



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini Primary Certificate Examination

CANDIDATE
NAME

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CENTRE
NUMBER

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CANDIDATE
NUMBER

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HEALTH AND PHYSICAL EDUCATION

642/01

Paper 1 Multiple Choice

For examination from 2025 - 2027

SPECIMEN PAPER

1 hours

READ THESE INSTRUCTIONS FIRST

Write your candidate's name, centre number and candidate number on the spaces provided.

Write your answers using a dark blue or black pen in the spaces provided.

This paper consists of **one (1)** section.

Answer all questions in the answer grid provided.

Do **NOT** use tipp-ex for erasing.

Use an HB pencil to shade the answering graph.

Multiple choice

Answer this section using the answer grid provided.

1. What is the risk of eating a lot without being physically active?
 - A Obesity
 - B Intelligent
 - C Grow taller
 - D Strong
2. Which one describes changing in a relay?
 - A Kneeling down
 - B Baton change
 - C Hurdles
 - D Staggering
3. What influence physical changes in both boys and girls?
 - A Development of breasts
 - B Hormones
 - C Pubic hair
 - D Deep voice
4. What is peer pressure?
 - A Influence from your parents
 - B Influence from your religion
 - C Influence from friends and your age mates
 - D Influence from elders
5. Which statement **best** describes your environment?
 - A Your home area
 - B Your school area
 - C Playing area
 - D Your surroundings
6. What is puberty?
 - A The process by which a fertilized egg develops into a baby.
 - B A period of rapid growth experienced by all plants and animals.
 - C The development change when the body, feelings and relationships change from being a child to a young adult.
 - D A social norm dictating appropriate clothing choices for different ages.

7. Which of the following is not a characteristic of puberty?

- A Menstruation
- B Becoming intelligent
- C Deep voice
- D Hips become rounder

8. When does puberty stage normally start for boys?

- A 12-18
- B 14-16
- C 15-21
- D 10-17

9. Which of the following is not affected during puberty stage?

- A Self-love
- B Bullying
- C Mood swings
- D Noisy

9. Which food group does a fish belong to?

- A Energy giving
- B Body building
- C Protective
- D Vitamins

10. What is the function of food in the body?

- A For growth and energy
- B For energy and fun
- C For growth and fancy lifestyle
- D For growth and enjoyment

11. Name the three food groups?

- A Energy-giving food, protective food, fatty food
- B Fatty food, proteins, protective food
- C Body-building food, protective food, energy-giving food
- D Protective food, body-building food, vitamins

Use the picture below to answer question 13.



12. Which skill is demonstrated on the picture above?

- A Balance and stretching
- B Cartwheel and throwing
- C Dribbling and shooting
- D Throwing and catching

13. Which athletic event requires a learner to perform a visual handover?

- A Relays
- B Short put
- C Long jump
- D Discuss

14. What is food?

- A Anything that we eat
- B Any liquid or solid substances for supper
- C Anything during breakfast and lunch
- D Anything that we desire

15. What is a meal?

- A Food which we eat at all times
- B Food we eat at certain times of the day
- C Food that contains all the food groups
- D Food for breakfast and supper

16. What are some of the bad things that we can do through peer pressure?

- A Going out for movies
- B Studying for an examination
- C Playing soccer
- D Drinking alcohol

17. When performing a standing start, which commands are used?

- A "set, go"
- B "on your marks, go"
- C "on your marks, ready, go"
- D "set, fire, go"

18. What is the importance of playing active games for heart health?

- A To prevent high blood pressure
- B To prevent low metabolic rate
- C To prevent having stronger muscles
- D To prevent having a healthy body

19. Which one of the following activities need more strength?

- A Aerobics
- B Walking
- C Stretching
- D Knee tap

20. Which one of the following is **not** a gymnastic skill?

- A Handsprings
- B Bunny jumps
- C Cartwheel
- D Hands roll

21. Which statement is true for dribbling a ball while alternating hands?

- A Standing tall when bouncing the ball
- B Bouncing the ball as high as your shoulders
- C Slightly bend your knees
- D Looking at the ball as you bounce

22. Which type of throw Amahle **cannot** use when throwing and catching a ball?

- A Overarm throw
- B Underarm throw
- C Chest pass throw
- D Back pass throw

23. Langa loves playing rugby with his friend Mncobi and do place kicks. Which one is **not** a step of a place kick?

- A Place the ball on the ground
- B Have an approach run
- C Swing the kicking leg to hit the ball
- D Place the kicking foot in line with the target

24. Which skill is shown in picture below?



- A Gymnastics
- B Dribbling
- C Throwing
- D Catching

25. What skill is demonstrated by the following learners?



- A Kicking
- B Striking
- C Passing
- D Dribbling

26. Identifies the officials who are always present in a soccer match.

- A Referee, umpire, line man
- B Referee, lineman, match commissioner
- C Referee, umpire, judges
- D Referee, lineman, assigners

27. What is the nickname of Eswatini national team?

- A Lihawu
- B Lilanga
- C Sihlangu
- D Sitsebe

28. Which sport has many followers in Africa?

- A Rugby
- B Tennis
- C Cricket
- D Football

29. Why should we stretch our muscles before participating in sports?

- A** Enable discomfort to the muscle
- B** To hurt the muscle
- C** Enable muscle to work most effectively
- D** To pull or push the muscle to pain

30. What is one way to prevent injuries in sports?

- A** Warm up and balance
- B** Warm up and cool down
- C** Cool down and agility
- D** Cool down and play

31. Gymnastics includes what rotational movements?

- A** Cartwheels and spin
- B** Spin and springs
- C** Cartwheels and jumping
- D** Spin and leaping

33. Which gymnastics skills involve spring-like movements?

- A** Vaulting and forward roll
- B** Leaping and cartwheel
- C** Leaping and spin
- D** Vaulting and leaping

34. What is the best definition of weight?

- A** A measure of age
- B** A measure of stature
- C** A measure of body mass
- D** A measure of rate

35. What is height?

- A** A measure of age
- B** A measure of stature
- C** A measure of body mass
- D** A measure of rate

36. How can one show respect to game officials?

- A** Obey the rules of the game
- B** Obey your own rules
- C** Obey the opponent
- D** Obey your team mates

37. How can media influence us?

- A Appearance and gender
- B Appearance and performance
- C Depression and excitement
- D Socialization and self-esteem

38. How does this description best explain an overhand changeover in a relay race?

- A The baton changes hands in an upwards sweep
- B The baton changes in a finger-tip sweep
- C The baton changes in a palm hand sweep
- D The baton changes hands in a downwards sweep

39. During the high jump run-up, how can you speed?

- A Increased speed
- B Fast speed
- C Steady speed
- D Slow speed

40. Identify the type of throw shown in the picture below.



- A Standing put
- B Gliding put
- C Hammer throw
- D Discus

41. What is unexpected to be encountered during a cross-country event?

- A Sharp curves
- B Obstacles
- C Even surfaces
- D Open area

42. Your school had a visit from the health officers from a nearby clinic to make an awareness on HIV testing services and counselling. As the class monitor in your Grade 7 class, you are asked by the teacher to make an overall summary of the whole presentation for your classmates basing your talk on what HIV counselling.

What does HIV counselling include?

- A** Pre-test, post-test, follow up, adherence and referrals.
- B** Pre-test, post-test, adherence, balanced diet, disclosure
- C** Pre-test, post-test, follow up, disclosure and referrals.
- D** Pre-test, post-test, referral, adherence and gym

43. What is the name of the muscle located just at the upper back leg?

- A** Deltoids
- B** Hamstring
- C** Pectoralis
- D** Quadriceps

44. What is a pulse rate?

- A** The number of times we get muscle fatigue
- B** The number of times the heart beats in a minute
- C** The number of times we gasp air when we exercise
- D** The number of times the heart beats more than average

45. A learner from school X was playing a valley ball game with his friends during sports time. What skill is demonstrated on the picture below?



- A** Volleying
- B** Digging
- C** Spiking
- D** Setting

Study the following picture carefully and answer question 46 and 47.



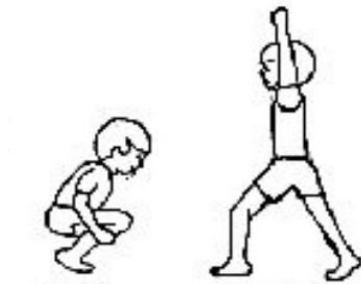
46. What sporting cohort is played in the above picture?

- A Badminton
- B Tennis
- C Handball
- D Racket game

47. Identify the shot shown in the above picture.

- A Backwards volley
- B Forward volley
- C Backhand
- D Forehead

48. Which **two** gymnastics stunts are shown in the below picture?



- A Straight and arch
- B Pike and squat
- C Tuck and lunge
- D Chest pike and squat

49. What group gymnastics balances is demonstrated in the picture below?



- A Trio balances
- B Duo balances
- C Pyramid
- D Straddle stand

50. Identify the pathway used by the player in the picture.



- A Backwards
- B Low pass
- C Zig zag
- D Dribbling

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