

**SMZ****ZANZIBAR EXAMINATIONS COUNCIL****FORM THREE ENTRANCE EXAMINATION****066****PHYSICAL EDUCATION AND SPORTS****TIME: 2.30 HOURS****TUESDAY 05<sup>th</sup> DECEMBER, 2017 a.m****INSTRUCTIONS TO CANDIDATES**

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 your answers in the space provided.
5. Cellular phones are not allowed in the examination room.
6. Use a blue or black pen in writing. The diagrams must be drawn in a pencil.

<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 and write its letter in the table below.

- i) The physical education relates to the subject and the  
A: Physique of insect                      B: Physique of cow  
C: Physique of human                      D: Physique of skeleton
- ii) The countries that started to teach PE in grade one schools  
A: British, Sudan, Dubai                      B: Tanzania, Kenya, Uganda  
C: Tanzania, British, USA                      D: British, Colombia, Canada
- iii) The most disadvantage of physical training is  
A: Injuries                      B: Conflicts                      C: Sadness                      D: Unhappy
- iv) A healthy mind is in a healthy  
A: Head                      B: Body                      C: Stomach                      D: Hand
- v) A cardiovascular endurance is proved by using  
A: Writing notes                      B: Watching T.V  
C: Sitting down                      D: Running
- vi) The partial or full displacement of bones at a joint is called  
A: Sprain                      B: Muscle crump                      C: Fracture                      D: Dislocation
- vii) Which of the following is not included in the first aid kit  
A: Pain killer                      B: Cotton wool                      C: Bandages                      D: Cotton bud
- viii) A modified push up is used to measure the  
A: Buttocks and thighs                      B: Biceps, triceps and buttocks  
C: Triceps and thighs                      D: Chest, abdominal, shoulders and arms
- ix) One among the pass used in net ball games  
A: Kick pass                      B: Bounce pass                      C: Leg pass                      D: Heading pass

- x) Swimming games are played on the
- A: Swimming rods                      B: Swimming ground
- C: Swimming pools                    D: Swimming jackets

**ANSWERS**

i	ii	iii	iv	v	vi	vii	viii	ix	x

2. Match the items in **List A** against the responses in **List B** and write its letter in the table below.

<b>List A</b>	<b>List B</b>
i. Ball control is used to measure	A: Strength, stability, coordination
ii. Horizontal bar exercise	B: Aerobic dance
iii. Is the benefit of still ring exercises	C: 1500 metres
iv. Is running on its lane	D: Target book
v. Is used to strengthening the heart	E: G.S and G.A
vi. Are used in target shooting	F: Head and legs
vii. Used to score goals in netball	G: 100 minutes
viii. Full soccer game played in	H: Coordination
ix. Cracking of bones	I: Dislocation
x. Passing in football can be by	J: G.K. & G.D
	K: 100 metres
	L: Target board
	M: Shoulder and arms
	N: 90 minutes
	O: Fracture

**ANSWERS**

LIST A	i	ii	iii	iv	v	vi	vii	viii	ix	x
LIST B										

3. Write **True** if the sentence is correct and write **False** for incorrect sentence in the table below.

- i) Christian Ronaldo and Messi are famous players in baseball.
- ii) Aim of first aid is to reduce the risk of injured person.
- iii) Still ring games are played in Olympic games.
- iv) Beach volleyball is an example of indoor games.
- v) Cross country is running inside the track.
- vi) The first aid kit is must in camping.
- vii) A trainee in swimming must wear life jacket for safety.
- viii) Aim of physical education is for nursery schools only.
- ix) A push up exercise can improve the arms and chest muscles.
- x) During one game match in football a point rewarded is equal to the goals scored by the winning team.

### ANSWERS

i	ii	iii	iv	v	vi	vii	viii	ix	x

### SECTION B: (50 Marks)

**Answer ALL questions in this section**

4. a) Define the following terms:-

i) Sports: \_\_\_\_\_  
\_\_\_\_\_

ii) Games: \_\_\_\_\_  
\_\_\_\_\_

iii) Physical exercise: \_\_\_\_\_  
\_\_\_\_\_

iv) Cooling down: \_\_\_\_\_  
\_\_\_\_\_

v) Athletics: \_\_\_\_\_  
\_\_\_\_\_

b) State three (3) importances of physical education and sports.

i) \_\_\_\_\_

ii) \_\_\_\_\_

iii) \_\_\_\_\_

c) List two (2) relationship between physical education and physics.

i) \_\_\_\_\_

ii) \_\_\_\_\_

7. a) What is first aid?

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

b) Explain three (3) importances of first aid.

i) \_\_\_\_\_

\_\_\_\_\_

ii) \_\_\_\_\_

\_\_\_\_\_

iii) \_\_\_\_\_

\_\_\_\_\_

- c) Name three (3) injuries that may occur in the physical activities and their first Aid treatments.

	INJURIES	FIRST AID TREATMENTS
i.		
ii.		
iii.		

- d) It is important to play in a safe play ground. State two reasons.

i) \_\_\_\_\_

ii) \_\_\_\_\_

6. a) Write five (5) differences between football and netball.

i) \_\_\_\_\_

\_\_\_\_\_

ii) \_\_\_\_\_

\_\_\_\_\_

iii) \_\_\_\_\_

\_\_\_\_\_

iv) \_\_\_\_\_

\_\_\_\_\_

v) \_\_\_\_\_

\_\_\_\_\_

- b) List (3) differences between indoor and outdoor games.

i) \_\_\_\_\_

ii) \_\_\_\_\_

iii) \_\_\_\_\_

- c) Name two (2) examples of indoor games.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_
7. a) Name five (5) track running events.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_
- v) \_\_\_\_\_
- b) Name four (4) jumping events.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_
- c) List one (1) factor of choosing a high jumper.
- i) \_\_\_\_\_
8. a) What is orienteering?
- \_\_\_\_\_
- \_\_\_\_\_
- b) Mention five (5) equipments used in orienteering.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_

- v) \_\_\_\_\_
- c) Name the four (4) advantages of orienteering.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_

**SECTION C: (20 Marks)**

**Answer ONLY two (2) questions in this section,  
the question nine (9) is compulsory**

9. a) What is health?
- \_\_\_\_\_
- \_\_\_\_\_
- b) List four (4) factors of maintaining a good health.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_
- c) What do you understand by the term flexibility?
- \_\_\_\_\_
- \_\_\_\_\_
- d) Name types of flexibility and define them.
- i) \_\_\_\_\_
- \_\_\_\_\_
- ii) \_\_\_\_\_
- \_\_\_\_\_





11. a) Draw the half pitch of football ground, and label the following, corner spot, Centre spot, penalty area and penalty spot.

- b) i) How many players are in one team in the football match?

\_\_\_\_\_

- ii) How many line's men are in the football match?

\_\_\_\_\_

- iii) How many goalkeepers are in the field during a football match?

\_\_\_\_\_

- iv) How many points does the winning team earn during a football match?

\_\_\_\_\_

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