fashion designer do?  
A. Design graphics.                      B. Design clothes.                      C. Making films.                      D. Composing.

# GRADE 7 EXAMINATION PRACTICE 40

## PHYSICAL EDUCATION AND ARTS

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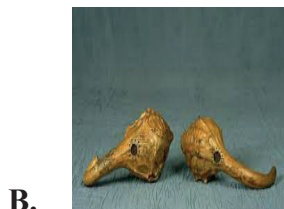
### PAPER 1

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 a membranophone?



2. What is a scale in music?

- A. The way in which music is performed.
- B. The arrangement of all performance directions.
- C. The arrangement of notes in a specific order of whole and half steps.
- D. The highness and lowness of a sound in music.

3. A period of silence in music is called a

- A. sorrow.
- B. cry.
- C. rest.
- D. semibreve.

4. Dynamic markings in music give the \_\_\_\_\_ at which the music is to be performed.

- A. pitch
- B. volume
- C. reaction
- D. time

5. Which indigenous instrument functions in the same way as magavhu?

- A. Whistle.
- B. Mbikiza.
- C. Amahlwayi.
- D. Ngundu.

6. Which of the following is a soft skill in dance?

- A. Flexibility.
- B. Time.
- C. Shape.
- D. Aggression.

7. Where are most historical artworks displayed in Zimbabwe?

- A. Heroes Acre.
- B. Khami Ruins.
- C. National Arts Gallery.
- D. Great Zimbabwe.

8. Which of the following is an ICT tool used in visual arts?

- A. Reeds.
- B. iPad.
- C. Book.
- D. Pencil.

9. \_\_\_\_\_ is the environment created on stage for an act.

- A. Exposition time
- B. Reaction time
- C. Set design
- D. Ct script

22. To \_\_\_\_\_ is to move downwards in abseiling games.  
 A. ascend                      B. climb                      C. descend                      D. gradient
23. A vertical strike pattern can be used in these games **except**  
 A. softball.                      B. golf.                      C. aquatics.                      D. hockey.
24. Choose two types of bases that can be adopted for balance in combat games.  
 A. Narrow and ugly.    B. Wide and narrow.    C. Wide and broad.    D. Wide and great.
25. A stroke where swimmers use their chest mostly and do not rotate the upper body is known as  
 A. breaststroke.                      B. side stroke.                      C. front crawl.                      D. back crawl.
26. Water can collect naturally in  
 A. cups.                      B. bottles.                      C. spoons.                      D. natural pools.
27. A \_\_\_\_\_ is where equipment and apparatus are stored.  
 A. garage                      B. storeroom                      C. kit bag                      D. changing room
28. The picture shows a \_\_\_\_\_ game.



- A. combat                      B. striking                      C. net                      D. invasion
29. When you run and jump over obstacles you are  
 A. hurdling.                      B. sprinting.                      C. running.                      D. hopping.
30. Why is it necessary to run into space when playing games?  
 A. to open space and receive passes.                      B. to do zigzag runs.  
 C. to mark opponents.                      D. to clear balls.
31. \_\_\_\_\_ is a skill that you need in target games.  
 A. Archery                      B. Snooker                      C. Bouncing                      D. Aiming
32. When striking in striking games, keep your \_\_\_\_\_ on the object you are going to strike.  
 A. hands                      B. ears                      C. feet                      D. eyes
33. Which one is not a number of body parts that can be used to balance?  
 A. Half.                      B. Three.                      C. Two.                      D. Four.
34. When a gymnast finds stability in several positions using different bases of support, it is known as a  
 A. position.                      B. balance.                      C. base.                      D. support.

## GRADE 7 EXAMINATION PRACTICE 44

### PHYSICAL EDUCATION AND ARTS

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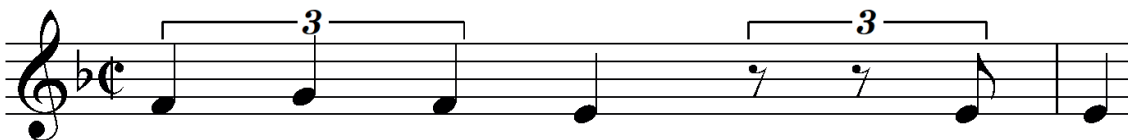
#### PAPER 1

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. \_\_\_\_\_ is the act of benefiting from work that does not belong to you.  
A. Copyright      B. Marketing      C. Promoting      D. Piracy
2. A music educationist's role in music is to  
A. dance with the learners.  
B. teach choirs in schools.  
C. teach the theory and practice of music.  
D. be taught music by learners.
3. What type of time signature is used in the extract below?



- A. Simple.      B. Compound.      C. Complex.      D. Modulator.
4. Which type of time signature has the type of beat being divided into 3s or 6s?  
A. Simple.      B. Compound.      C. Complex.      D. Modulator.
5. \_\_\_\_\_ refers to leg rattles in Ndebele.  
A. Amahlwayi      B. Impembe      C. Izikeyi      D. Paint
6. \_\_\_\_\_ is a prominent dance group from Bulawayo.  
A. Iyasa      B. Jenaguru      C. Macheso      D. Bandits
7. 3-dimensional art has  
A. colour, width and height.  
B. colour, shade and texture.  
C. texture, form and content.  
D. length, width and breadth.
8. The surface quality of a material is referred to as its  
A. texture.      B. colour.      C. line.      D. shade.

30. To reduce the risk of injuries occurring, we should
- A. run around everywhere.
  - B. put on any attire.
  - C. avoid warm.
  - D. warm up.
31. A muscle pull occurs when
- A. a muscle is torn.
  - B. the bones at a joint are forced out of position.
  - C. ligaments are stretched beyond normal range of position.
  - D. a bone protrudes through the skin.
32. In which swimming stroke are the arms thrown forward together out of the water?
- A. Butterfly
  - B. Breaststroke
  - C. Backstroke
  - D. Front crawl
33. Obesity is
- A. being underweight.
  - B. being overweight.
  - C. being too tall.
  - D. being too short.
34. Muscular strength is
- A. the ability of the body to produce force.
  - B. the ability of the muscles to produce force.
  - C. the ability of the body to exercise with force.
  - D. the ability of your hands to have big muscles.
35. \_\_\_\_\_ swimming style is also known as freestyle.
- A. Butterfly
  - B. Breaststroke
  - C. Backstroke
  - D. Front crawl
36. Netball is an example of
- A. target game.
  - B. invasion game.
  - C. net game.
  - D. striking game.
37. \_\_\_\_\_ are used when throwing.
- A. The upper limbs
  - B. The lower limbs
  - C. The spine
  - D. The head
38. Defending is important in invasion games because
- A. it makes the coach happy.
  - B. it prevents the other team from scoring.
  - C. it makes players celebrate.
  - D. the team which concede more, wins the game.
39. \_\_\_\_\_ is not important to a batsman in striking games.
- A. Stance
  - B. Grip
  - C. Footwork
  - D. Topspin
40. Which one is a water-based activity?
- A. Mountaineering.
  - B. Map reading.
  - C. Rafting.
  - D. Orienteering

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