CREATIVE ARTS AND SPORTS PAPER 2

TASK 1: PERFORMING ARTS

Performance Activity (10 marks)
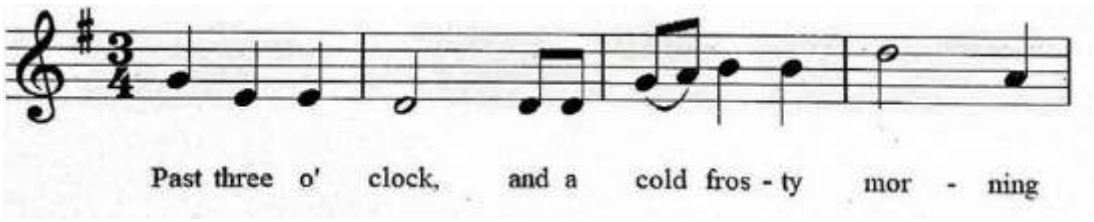
Sight-read, clap and sing the solfa of the Music below, keeping in mind the factors to be considered when interpreting a piece of music.
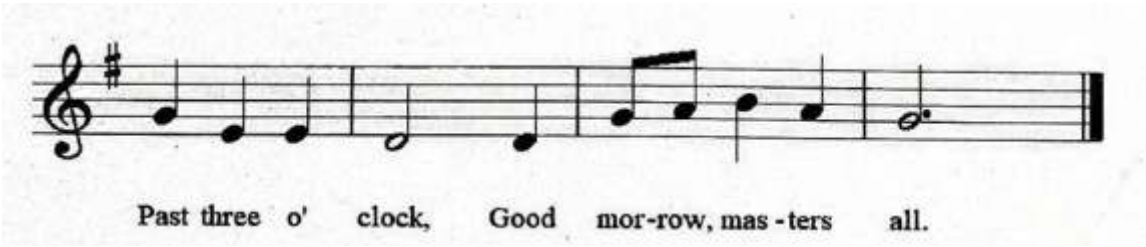
i. Key signature

ii. Time signature

iii. Note values

PAST THREE O'CLOCK





TASK 2: SPORTS

Volleyball – serve and pass drill (10 Marks)

You are required to:

1. Perform the following phases of the serve and pass drill.

a) Serve – hold the ball correctly, toss it and strike with proper technique.

b) Service accuracy – aim and deliver the ball within the opponent's target zone.

c) Pass (forearm pass) – receive the ball using the correct body posture and forearm technique.

d) Passing accuracy – direct the ball accurately towards a target area or teammate.

e) Consistency and participation – repeat the drill with control, rhythm and active involvement.

2. Have the appropriate sportswear for Volleyball practice.

3. Ensure the court is free of dangerous objects to prevent injuries.

4. Use appropriate footwear to avoid slipping.

5. Use a standard Volleyball for the drill.