

**REGIONAL ADMINISTRATION AND LOCAL GOVERNMENT
SINGIDA REGION**

FORM FOUR PRE- MOCK EXAMINATION MARCH 2023

0018

PHYSICAL EDUCATION

TIME: 3 HOURS

March 2023

Instruction

1. This paper consists of section A, B and C with a total of eleven question
2. Answer all questions in section A and B and three question from section C
3. Section A carry 15 marks, B carry 40 marks and section C carries 45 marks
4. Calculators and cellular phones are not allowed in the examination room
5. Write your name on every page of your answer sheet

SECTION A (15 marks)

1. For each of the item (I - x) choose the correct answer from the given alternatives and write its letter in the space provided
 - (i) The action of making the ball rebound over the net or to deflect the ball to team mate when strongly spiked is known as
A. Receiving B. Serving C. Blocking D. Spiking E. Dodging
 - (ii) The device which runners place their feet at the beginning of a race in athletics is known as
A. Running shoes B. Starting tape C. Starting blocks D. Stagger start E. Running lane
 - (iii) What is the advantage of learning cooperation skills and altitude in sports?
A. To be a team players B. To be individual players Ct. be strong players D. To learn a pair of system E. To become national players
 - (iv) Why dance activities are considered as a part of physical education
A. They use legs, arm and trunk B. They involved songs, music instruments and sounds C. They put emphasis on body movement D. They put emphasis on the use of head, arms and sound E. They use arms, legs and songs
 - (v) A kick in football from which a goal cannot be scored unless the ball is touched by another player is called A. Indirect free kick B. Corner kick C. Goal kick D. Penalty kick E. Direct kick
 - (vi) The amount of force exerted by muscles is known as
A. Cardiovascular endurance B. Muscular endurance C. Muscular strength D. Reaction time
 - (vii) Two longest lines in the soccer pitch is called
A. End lines B. Goal lines C. Halfway line D. Touch lines E. Through lines
 - (viii) Among the following which are types of serve used in tennis?
A. Flat, slice and topspin B. Overhead, under arm and flat C. Slice, follow through and topspin D. Topspin, bounce and slice E. Overhead, flat and topspin

- (ix) Physical Education can be defined as A. Education through the use body and physical activities B. Activity used for amusement, fun, relaxation and entertainment C. Activity closely related to competitive sports played using modified rules D. Education related to organized, formalized and competitive play
- (x) What is basic function of gymnastics exercise?
 A. Building the body B. Managing the overall body C. Building confidence D. Developing skills for other sports E. Generating muscular endurance

2. Match the item in LIST A with the response in list B by writing the letter of correct response beside number

LIST A	LIST B
i) Results when a player commits a direct foul offense inside the 18-yard box.	A. The corner kick
ii) Occurs when the attacking team took the ball out of the play on the defending team's goal line	B. Direct free kick
iii) Occurs when the ball passes over the defending player's goal line with a defender having touched the ball last	C. Goal kick
iv) It is called against a goal keeper who holds the ball in the penalty area more than six seconds	D. A penalty kick
v) It is called against the team whose player kicks , holds, trips, pushes an opponent or attempts these action	E. A goal keeper kick
	F. Normal kick
	G. Referee's kick
	H. Indirect kick
	I. offside

SECTION B (40 MARKS)

Answer all question from this section, each question carries 8 marks

- you have learned techniques used in baton exchange. Analyze four procedures followed when executing upward sweep technique.
- Your physical education teacher taught you violations in volleyball. Explain four violations in volleyball
- You have learnt components of health related physical fitness. Describe four components of health related physical fitness
- Give five importance of camping as applied in recreation and outdoor activities
- Briefly describe five procedures of taking throw in football

SECTION

C

(45

marks)

Answer only three (3) question from this section

- In sports activities, prayer may get injuries from different causes. Elaborate six causes of sport injuries
- Table tennis is among rackets games. Give out four techniques used to play table tennis
- Your physical education teacher taught you on taking precautionary measures in shot put throwing analyse four (4) safety measure to be observed during shot put throwing event.
- You have learned the importance of orienteering. Describe six importance of orienteering.

