

PRESIDENT'S OFFICE



REGIONAL ADMINISTRATION AND LOCAL GOVERNMENT

KIBAHA TOWN COUNCIL

FORM TWO PRE ASSESSMENT

018 PHYSICAL EDUCATION

Time: 2:30 Hours.

Year: 2024

Instructions

1. This paper consists of section A, B and C
2. Answer all questions in section A and B and only one question from section C
3. ALL answers must be written in blue or black pen except diagrams which should be in pencil.
4. Write your examination candidate number in every page.

FOR EXAMINER'S USE ONLY

QUESTION NUMBER	SCORE	EXAMINER'S INITIAL
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
TOTAL MARKS		

SECTION A (15 marks)

Answer all questions in this section

1. For each of the item (i)-(v) choose the correct answer among the given alternatives and write its letter besides the item number in the answer booklet provided
- i. Which element of fitness is improved by an athlete who executes skills and exercises that develop ability of stabilize the body when moving or standing still?
- A. Agility
B. Coordination
C. Strength
D. Reaction speed
E. Balance
- ii. Which one is the players's position in Netball in which a player is allowed to play in attacking third and located at the left side of the court?
- A. Goal Attack
B. Wing Attack
C. Goal Shooter
D. Goal Keeper
E. Goal Defense
- iii. The form one student who has learnt the special first aid course and passed a professionally supervised examination is taken as a first aider. Which of the following is not the component of the first aid kit?
- A. Soap
B. Cotton Wool
C. Gauze
D. Bandage
E. Ice pack
- iv. Riadha Tanzania organizes the national athletics competition of all running events for youth to prepare the national team which will contest in international Olympic competition. Which events will be included in short and middle distance running?
- A. 1500m, 800m, and 10000m
B. 100m, 200m and 800m.
C. 3000m,200m and relay
D. Hurdling, 3000m and 100m
E. 3000m, 1500m and 800m
- v. The measurement that can be taken to enable safe involvement before participating in sporting activities is called
- A. Sports safety
B. First aid
C. Injury prevention
D. Precautionary measures
E. Injury management
- vi. Which an exercise program of physical education is done by a participant performs various steps and moderate movement accompanied with music or rhythmical sound?
- A. Fartlek training
B. Orienteering
C. Camping
D. Aerobic dance
E. Futsal
- vii. During a running competition, a winner is determined by
- A. An athlete who runs fastest than others.
B. An athlete who takes short time to cover a certain distance.
C. An athlete who runs completely on a particular distance with less time.
D. An athlete who runs within his lane.
E. An athlete who performs the running skills correctly.

- viii. Feisal runs regularly to follow cardiovascular endurance program in the pre seasonal training program to prepare himself for football matches of Tanzania premier league. What are the roles will benefit him?
- A. Muscles and heart functions will be improved.
 - B. Confidence and muscles function will be maintained.
 - C. Joints and cognitive ability will be improved.
 - D. Blood circulation and sports related skills will be developed.
 - E. Sports related skills and agility will be developed.
- ix. What determine the end of the game in swimming?
- A. Referee
 - B. Umpire
 - C. Time
 - D. Judges
 - E. Distance covered
- x. Physical education is the subject that shares knowledge and skills with other subjects. How does it relate with book keeping subject?
- A. In describing motion of the ball.
 - B. In measuring dimensions of playing fields.
 - C. In teaching various ball games.
 - D. In preparing the stadium.
 - E. In managing sports financial issues.
2. Match the items in **LIST A** with the correct response in **LIST B** from the **Soccer formation** by writing the letter of the correct response in your answer booklet provided.

LIST A		LIST B
i.	The arrangement of three players in the defensive area, five players in the centre of the field and two players play in offensive zone.	A. 5:3:2
ii.	The alignment of four players in defensive zone, two players in defensive mid fielding area and three players play in attacking mid fielding zone as well as a player plays in attacking zone.	B. 4:4:2
iii.	The arrangement of four defenders in defensive area, four midfielders in the mid fielding area and two forwards in attacking area.	C. 5:4:1
iv.	The alignment of four defenders in the defending area, three players in mid fielding zone and three attackers in the offensive zone.	D. 4:5:1
v.	The arrangement of four players in the defending third, five midfielders in the centre and a forward in attacking third.	E. 3:5:2
		F. 4:3:3
		G. 3:2:3:2
		H. 4:2:3:1

ANSWER

List A	i	ii	iii	iv	v
List B					

SECTION B (70 marks)

Answer all questions in this section

3. During Europa conference league, two players of Genk club have got muscle injuries due to poor warm up exercises and treated using R.I.C.E.M acronym. Can you explain the acronym R.I.C.E.M as applied in giving the first aid of these two players?
 - i) _____
 - ii) _____
 - iii) _____
 - iv) _____
 - v) _____
4. You are selected to help your class mate concern misunderstanding of the relationship between physical education and other disciplines. Explain the relationship of physical education with the following subjects:-
 - a) Biology _____

 - b) Geography _____

 - c) Physics _____

 - d) History _____

 - e) Mathematics _____

5. Mwanza region is running swimming competition for youth students and you are supposing to organize this region competition due to your knowledge of the swimming sports. Can you briefly explain five steps of performing backstroke?
 - i) _____
 - ii) _____
 - iii) _____
 - iv) _____
 - v) _____

6. Juma has failed to execute heading technique when he plays matches of interschool tournament. As an expert of football sports, Explain how you will help him to improve this technique
- _____
 - _____
 - _____
 - _____
 - _____
7. You have arranged orienteering competition for form two students. Unfortunately, you got a challenge of absence of important equipment to conduct the competition. Mention five necessary equipment which can be used during the competition
- _____
 - _____
 - _____
 - _____
 - _____
8. You are assigned to work on how to find the appropriate ways of improving and maintaining health status of Mustafa Sabodo staffs using components of health related physical fitness. Describe five components of health related physical fitness.
- _____
 - _____
 - _____
 - _____
 - _____
9. Good performance in any sports depends on the proper execution of the skills to that particular sports. Enumerate five skills of playing football
- _____
 - _____
 - _____
 - _____
 - _____

SECTION C (15 marks)

Answer only one (1) questions from this section

10. A school is running Gymnastics interclasses competition, you are requested to prepare the competition as an expert of Gymnastics for checking safety measures of the gymnasts. How will you ensure the safety conditions to the gymnasts?

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This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.