



ZIMBABWE SCHOOL EXAMINATIONS COUNCIL
GRADE SEVEN EXAMINATION, 2022.

PHYSICAL EDUCATION & ARTS
PAPER 1

7130/1

OCTOBER 2022 SESSION

Time: 1 hour 30 minutes

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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**.
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** letter is shaded for any one answer, that answer will be regarded as **wrong**.
7. If you **do not** understand the instructions ask the invigilator to explain them to you **before** you start the examination.
8. Answer **all** the questions on the separate answer sheet provided.

This question paper comprises 7 printed pages and 1 blank page.

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1. How many crotchet beats make a semi-breve?
 - A. 2
 - B. 3
 - C. 4
 - D. 5
2. A person who guides a choir in a competition is called a
 - A. chorister.
 - B. conductor.
 - C. teacher.
 - D. driver.
3. How many quavers are in a crotchet?
 - A. 2
 - B. 4
 - C. 8
 - D. 16
4. Which one is an African music genre?
 - A. Kwaito
 - B. Pop
 - C. Reggae
 - D. Rock
5. In a time signature the top number represents
 - A. value of notes.
 - B. value of speed.
 - C. speed of the song.
 - D. number of beats in a bar.
6. When adjudicating a choral music set piece, which component should one look at?
 - A. balance
 - B. photography
 - C. blocking
 - D. choreographing
7. (d, r, m, f, s, l, t, d') is a
 - A. pyramid.
 - B. modulator.
 - C. chart.
 - D. clef.



8. The distance in pitch between two notes is called
- A. interval.
 - B. melody.
 - C. tempo.
 - D. tone.
9. Which of the following is a prop?
- 
- A. drum
 - B. guitar
 - C. stick
 - D. piano
10. What name is given to a person who teaches the formation of a dance pattern?
- A. choreographer
 - B. actor
 - C. scriptwriter
 - D. adjudicator
11. Which heritage site is found in Masvingo?
- A. Ziwa ruins
 - B. Great Zimbabwe ruins
 - C. Matopo hills
 - D. Khami ruins
12. Which type of stone was used to make the Hungwe bird at Great Zimbabwe ruins?
- A. granite
 - B. lime
 - C. marble
 - D. soap
13. Which instrument is used in mbakumba dance?
- A. drum
 - B. guitar
 - C. jingle
 - D. keyboard
14. Which one is **not** a career in theatre arts?
- A. actor
 - B. dancer
 - C. musician
 - D. sculptor

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15. Which application can be used to produce different art works using the computer?
- A. Corel draw
 - B. Microsoft Word
 - C. Computer hardware
 - D. Internet
16. A person who gives roles and instructions to actors when rehearsing a play is a
- A. scriptwriter.
 - B. dramatist.
 - C. director.
 - D. artist.
17. Movements done by actors on stage during a performance are called
- A. blocking.
 - B. improvisation.
 - C. rehearsal.
 - D. scripting.
18. Which of the following artefacts is represented on the national flag?
- A. basket
 - B. Hungwe bird
 - C. rock painting
 - D. stone sculpture
19. Which of the following is a traditional Zimbabwean dance?
- A. mhande
 - B. museve
 - C. rhumba
 - D. sungura
20. In theatre, which word is used to show the highest point of a performance?
- A. climax
 - B. complication
 - C. crisis
 - D. resolution
21. Which blood vessel carries oxygenated blood from lungs to the heart?
- A. arterioles
 - B. pulmonary artery
 - C. capillaries
 - D. pulmonary vein



22. How many chambers make up the heart?
- A. 2
 - B. 4
 - C. 6
 - D. 8
23. The following are ways of preventing injuries in physical activities **except**
- A. proper training.
 - B. proper hygiene.
 - C. following rules.
 - D. appropriate attire.
24. Which one is the easiest swimming stroke for beginners?
- A. front crawl
 - B. butterfly
 - C. breast stroke
 - D. back stroke
25. Which one is a characteristic in team defence?
- A. clearing for opponents
 - B. zonal marking
 - C. opening for opponents
 - D. scoring of goals
26. Which one is **not** an athletics skill?
- A. catching
 - B. jumping
 - C. running
 - D. throwing
27. Movement from one point to another in gymnastics is called
- A. balancing.
 - B. body shapes.
 - C. locomotion.
 - D. weight bearing.
28. Which implement is used to hit the ball in net games?
- A. cricket bat
 - B. club
 - C. hockey stick
 - D. racquet



29. Which one is a 2-point movement in locomotion?
- A. cartwheel
 - B. cranking
 - C. forward roll
 - D. summer sault
30. Walking for long distance with pleasure in Adventure games is
- A. orienteering.
 - B. hiking.
 - C. mountaineering.
 - D. tracking.
31. Before release, the distance travelled by an implement to be thrown can be increased by
- A. hopping.
 - B. jumping.
 - C. running.
 - D. walking.
32. Which equipment is used to steer a horse?
- A. harness
 - B. reins
 - C. saddle
 - D. whip
33. Which one is important in the grip phase for striking?
- A. forward drive
 - B. forming v-shape
 - C. hit the ball
 - D. looking at target
34. For an implement to gain more force an athlete should add more
- A. endurance.
 - B. flexibility.
 - C. power.
 - D. speed.
35. A player in invasion games can be free from opponents by
- A. closing space.
 - B. creating closed space.
 - C. moving in open space.
 - D. moving in closed space.



36. One **cannot** adjust the body stance in preparation to throw an implement by
- A. squatting
 - B. rolling
 - C. turning
 - D. twisting
37. Which one is the fastest stroke in swimming?
- A. backstroke
 - B. breast stroke
 - C. butterfly
 - D. front crawl
38. The following are throwing events **except**
- A. discuss.
 - B. javelin.
 - C. pole vault.
 - D. shot put.
39. The first procedure done to an injured athlete is
- A. compress.
 - B. elevate.
 - C. ice.
 - D. rest.
40. Shapes, pictures or symbols mounted on boards for display are used to describe
- A. arenas.
 - B. formations.
 - C. rhythms.
 - D. themes.

