

**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

Year: 2025

Instructions

1. This paper consists of sections **A** and **B** with a total of **ten (10)** questions.
2. Answer **all** questions in section A and **two (2)** questions from section B.
3. Section A carries 70 marks while section B carries 30 marks.
4. All writing must be in **black** or **blue** ink.
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).



SECTION A (70 Marks)

Answer **all** questions from this section.

1. Suppose you are assigned to organize an interclass sports competition, describe five important participants you would involve to make the competition successful.
2. Describe five ways of including children with disabilities 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.
4. Analyse five functions of The National Sports Council (NSC) in Tanzania.
5. A physical education student is required to understand the human anatomy before engaging in any sport. Support this statement with five reasons.
6. Describe five mechanical principles which enhance performance in basketball.
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.

SECTION B (30 Marks)

Answer any **two (2)** questions from this section.

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.
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.
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