

THE UNITED REPUBLIC OF TANZANIA
PRESIDENT OFFICE, REGIONAL ADMINISTRATION AND LOCAL
GOVERNMENT

MADABA DISTRICT COUNCIL

PHYSICAL EDUCATION MOCK EXAMINATION

FORM TWO-MARKING SCHEME 2025

Instructions

- i) This marking scheme includes all answers from physical education mock examination that consists three sections.
- j) Section A consists multi choice, match items and section B and C made by short answer questions
- k) All questions must be answered.
- l) For section B and C any relevant answers must be considered
- m) Marking distribution namely section A (15 marks for each item has 1 mark),section B(70 marks for each item has 2 marks) and section C(15 marks for each point has 3 marks)

SECTION A (15 MARKS)

1) 1 mark for each item

- i) A. Two rings hanging 2.75 meters above the ground.
- ii) B. Performed before and after training or a match.
- iii) D. Instep trap.
- iv) B. 100m, 200m, and 800m.
- v) B. Leisure.
- vi) C. Orienteering.
- vii) D. Improved muscle functionality.
- viii) B. Running, jumping, and throwing events.
- ix) B. Goal circle.
- x) D. ABC.

2) 1 mark for each item

- i) F. Free style.
- ii) D. Side stroke.
- iii) A. Backstroke.
- iv) G. Butterfly stroke.
- v) B. Breaststroke.

SECTION B (70 MARKS)

3) Five fundamental phases of hurdling race as follows (2 marks for each item)

- i. Take off/start phase
- ii. Approach to the first hurdle phase
- iii. Clearing the hurdle phase
- iv. Running between the hurdles
- v. Finish phase

4) Five importance of camping as follows (2 marks for each item)

- i. Develop life skills such as self-confidence, help other, and respect other and so on.
- ii. Educate and Instruct the campers to respect environment
- iii. Train the campers' survival skills such as help himself or herself from the dangerous.
- iv. Help the campers to transfer what learnt during the camping into the community.
- v. Enhances teamwork and cooperation.
- vi. Improves physical fitness and outdoor skills.
- vii. Encourages self-reliance and independence.
- viii. Strengthens social relationships and mental well-being.

5) Five steps of executing throw in technique in playing football as follows(2 marks for each)

- i. Hold the ball with both hands.
- ii. Plant properly feet facing the playing field
- iii. Scan the playing field to get team mate who is going to receive the ball.
- iv. Run up to the touch line for throwing preparations.
- v. Flex the upper body slightly backward from the waist and then move forward to release the ball.
- vi. Follow through of the hands and ball should be toward the target.

6) Roles of Exercise

- i) It helps to improve muscle strengths
- ii) It helps to boost immune system
- iii) It helps to endurance
- iv) It helps to improve cardiovascular system
- v) It helps to lower risk of type 2 diabetes
- vi) It helps to built bones and muscles

7) Five skills still rings events in the gymnastics class session as follows (2 marks for each item)

- i. Mounting
- ii. Grip on the still rings-holding one ring in each hand by either neutral grip that take place pressure on upper palm or false grip that place pressure on lower palm, also above the ring grip that keeps the wrist as straight as possible and push down the rings.
- iii. Stunts on still rings-are swing movement which are forward and backward.
- iv. Strength exercises on still rings-are exercises that develop muscular strength which are pull ups and pushups.
- v. Hangs on still rings-is a form of the body suspension which are pike hang and inverted hang.
- vi. Dismount- is the release of rings which is of two ways namely skin the cat dismount and dismount at rear of the swing

8) Five injuries that might be happened during inter classes competition as follows(2marks for each)

- i. Sprain
- ii. Strain

- iii. Muscle cramp
- iv. Muscle soreness or stiffness
- v. Fracture
- vi. Fainting situation
- vii. Dislocation

9) Five playing situations that cause a player to commit offside offence in soccer as follows (2 marks for each)

- i. Offside offence may occur when the attacker plays near the goal line than last second defender and the ball.
- ii. Offside offence may occur when the attacker interferes the opponent by defending or preventing an opponent from playing or being able to play the ball.
- iii. Offside offence may occur when the attacker interferes plays by playing or touching a ball passed or touched by a team.
- iv. Offside offence may occur when the attacker gain advantage plays when the ball has rebounded or been deflected off the goalpost, crossbar.
- v. Offside offence may occur when an attacker challenges an opponent for the ball.

SECTION C (15 marks)

Student can answer this question in essay format or other description ways

10) Explain five elements of physical education as follows (3marks @each point)

- i) Play: This is a free, spontaneous and voluntary activities executed for joy and amusement.
- ii) Game: This refers to activities carried out for enjoyment or competition with particular outcomes governed by rules.
- iii) Sport: This refers to the organized and institutionalized competitive physical activities governed by rules and regulations. It also involves trained individuals participating at varying levels of skills.
- iv) Physical activity: This is any bodily movement produced by skeletal muscles that result in energy expenditure.
- v) Exercise: This is any physical activity that is planned, structured and repetitive for the purpose of improving or maintaining one or more components of fitness.
- vi) Drill: Drill is a method of exercise which comprises precise and readiness body movements performed to certain cadence.
- vii) Leisure: Refers to any freely chosen activity that takes place in non-work time.
- viii) Recreation: Recreation refers to the voluntary participation in leisure activities that are meaningful and enjoyable to the person involved. It includes individual pursuits, organized outings and events, and non-professional sports