

**MKALAMA DISTRICT COUNCIL
FORM THREE TERMINAL EXAMINATION
PHYSICAL EDUCATION**

TIME: 03:00 HOURS**YEAR: MAY, 2025**

INSTRUCTIONS

- 1. This paper consists of section A,B and C with a total of ten (11) questions**
- 2. Answer all questions from section A and B and two questions from section C.**
- 3. All writing must be in black or blue ink except diagram which must be in pencil**
- 4. Write your name on every page**

FOR EXAMINER'S USE ONLY

QUESTION NUMBER	SCORE	EXAMINAR'S INITIAL
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
TOTAL		

SECTION A: 16 MARKS**Answer all questions in this section**

1. For each of the items (i-x) choose the correct answer from among the given alternatives and write its letter in the box provided.
 - (i) In recreational activities, form two student was appointed to design and prepare ball games that would be played on the sand surface with modified rules, which one would you prepare for leisure?
 - A. Futsal and beach soccer.
 - B. Soccer and beach volleyball.
 - C. Basketball and Fast five netball.
 - D. Beach volleyball and beach soccer.
 - (ii) Imagine you are selected to be a leader of Mtwara athletics championship and you are assigned a task to advice the competition committee about types of Relay races, which one would you advise?
 - A. 4×200m and 4×100M
 - B. 4×400M and 4x110M
 - C. 4×100M and 4×400M
 - D. 4×300M and 4×200M
 - (iii) Which of the following element of physical education is related to set of activities carried out for competition with particular outcomes governed by modified rules?
 - A. Sport
 - B. Play
 - C. Dance
 - D. Game
 - (iv) Madam Waridi did well in performing butterfly arms stroke and leg kicks but she failed many times to execute breathing skill during the swimming competition. Which one of the following is best way of breathing during butterfly?
 - A. Breath when the swimmer head is out of the water at the end of arm stroke.
 - B. Breath when the swimmer head is in the water.
 - C. Breath when the swimmer head is turning side to side.
 - D. Breath when the swimmer head face the sky.
 - (v) In an athletic competition, which of the following is suitable command that represented by sound of pistol to start a race?
 - A. On your mark.
 - B. Be ready.
 - C. Set
 - D. Go
 - (vi) Suppose you were preparing Netball training at your physical education period and you would observe equipment and facilities before starting training. What is the importance of these inspections in sports?
 - A. To preserve equipment and facilities.
 - B. To perform proper warm up and cool down exercises.
 - C. To reduce risk of getting an injury and an accident.
 - D. To have large number of equipment before the training

- (vii) Which of the following body posture is used in the gymnastics sports to perform L support?
 A. Pike position.
 B. Stance position.
 C. Straddle position.
 D. Tuck position.
- (viii) What skill would be named for this playing situation in football when the defender runs simultaneously with attacker and try to slide touching the ball without body contact and steal the ball from an attacker...?
 A. Dribbling the ball.
 B. Ball control
 C. Tackling the ball.
 D. Heading the ball.
- (ix) Which component of physical fitness is related to ability of footballer to kick heavy and powerful ball in the shortest period of time?
 A. Muscle strength
 B. Cardiovascular endurance
 C. Coordination
 D. Power
- (x) Fiston Mayele has got tearing of the muscle at the fresh part of tendon during his final match of Africa cup as an expert which type of injury would be recognized according this situation?
 A. Rupture.
 B. Fracture.
 C. Strain.
 D. Sprain.

ITEMS	I	II	III	IV	V	VI	VII	VIII	IX	X
ANSWER										

2. Match the items in LIST A with the response in LIST B from **Netball players' positions** by writing the letter of the correct in LIST B below the corresponding phrase number of LIST A in the table provided.

LIST A		LIST B
(i)	The position that allows a player to play in attacking third and goal circle.	A. Centre. B. Goal scorer. C. Goal defense. D. Wing Attacker. E. Goal Attacker. F. Goal Shooter. G. Goal keeper. H. Wing Defense.
(ii)	The position that allows a player to play in defensive third, Centre third and goal circle.	
(iii)	A player who plays in defensive and Centre third as well as marks opponent wing attack.	
(iv)	A player who ables to move in the whole court except in goal circles.	
(v)	A player who plays a duty of feeding GS and he is Allowed to score.	
(vi)	A player who plays in defensive third, goal circle and against opponent shooter	

LIST A	I	II	III	IV	V	VI
LIST B						

SECTION B: 54 MARKS

Answer all questions in this section

3. In the swimming competition, there were from one who request to join the swimming class for questioning the benefits of this sport in the health and community development, as an expert would you help them to understand the benefits of such a sport. (6 points)
4. Suppose you are selected to demonstrate to your fellow students about how the hurdling race is performed in Olympic competition, explain in three (03) points.
5. You are an organizer of national gymnastics competition, by using six (06) points mention the important equipment needed to run such a competition.
6. If you plans to have best performance in football must perform important exercises from each components of performance related physical fitness, what are those components. (06 points)
7. Just imagine you are appointed to be a goal keeper of your school team to play football matches in UMISSETA competition, which skills would you perform to be good goalkeeper. (06 points)
8. Explain the distinction between visual and non-visual baton exchange techniques in relay race. (03 points)

SECTION C: 30 MARKS
ANSWER ONLY TWO (2) QUESTIONS

9. After basketball class, one of your classmates asked you to repeat the five (5) steps required for execution of bounce pass. Enumerate the steps for him/her.
10. Your physical education teacher taught you violations in volleyball. Explain five violations in volleyball.
11. During volleyball national competition, Mkalama volleyball failed to execute under arm service skill properly, which steps would you demonstrate so as to improve such skill. (5 points)