



**THE PRESIDENT'S OFFICE
REGIONAL ADMINISTRATION AND LOCAL GOVERNMENT
KILIMANJARO REGIONAL COMMISSIONER'S OFFICE
FORM ONE JOINT EXAMINATION – 2025**



**FORM ONE NETBALL PERFORMANCE
MARKING SCHEME**

SECTION A (15 MARKS)

1. 1 mark@ = 10 marks

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

2. 1 Mark@

i	ii	iii	iv	v
A	B	D	E	C

SECTION B (70 MARKS)

3. (i) 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.
(ii) First aid kit- is the smallest box that medicines and equipment's are kept so as to render first aid service.
(iii) Cardiopulmonary resuscitation (CPR) – is a lifesaving emergency procedure that combines chest compressions and rescue breaths to help maintain circulation and oxygenation in a person whose heart has stopped beating or is beating irregularly.
(iv) Physical fitness – is a part of the total body wellness that every person should strive to achieve.
(v) Body composition – is the proportion of fat and fat free – mass (muscle, bone and water) in the body (10 marks, 2 marks each)
4. Three stages to follow when your conducting warm-up
(i) Start with 5-10 minutes of low intensity cardiovascular exercise like jogging, brisk walking or cycling
(ii) Perform dynamic stretch that mimic the movements you will be doing during main activity. For example, leg swings, arm circles or high knees.
(iii) Incorporate sport – specific drills or movements to increase gradually the intensity of the warm-up (10 marks, 3.3 marks each)
5. Five (5) importance of handling injuries in netball
(i) Continuity of play
(ii) It save life
(iii) To bring hope (2marks @) 10 total marks

- (iv) To promote recovery
 - (v) To reduce painful
 - (vi) Preventing long-term complication.
6. Four (4) principles to keep in mind when handling injuries.
- (i) Ensure safety
 - (ii) Assess the situation (2.5 marks@) 10 total marks
 - (iii) Provide comfort
 - (iv) Maintain confidentiality
7. Five (5) exercise for improving body composition
- (i) Running
 - (ii) Cycling
 - (iii) Swimming
 - (iv) Squats
 - (v) Push-ups
8. Five (5) equipment's used in exercises when performing both health and performance related physical fitness are
- (i) Jumping / skipping rope
 - (ii) Medicine balls
 - (iii) Mats
 - (iv) Free weight (2 marks@) 10 Total marks
 - (v) Bike
 - (vi) Step bench or box
 - (vii) Balance beam
 - (viii) Balance board
 - (ix) Balance pad etc.
9. Five (5) components of performance related physical fitness
- 1. Agility
 - 2. Power
 - 3. Balance (2 marks@) 10 total marks
 - 4. Coordination
 - 5. Reaction time
 - 6. Speed

SECTION C 15 MARKS

10. Five (5) common equipment's used in playing netball game
- (i) Ball
 - (ii) Watch/stop watch
 - (iii) Shoes
 - (iv) Bibs and bibs tag
 - (v) Water bottle
 - (vi) Whistle
 - (vii) Jersey
 - (viii) First aid kit etc (3 marks@) 15 total marks