

**THE PRESIDENT'S OFFICE
REGIONAL ADMINISTRATION AND LOCAL GOVERNMENT
KILIMANJARO REGIONAL COMMISSIONER'S OFFICE
FORM ONE JOINT EXAMINATION**



**FORM ONE FOOTBALL PERFORMANCE
MARKING SCHEME**

SECTION A (15 MARKS)

1. 1 mark@

i	ii	iii	iv	v	vi	vii	viii	ix	x
C	B	A	B	C	B	C	C	A	A

2. 1 mark@

i	ii	iii	iv	v
A	C	D	B	F

SECTION B (70 MARKS)

3. Five (5) equipment's required to use in performing exercises for improving reaction time.
- (i) Reaction ball
 - (ii) Rapid – fire netball rebound boards
 - (iii) Ball deflection ramp
 - (iv) Rapid fire handheld football rebounder
 - (v) Juggling/balloon tossing
- (2 marks@ = 10)**

4. (i) Agility – is the ability to move quickly and change direction with ease.
(ii) Balance – is the ability to maintain body equilibrium while stationary or moving
(iii) Power – is the ability to transfer energy into force at fast rate of speed.
(iv) Coordination - is the ability to use senses, such as sight and hearing, together with the body parts in performing motor tasks smoothly and accurately.
(v) Reaction time – is the time taken by the body to react after stimulation
- (2 marks@ = 10 marks)**

5. Five (5) reasons for seeking medical assistance when you are injured in football.
- (i) Injury management
 - (ii) Saving lives
 - (iii) Preventing long – term complication
 - (iv) Protecting athletes

- (v) Compliance and regulations
- (vi) Continuity of play **(2 marks@ = 10 marks)**

6. Four (4) essential steps and principles you must keep in mind when handling injuries to an injured person.

- (i) Ensure safety
- (ii) Assess the situation
- (iii) Provide comfort
- (iv) Maintain confidentiality **(2.5 marks@ = 10 marks)**

7. Five (5) key components of health – related physical fitness

- (i) Body composition
- (ii) Flexibility **(2 marks@ = 10 marks)**
- (iii) Muscular strength
- (iv) Muscular endurance
- (v) Cardiovascular endurance

8. Four (4) facilities used to perform exercises for improving body composition

- (i) Gym
- (ii) Trails and roads
- (iii) Properly manage and dispose of waste
- (iv) Swimming pool **(2.5 marks@ = 10 marks)**

9. Four (04) exercises to improve flexibility

- (i) Neck stretch
- (ii) Shoulder stretch
- (iii) Triceps stretch
- (iv) Chest opener
- (v) Child's pose **(2.5 marks@ = 10 marks)**

SECTION C (15 MARKS)

10. (a) First aid is the immediate assistance or care provided to a person who has been injured or has suddenly fallen ill before professional medical help where necessary **(5 marks)**

b) First aid kit – is the smallest box that medicines and equipment are kept so as to render first aid service. **(5 marks)**

c) Five (5) components of first aid kit with its uses.

- (i) Bandage – it covers the minor wounds
- (ii) Safety pins – it is used for pinning the bandage
- (iii) Antiseptic wipes or solution – The function is to clean wounds and prevent infection
- (iv) Scissors and tweezers – used for cutting tape, gauze or clothing and removing splinters or

- (v) Disposable gloves – used to protect yourself and others when providing first aid **(1 marks@) 5 total marks**