

**THE UNITED REPUBLIC OF TANZANIA**  
**DODOMA REGION**  
**FORM FOUR MOCK EXAMINATION**  
**PHYSICAL EDUCATION- MARKING SCHEME**  
**MARKING SCHEME**

**Time: 3 Hours**

**August, 2023**

**SECTION A (16 MARKS)**

A student is required to answer all questions in this sections and each question carries 1 mark

1.

I	II	III	IV	V	VI	VII	VIII	IX	X
B	C	B	D	C	A	D	D	B	B

2.

LIST A	I	II	III	IV	V	VI
LIST B	G	K	H	F	B	D

**SECTION B (54 MARKS)**

3. (9 MARKS)

a) Circumstances for a drop ball to happen in football (3 points 1 mark each)

- If there is an interference in the game
- If the referee blocks a pass or shot from one of the players from any team
- If there is an injury especially head or a bleeding injury

b) Executing a football throw in (3 points 1 mark for each point)

- Hold the ball and stand behind the side line where the ball went out through
- With two hands hold the ball from behind your head
- Throw the ball with one or both feet on the ground at the point of releasing the ball, if one or both feet are not on the ground at release then the throw in is considered illegal.

c) Skills necessary for a goal keeper (3 points 1mark for each point)

- Catching – the ability of holding the ball without letting it go
- Diving – jumping so as to reach the balls that are kicked far on the sides
- Narrowing the angle- getting out of the goal line towards the attacker
- Ball distribution/punting/throwing/passing
- Communication with team mates

4. (9MARKS )

a) Define sportsmanship(3marks)

It is an act of respecting your team mates, your opponents as well as following and respecting the rules of the game.

b) (2 marks for each point)

- i. Biology- it is related to physical education in the areas of anatomy and physiology
- ii. Physics- it is related to physical education in the areas of sports-biomechanics.
- iii. History- it is related to physical education in the area of recording various sports events of the past.

5. (9 MARKS)

a) **Starting block** this is an equipment used in track and field by sprint athletes, they use it in order to avoid slipping at the start of the race. **Starter board**- this is a wooden board used by the starter of the race in athletics in case a gun is not used in the event.

b) **A line** a drawing drawn on the running track to separate one lane from the other. **A lane** this is the space between two lines where an athlete is required to run in.

c) **A hurdle** this a wooden/metal or aluminum equipment used in track and field athletics to act as an obstacle for hurdling events as well as steeple chase. **A baton** this is a wooden or metal short stick which is passed from one athlete to another in relay races in athletics.

6. (9 MARKS)

a. In two points explain how a let can happen when serving in table tennis(2 marks)

- When after the service the ball touches the net and falls on the correct court.
- When an opponent was not ready when serving.

b. Give four points on how a service can be executed in table tennis(4 marks)

- Establish a good stance and hold the ball on the free hand and racket on the dominant hand.
- The ball must be resting on the palm of the free hand which is flat with thumb spread.
- Without spinning the ball toss it up/vertically above the playing surface to at least 6 inches.
- The ball is struck so that it touches the server's court first and then, passing directly above or around the net to the receiver's court.

c. Explain two types of gripping a table tennis racket(3 marks)

Any two among the following types

- Shake hands grip/western grip**- holding the racket as if you are holding hands with it.
- Pen hold grip/Eastern grip**- holding the racket as the way you hold a pen
- Danny See-miller grip**- spread your finger tips around the sides of the racket head so it's basically using your finger tips to hold the sides of the

racket head.

7. (9MARKS)

a) Define long jump(1 mark)

This is a field event in which athletes jump as far as possible along the ground in one leap.

b) Phases of long jump (8 marks each phase carries 2 marks)

- Approach run- running towards the take off board to gain momentum
- Take off- pushing the body from the ground in to flight in the air.
- Flight –travelling or flying the body to propel the body through the air in order to reach as far as possible.
- Landing- using one or both feet to reground the body in to the sandpit after the flight.

8. (9 MARKS)

a) Ways of executing blocking technique in volleyball (4 points and each point carries 1 mark)

- Establish a good stance and balance by putting your feet shoulder width apart.
- Focus and keep your eyes on the ball while moving towards the direction of the ball as the opponents pass towards their last pass in order to spike.
- As the opponents sets up the ball to spike, jump as high as possible and straighten your hands towards the ball as the opponents spike and block the ball.
- Carefully land and recover from the jump in order to avoid touching the net or getting injured.

b) Five problems facing hockey in Tanzania(**5 points every point carries 1 mark**)

- Lack of enough number of facilities example hockey fields and ice
- High costs of hockey equipment for example hockey sticks
- Low investment in hockey from the government and sponsors
- Low media coverage on the sport compared to other sports like soccer and basketball
- Lack of enough number of qualified physical education teachers and coaches
- Low interest from the students to play hockey.

**SECTION C (30 MARKS)**

A candidate is supposed to answer only two questions from this section

9. Six benefits of record keeping in physical education and sports (introduction 2marks, 2marks for each point, conclusion 1mark).

- It helps to improve performance.
- It helps in designing training programs
- It helps to know the improvement or progress of a player or team

- It helps to know a player's injury history or any other background diseases
- It helps in budgeting and minimizing expenses
- It helps in writing reports on various events example match reports and project reports
- Information recorded can be used to provide awards or taking disciplinary measures to a team, a coach or a player

10. (introduction 1mark, causes of injuries 5marks,RICE-method 8marks, conclusion 1mark)  
Five causes of injuries in sports (5 marks).

Any five among the following causes of injuries in sports

- Inadequate warm up and stretches
- Lack of proper equipments
- Poor conditions of the playing facilities
- Over training/over-use injuries
- Rough play by some players
- Quick change of direction and over stretching.
- Bad weather conditions

**RICE method (8 marks, 2marks for each point)**

- Rest- Stop playing and rest for a considerable amount of time if you get injured or get any symptoms of an injury.
- Ice- Apply ice packs on an injured area in order to reduce pain and minimize inflammation.
- Compression- Use clip bandage to compress the injured area for the purpose of minimizing swelling and stabilizing dislocated joints.
- Elevation- Raising the injured part to heart level or above the heart level allows the circulation of blood to the injured area and back to the heart.

11. Skill related components of fitness for a football player (introduction 2marks, 2marks each point and 1 mark for conclusion.

<b>Performance –related component of fitness</b>	<b>Example of exercises to improve the said component</b>
1. Agility	Weaving through the cones, shuttle run, speed ladder etc
2. balance	Standing stork, T slide, Russian twists
3. coordination	Carioca, Alli shuffle, juggling, jumping rope
4. speed	Plyometric box jumps, sprinting, speed ladder

5. power	Squat jumps, two footed hurdle jumps
6. Reaction time	Mirror drill, chute run