

Candidate's Examination Number _____

**THE REVOLUTIONARY GOVERNMENT OF ZANZIBAR
ZANZIBAR EXAMINATIONS COUNCIL
FORM THREE ENTRANCE EXAMINATION**

224

PHYSICAL EDUCATION

TIME: 2:30 HOURS

FRIDAY 08TH DECEMBER, 2023 P.M

INSTRUCTIONS TO THE CANDIDATE

- 1. This paper consists of THREE (3) sections A, B and C.**
- 2. Answer ALL questions in section A and B, and TWO (2) questions from section C. Question number NINE (9) is COMPULSORY.**
- 3. Write your Examination Number on every page.**
- 4. Write all answers in the space provided.**
- 5. Use a blue or black pen in writing. The diagrams must be drawn in pencil.**
- 6. Cellular phones and unauthorized materials are not allowed in the examination room.**

FOR EXAMINER'S USE ONLY		
QUESTION NUMBER	MARKS	SIGNATURE
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This paper consists of 12 printed pages

SECTION A: (30 Marks)

Answer ALL questions in this section.

1. Choose the correct answer from the given alternatives and write its letter in the table below.
 - i. Which one of the following phrases represents common swimming styles?
 - A. back stroke, breast stroke, floating stroke and free style stroke
 - B. breast stroke, free style stroke, diving stroke and back stroke
 - C. butterfly stroke, back stroke, breast stroke and free style stroke
 - D. free style stroke, sculling stroke, butterfly stroke and back stroke
 - ii. The action of receiving, stopping, passing and shooting the ball by using the head in football is known as
 - A. ball control
 - B. ball shooting
 - C. clipping
 - D. heading
 - iii. How is the knowledge from Mathematics applied in Physical Education?
 - A. in calculating dimension of sports facilities
 - B. in determining location of sports facilities
 - C. in managing participation in sports activities
 - D. in managing position of players in sports activities
 - iv. The process of identifying signs and collecting symptoms from the injured person is known as
 - A. diagnosis
 - B. disposal
 - C. management
 - D. treatment
 - v. Which one among the following sports requires players to use detailed map and compass for searching points in the landscape?
 - A. camping
 - B. netball
 - C. orienteering
 - D. soccer

- vi. The action of putting a ball in playground during beach volleyball game is known as
 A. attacking B. serving
 C. setting D. starting
- vii. The winning team in the league is determined by leading points while the winning of the tournament is obtained by
 A. number of matches played B. playing the final match
 C. the referee of the match D. victory in the final match
- viii. A condition that happens when the bones of a joint are knocked out of its place is referred to
 A. dislocation B. fracture
 C. sprains D. strain
- ix. During orienteering, the orienteers find their way to designated control point by using
 A. compass and ruler B. direction and time
 C. map and compass D. road and leader
- x. The penalty awarded to attacking team in football match when
 A. a defender commits a major offensive within his own penalty area
 B. a goalkeeper catches the ball by hands within the goal area
 C. attacker commits a foul within his opponent team's penalty area
 D. the defender kicks the ball to his own goal

ANSWERS

i	ii	iii	iv	v	vi	vii	viii	ix	x

2. Match the description of the roles of fitness components from **LIST A** with the correct components in **LIST B** by writing the letter of the correct answer in the table below.

LIST A	LIST B
i. Carry out a serious movements efficiently and smoothly	A. Skills
ii. Change the direction of the body at speed	B. Power reaction time
iii. Enabling whole body to move as quickly as possible	C. Balance
iv. Pattern of movement	D. Coordination
v. Respond to a stimulus quickly	E. Fitness
	F. Speed
	G. Agility

ANSWERS

LIST A	i	ii	iii	iv	v
LIST B					

3. Write **TRUE** if the statement is correct or **FALSE** if the statement is incorrect. Put your answers in the table below.
- 200 meters race is also known as sprint race.
 - Body composition is the proportion of bones, fat, muscles and connective tissues in the body.
 - Sports, games, plays, dance and exercises are components of physical activities.
 - After playing soccer, a player is advised to perform warm up.
 - Rolling is one among the gymnastic exercises.
 - Victim is an injured person or a person who got an accident.
 - Basketball is an indoor game which is made for leisure and fun.
 - "IAAF" is a short form of International Federation that governs swimming and athletics.
 - One of the benefits of swimming is to reduce the risk of obesity.
 - Cardiovascular endurance refers to the ability of heart and lungs to transport carbon dioxide within the blood vessels.

ANSWERS

i	ii	iii	iv	v	vi	vii	viii	ix	x

SECTION B: (40 Marks)

Answer ALL questions in this section.

4. Fill in the blanks by writing the correct answer.
- i. A relay technique in which the first baton carrier passes the baton into outreached left hand of carrier number two from his right hand is known as _____
 - ii. The violation in netball where the player attempting to intercept or defend the ball must be at least 0.9m away from the player with the ball is known as _____
 - iii. Skills, coordination, speed, power, reaction time, agility and balance are the components of _____
 - iv. The type of pass in soccer in which the player attempts to move the ball down the field via one long areal kick from a goalkeeper or defender directly to the attacking player is called _____
 - v. The skill in swimming activity in which the swimmer swims in both arms execute half circular arm movement at the same time under water in front of the swimmers is known as _____

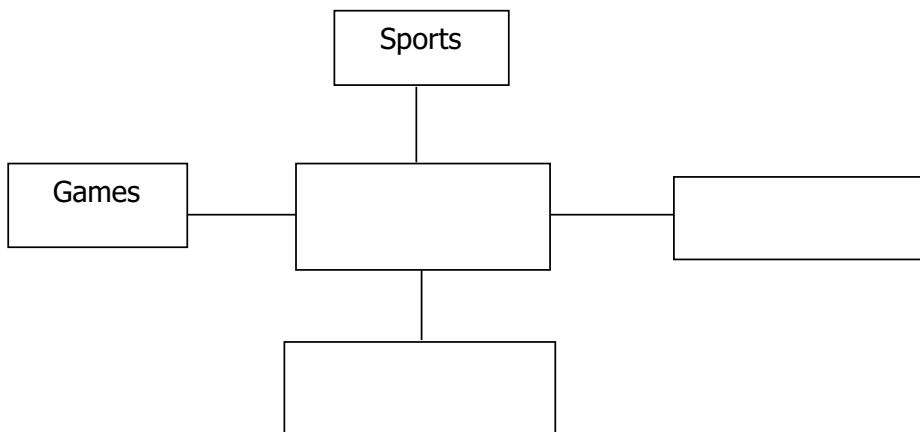
5. Passes in netball can be categorized in different types. Explain in brief five (5) types of passes in netball.

6. a) What is gymnasium?

b) Mention five (5) major basic body parts as known in gymnastics.

- i. _____
- ii. _____
- iii. _____
- iv. _____
- v. _____

c) Complete the following diagram.



7. Write down four (4) importance of camping.

- i. _____

- ii. _____

- iii. _____

- iv. _____

8. Define the following terms as used in Physical Education.

- i. Ball games

- ii. Target shooting

- iii. Physical exercise

- iv. Anaerobic exercise

- v. Aerobic dance

SECTION C: (30 Marks)

Answer TWO (2) questions in this section.

Question number NINE (9) is compulsory.

9. a) What is soccer?

- b) Briefly explain the following techniques and skills used in soccer.

- i. Passing

- ii. Receiving

- iii. Goalkeeping

- iv. Dribbling

10. During Mapinduzi Cup games, one netball team violated rules which resulted the award given to the opponent team. Explain five (5) common violations which can result the award to be transferred to the opponent team.

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11. Suppose you are in a gymnastic ground during Physical Education period and one among the students told you that he wanted to join in gymnastics activities. As you are adviser, explain him five (5) important considerations to be taken during gymnastics activities.

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