

**SMZ**

**ZANZIBAR EXAMINATIONS COUNCIL**  
**FORM THREE ENTRANCE EXAMINATION**  
**PHYSICAL EDUCATION**

**Time: 2:30 Hours****THURSDAY 12<sup>th</sup> DECEMBER, 2019 AM****INSTRUCTIONS**

1. This paper consists of THREE (3) sections A, B and C.
2. Answer ALL questions in section A and B, and only TWO (2) questions from section C. Question number nine (9) is **COMPULSORY**.
3. All answers must be written in the space provided.
4. All writing must be in black or blue pen. Diagrams must be drawn in pencil.
5. Cellular phones are not allowed in the examination room.
6. Write your Examination number on every page.

<b>FOR EXAMINER'S USE ONLY</b>		
<b>QUESTION NUMBER</b>	<b>MARKS</b>	<b>SIGNATURE</b>
<b>1.</b>		
<b>2.</b>		
<b>3.</b>		
<b>4.</b>		
<b>5.</b>		
<b>6.</b>		
<b>7.</b>		
<b>8.</b>		
<b>9.</b>		
<b>10.</b>		
<b>11.</b>		
<b>TOTAL</b>		

**This paper consists of 10 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. Physical Education deals with the
    - A. Physique of insect
    - B. Physique of fish
    - C. Physique of human
    - D. Physique of cow
  - ii. The 1<sup>st</sup> countries in the world to teach Physical Education in grade one curriculum are
    - A. British, Columbia and Canada
    - B. Uganda, Zaire and Gabon
    - C. USA, UK and USSR
    - D. Congo, Dubai and Ethiopia
  - iii. D.P.A stands for
    - A. Daily Personal Assessment
    - B. Daily Physical Activities
    - C. Daily Personal Aid
    - D. Daily People`s Achievements
  - iv. The importance of Physical Education and sports is to
    - A. Make people laugh
    - B. Help to cut down cardiovascular diseases
    - C. Lead to an injury
    - D. Cause truancy in school
  - v. Cardiovascular endurance is provided by
    - A. Sitting down
    - B. Watching TV
    - C. Writing
    - D. Running
  - vi. Dislocation is an injury to the
    - A. Head
    - B. Ear
    - C. Eye
    - D. Joints
  - vii. One side of football team has \_\_\_\_\_ players
    - A. 10
    - B. 22
    - C. 11
    - D. 5
  - viii. An Olympic games take place after every
    - A. 2 years
    - B. 5 years
    - C. 4 years
    - D. 6 years
  - ix. One among the precaution measures before swimming is
    - A. Running along the beach
    - B. Closing the eyes
    - C. Measuring water level by using stick
    - D. Measuring water level by using eyes

x. The equipment used in Gymnastic is

- A. A parallel bar      B. A ball      C. A book      D. A ruler.

i	ii	iii	iv	v	vi	vii	viii	ix	x

2. Match the following functions of the players in **LIST A** with their corresponding player's position in **LIST B** by writing the letter of the correct answer in the table provided.

LIST A	LIST B
i. The center is link player from the defense third to the goal third and plays an important role in both attack and defense.	A. GD
ii. Mainly relied upon to shift the ball away from the defensive area into the attack and help out in defense and attack.	B. GA
iii. The main task is to deliver the ball to the GS/GA using a variety of attacking moves.	C. WA
iv. The main task is to shoot the goals with GS.	D. GK
v. The main task is to defend the goal third, to prevent the ball entering to the goal circle and to stop a goal being scored.	E. WD
	F. C
	G. GS

<b>i</b>	<b>ii</b>	<b>iii</b>	<b>iv</b>	<b>v</b>

3. Write TRUE if the statement is correct or FALSE if the statement is incorrect. Put your answer in the space provided.

- i. In Netball game the goalkeeper (GK) and the goal defense (GD) have the responsibility to defend during the game \_\_\_\_\_.
- ii. Any person can treat the fracture \_\_\_\_\_.
- iii. A good coach should use abusive language \_\_\_\_\_.
- iv. A normal man has more than thirty two (32) teeth \_\_\_\_\_.

- v. A penalty kick can be rewarded when a coach shouting to the referee from a bench \_\_\_\_\_.
- vi. A number of players in netball game is the same as in handball game \_\_\_\_\_.
- vii. A score sheet is used to keep the record of points and number of fouls for each player in Basketball \_\_\_\_\_.
- viii. The players should cool down before a game \_\_\_\_\_.
- ix. Breathing is the process of swimming without taking air \_\_\_\_\_.
- x. A football pitch has the width of about 30.25m \_\_\_\_\_.

### **SECTION B. (40 Marks)**

#### **Answer ALL questions in this section**

4. a) Define the following terms

i. Physical fitness

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ii. Wellness

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iii. Life style

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iv. Health related fitness

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b) Enumerate three (3) factors affecting physical fitness and wellness.

i. \_\_\_\_\_

ii. \_\_\_\_\_

iii. \_\_\_\_\_

5. a) Explain briefly five (5) components of physical fitness.

- i. \_\_\_\_\_  
\_\_\_\_\_
- ii. \_\_\_\_\_  
\_\_\_\_\_
- iii. \_\_\_\_\_  
\_\_\_\_\_
- iv. \_\_\_\_\_  
\_\_\_\_\_
- v. \_\_\_\_\_  
\_\_\_\_\_

b) Explain briefly the most common kind of gymnastic.

- i. \_\_\_\_\_  
\_\_\_\_\_
- ii. \_\_\_\_\_  
\_\_\_\_\_
- iii. \_\_\_\_\_  
\_\_\_\_\_
- iv. \_\_\_\_\_  
\_\_\_\_\_
- v. \_\_\_\_\_  
\_\_\_\_\_

6. Describe briefly five (5) main objectives of Physical Education.

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7. a) Identify the tools used by the following officials in basketball game.
- i. Time keeper  
\_\_\_\_\_
  - ii. Score keeper  
\_\_\_\_\_
  - iii. Players  
\_\_\_\_\_
- b) Explain three (3) important points in swimming front crawl (front glide) as a style of swimming.
- i. \_\_\_\_\_
  - ii. \_\_\_\_\_
  - iii. \_\_\_\_\_
8. a) What is muscular endurance?
- \_\_\_\_\_
- \_\_\_\_\_

b) Mention four (4) exercises that develop muscular endurance.

- i. \_\_\_\_\_  
\_\_\_\_\_
- ii. \_\_\_\_\_  
\_\_\_\_\_
- iii. \_\_\_\_\_  
\_\_\_\_\_
- iv. \_\_\_\_\_  
\_\_\_\_\_

**SECTION C (30 Marks)**

**Answer any TWO (2) questions in this section.**

**Question number nine (9) is COMPULSORY.**

9. a) Explain eight (8) important skills for learning netball.

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Candidate's Examination Number \_\_\_\_\_

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b) Draw a well labeled diagram of netball court and show its three (3) important parts.

c) In the diagram drawn above, show the positions of the following players during the game.

- i. GS
- ii. GA
- iii. WD
- iv. WA
- v. C
- vi. GD
- vii. GK



10. a) Identify four (4) player's positions in Football and give two (2) roles of players in each identified position.

i. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ii. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

iii. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

iv. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- (b) Define the following terms.

i. Relay  
\_\_\_\_\_  
\_\_\_\_\_

ii. Hurdle race  
\_\_\_\_\_  
\_\_\_\_\_

iii. Middle distance race  
\_\_\_\_\_  
\_\_\_\_\_

- c) Explain five (5) benefits of aerobic exercises.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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11. Draw the track and on it show:-

- i. 200m start
- ii. 100m start
- iii. 1500m start
- iv. 800m start
- v. 3000m steeplechase start
- vi. 3000m and 5000m starts
- vii. 110m hurdles start
- viii. Finish line for all events
- ix. 10,000m start
- x. Relays, 400m, 400m hurdles starts

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