PRESIDENT'S OFFICE

REGIONAL ADMINISTRATION AND LOCAL GOVERNMENT

KIBAHA TOWN COUNCIL

NYUMBU SECONDARY SCHOOL

FORM THREE MID - TERM EXAMINATION

CODE: 018 **PHYSICAL EDUCATION**

TIME: 2:30 HOURS **August, 2023**

Instructions

1. This paper consists of section A, B and C with a total of **eleven (11)** questions.
2. Answer **all** questions.
3. Section A carries **Sixty (16)** marks, section B carries **fifty-four (54)** marks and section C carries **thirty (30)** marks.
4. **All** writing must be in **black** or blue ink.
5. Cellular phones, calculators and any unauthorized materials are **not** allowed in the examination room.
6. Write your **Examination Number** in every page.

SECTION A (16 marks)

Answer **all** questions in this section

1. For each of the following items, choose the correct answer and write its letter in the space.

i) You have learned the importance of first Aid, which of the following is not the importance of first aid:
   A. To promote recovery
   B. To reduce disability
   C. To preserve life
   D. To substitute medical care
   E. To prevent condition from becoming worse

ii) You are taught playing positions in volleyball. Which position is responsible for making service during the game?
   A. 1
   B. 2
   C. 3
   D. 4
   E. 5

iii) The act of receiving, toping, passing and shooting the ball by using the head in soccer game is known as
   A. Clipping
   B. Ball shooting
   C. Ball control
   D. Heading

iv) Boating, beach volleyball, water polo and canoeing are physical activities in
   A. Orienteering
   B. Aerobic dance
   C. Target shooting
   D. Aquatic games
   E. Ball games

v) According to what you have learned netball playing position. Which of the following playing positions are allowed to score goal during netball game?
   A. GS and GK
   B. GA and GS
   C. GD and WD
   D. C and WA
   E. GS and WA

vi) There are many common injuries that happen in sports. Which one results from Over stretching of muscles?
   A. Sprain
   B. Abrasion
   C. Dislocation
   D. Strain
   E. Blister

vii) You are taught of health related physical fitness and its component. Which component is responsible for maintains prolonged working ability of muscles.
A. Flexibility
B. Muscular strength
C. Muscular endurance
D. Cardiovascular endurance

viii) You are trained about commanding procedures at start of 100metres running events. Which is the correct arrangement of those commanding procedures among the following?
A. On your mark, set and go
B. Set, on your mark and go
C. Go, set and on your mark
D. Set, go and on your mark
E. On your mark, go and set

ix) Balance beam is an artistic gymnastic equipment in which different action may be executed. Which of the following activity involves lift the body onto the beam?
A. Jump
B. Dismount
C. Static
D. Stunt
E. Mount

x) Suppose you were playing soccer and then the ball came out of the field through sidelines. What are the correct methods to restart the play?
A. Direct free kick
B. Corner kick
C. Throw in
D. Referee kick

2. Match the items in list A with the correct in list B h Write the letter of the response beside the items number

LIST A	LIST B
i) ability to control the body to maintain its posture when a person is standing still or moving ii) Ability to respond quickly to what you hear, see or feel. iii) Ability to move the body parts swiftly while applying maximum force of the muscles. iv) The ability to change direction and control position of the body while maintain motion v) Ability to use senses together with body parts during movement	A. Agility B. Balance C. coordination D. power E. reaction time F. speed

i	ii	iii	iv	v

SECTION B (54 marks)

Answer **all** questions in this section

3. You have learned techniques used in baton exchange. Analyze four procedures followed when executing upward sweep technique.

4. Your physical education teacher taught you different violations in volleyball. Explain four violations in volleyball.

5. In order to play well badminton, you need to know its techniques, describe four general techniques used when playing badminton.

6. In any sports warm up is very useful to the player. Enumerate four (4) importance of warm up.

7. You are a football coach; explain four (4) fundamental techniques or skill in basketball

8. Students of Sadani secondary were swimming at school pool but suddenly one of them starts to sink, as an expert of swimming what Will you advice them to do in order to be safe? (Give five points).

SECTION C (30 marks)

Answer **two (2)** questions from this section.

9. In your participation in sports activities, you have seen players are getting injuries from different causes. Explain six causes of sport injuries.

10. In sports there are different fundamental techniques. Explain six techniques used in netball.

11. Your physical education teacher insisted you on taking precautionary measures in shot put throwing. Analyse 4 safety measures to be observed during shot put throwing event.