

**THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATIONS COUNCIL
ADVANCED CERTIFICATE OF SECONDARY EDUCATION
EXAMINATION**

118

PHYSICAL EDUCATION

(For Both School and Private Candidates)

Duration: 3 Hours

ANSWERS

Year: 2025

Instructions

1. This paper consists of seven questions.
2. Answer a total of **five (5)** questions. Question number **one (1)** is compulsory.
3. Each question carries **twenty (20)** marks.
4. All writing must be in **black** or **blue** ink except for drawings which must be in pencil
5. Communication devices and any unauthorised materials are **not** allowed in the examination room.
6. Write your **Examination Number** on every page of your answer booklet(s).

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1. Suppose you are assigned to organize an interclass sports competition, describe five important participants you would involve to make the competition successful.

The first important participant would be the games master or physical education teacher who provides guidance, ensures fair play, and supervises the entire event.

The second participant would be team coaches who help in preparing the students by training and improving their performance in different sports.

The third participant would be referees and umpires who are responsible for enforcing the rules and regulations during the competitions to maintain fairness.

The fourth participant would be the school administration, which provides the necessary support such as budgeting, approval, and logistics to ensure the event runs smoothly.

The fifth participant would be the students themselves, who act as athletes, cheerleaders, and volunteers, contributing to the spirit and success of the event.

2. Describe five ways of including children with disabilities in physical activities.

Children with disabilities can be included by modifying games and equipment to suit their abilities, such as using lighter balls or wider goal posts.

Teachers should provide individualized instructions that match each child's capability and pace.

Inclusive group activities should be organized to encourage teamwork and reduce stigma among peers.

Facilities should be made accessible, such as ramps and spacious play areas to accommodate wheelchairs or mobility aids.

Emotional support and encouragement should be given to build confidence and motivation for participation in physical activities.

3. During a football match, one of the players failed to continue with the match after getting an injury. Analyse five safety measures the player would have taken to avoid such injury.

The player should have done proper warm-up and stretching exercises before the match to prepare the muscles and joints for activity.

Wearing appropriate protective gear such as shin guards and proper football boots reduces the risk of injuries.

The player should have maintained physical fitness through regular training to strengthen muscles and improve endurance.

Following the rules of the game and avoiding rough or dangerous play would minimize the risk of contact injuries.

Staying hydrated and taking rest breaks when fatigued helps prevent cramps and overexertion-related injuries.

4. Analyse five functions of The National Sports Council (NSC) in Tanzania.

The NSC promotes the development of sports by coordinating and supervising all sporting activities in the country.

It provides support for training and development of athletes, coaches, and officials to improve national performance.

The council regulates sports organizations and ensures that they comply with established rules and ethical standards.

It promotes international cooperation by organizing participation of Tanzanian teams in global competitions.

The council mobilizes resources and funds for the construction and maintenance of sports infrastructure and facilities.

5. A physical education student is required to understand the human anatomy before engaging in any sport. Support this statement with five reasons.

Understanding anatomy helps in identifying the structure and functions of muscles, bones, and joints involved in physical movement.

It helps the student to design safe and effective exercise programs that match the body's capabilities.

Knowledge of anatomy aids in injury prevention by teaching proper movement techniques and body mechanics.

It allows students to understand how fatigue, diet, and training affect muscle performance.

It enables proper diagnosis and first aid management in case of sports-related injuries.

6. Describe five mechanical principles which enhance performance in basketball.

The principle of balance ensures players maintain stability while dribbling, shooting, or defending.

The principle of leverage helps in applying greater force during jumping or passing by using body parts as levers.

The principle of force relates to applying enough power from the legs and arms to propel the ball effectively.

The principle of motion and momentum enhances player speed and direction changes during offensive and defensive play.

The principle of coordination ensures smooth combination of movements for accurate passing and shooting.

7. A two-handed overhead pass in netball is mostly used for passing over a long distance. Identify five procedures which a player should follow to execute this skill effectively.

The player should hold the ball firmly with both hands above the head with elbows slightly bent.

Feet should be shoulder-width apart with one foot slightly forward for balance.

The player should transfer weight from the back foot to the front foot as the pass is made.

Both arms should be extended forward rapidly while releasing the ball above the head.

Follow-through with fingers pointing in the direction of the pass to ensure accuracy and control.

8. The Kisawe District Commissioner has been emphasizing people to participate in physical activities for healthy body and mind. Explain six reasons for this emphasis.

Physical activities improve cardiovascular health by strengthening the heart and lungs.

They help control body weight and prevent obesity-related diseases such as diabetes and hypertension.

Exercise enhances mental health by reducing stress, anxiety, and depression.

It strengthens muscles and bones, improving body posture and flexibility.

Regular physical activities boost the immune system, making the body more resistant to diseases.

They promote social interaction and teamwork, leading to better emotional and social well-being.

9. You are appointed to prepare a training program for acceleration phase in the 5,000m running race. Propose five techniques they will include in their program.

The first technique is interval training which combines fast sprints with recovery periods to build speed endurance.

The second technique is resistance running using parachutes or uphill runs to strengthen leg muscles.

The third is plyometric exercises such as jump squats to improve explosive leg power.

The fourth is sprint drills focusing on short bursts to develop fast-twitch muscle fibres.

The fifth technique is proper breathing control to maintain stamina during acceleration and sustain performance.

10. Fidodido team players were the most valuable during the Uzalendo Cup basketball tournament because they were competent in basketball skills. Analyse six fundamental skills they might have applied.

They demonstrated good dribbling skills to control and move the ball efficiently under pressure.

They used accurate passing techniques such as chest, bounce, and overhead passes to maintain team coordination.

Their shooting skill was well-practised, allowing them to score from different court positions.

They displayed strong defensive skills like blocking and stealing to prevent opponents from scoring.

They maintained excellent rebounding ability to regain possession after missed shots.

Finally, they showed good footwork and positioning which improved balance and overall game performance.