

SMZ

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

TIME: 2:30 HOURS

THURSDAY 31ST DECEMBER, 2020 P.M

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. 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
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
TOTAL		

This paper consists of 9 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. The complete tearing of the muscle which may occur in the fleshy part of the tendon is referred to as
 A. Sprain B. Dislocation C. Fracture D. Rupture
 - ii. How far does a penalty kick in the football game?
 A. 11m B. 12m C. 9m D. 10m
 - iii. Two categories of athletics are
 A. Running and throwing events B. Track and running events
 C. Track and field events D. Field and throwing events
 - iv. An organ which is responsible for soccer development in Zanzibar is called
 A. Z A F B. F A Z C. Z F A D. Z F F
 - v. The following are exercises that improve cardiovascular endurance except
 A. Swimming B. Running or jogging C. Body builds D. Cycling
 - vi. The ability to maintain equilibrium while stationary or moving is known as
 A. Agility B. Balance C. Coordination D. Speed
 - vii. The World Cup Competition takes place after every
 A. 2 years B. 3 years C. 4 years D. 5 years
 - viii. The ability to change direction on the body speed is called
 A. Skill B. Agility C. Balance D. Coordination
 - ix. A place where two bones meet is known as
 A. Sprain B. Dislocation C. Joint D. Fracture
 - x. During 4 x 400m relay the second runner is allowed to cut across the inside line of the track after running a distance of
 A. 400 meters B. 300 meters C. 200 meters D. 100 meters

ANSWERS

i.	ii.	iii.	iv.	v.	vi.	vii.	viii.	ix.	x.

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

LIST A	LIST B
i. The player that plays right behind the forwards who supports the offense by providing passes towards to set up goals.	A. Finisher
ii. Their primary task is to provide accurate crossing passes so they can shoot at the goal.	B. Central Midfielder
iii. The main task is to guard the area directly in front of their own goal, often considered as the strongest defender.	C. Attacking Midfielder
iv. The most responsible for organizing play and creating scoring opportunities for the attackers and often a team's leader.	D. Wingers
v. The main task is to score the goal when opportunities are given to them.	E. Central defenders
	F. Stopper
	G. Defensive Midfielders
	H. Central Forward

ANSWERS

i.	ii.	iii.	iv.	v.

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

- | | |
|--|-------|
| i. Thirsty is a symptom and sign of internal bleeding. | _____ |
| ii. Over training is good for our health. | _____ |
| iii. Football is not the most popular game in the world today. | _____ |
| iv. Exercise is an activity that involves the generation of force which is activated by muscles. | _____ |
| v. Wing defense is allowed to play center and defending thirds but also to score goals. | _____ |
| vi. Girls students cannot perform well in physical activities. | _____ |
| vii. Sprint race involves running of athletes at full speed throughout the race. | _____ |
| viii. Both apparatus and events are simply known as beam. | _____ |
| ix. Landing mattress is an item found in First Aid Kit. | _____ |
| x. Cardiopulmonary resuscitation (C.P.R) is a life saving technique which is useful in many emergencies. | _____ |

SECTION B: (40 Marks)

Answer ALL questions in this section.

4. a) Define the following terms.

i. Muscle cramp

ii. Track events

iii. Netball

iv. Middle distance race

b) Briefly state three (3) aims of Physical Education.

5. a) Write down short notes on the following concepts.

i. Recreation

ii. Camping

b) Write down five (5) precautionary measures in camping.

- i. _____

- ii. _____

- iii. _____

- iv. _____

- v. _____

6. a) What is meant by the term Orienteering?

b) Write down five (5) precautionary measures in Orienteering.

- i. _____

- ii. _____

iii. _____

iv. _____

v. _____

7. a) List down three (3) major components of starting commands in running events.

i. _____

ii. _____

iii. _____

b) In which way sports differ from games?

c) Differentiate between a direct free kick and indirect free kick.

8. a) Which areas of Biology, Physics and Mathematics relate with Physical Education?

i. Biology

ii. Physics

iii. Mathematics

- b) Strain and sprain are common muscle sport injuries which are commonly treated by using RICE procedure. Write the word RICE in full.

SECTION C: (30 Marks)

Answer any TWO (2) questions in this section.

Question number NINE (9) is COMPULSORY.

9. Briefly explain five (5) important procedures of performing passing skills in soccer.

v. _____

11. Study the diagram carefully and then match the following positions with their corresponding letters. Put your answers in the spaces provided. Number one is given as an example.

- | | |
|---|----------|
| i) The position where relays, 400m, 400m hurdles starts. | <u>I</u> |
| ii) The position where 100m start. | _____ |
| iii) The position where 1500m start. | _____ |
| iv) The position where the finish line for all events is found. | _____ |
| v) The position of 110m hurdles start. | _____ |
| vi) The position where 800m start. | _____ |
| vii) The position of 3000m steeplechase start. | _____ |
| viii) The position where 3000m and 5000m start. | _____ |
| ix) The position where 200m start. | _____ |
| x) The position where 10,000m start. | _____ |
| xi) The position of steeplechase water jump. | _____ |

