

**THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATIONS COUNCIL
DIPLOMA IN SECONDARY EDUCATION EXAMINATION**

736/2

**PHYSICAL EDUCATION AND SPORT 2
(PRACTICAL)**

Time: 40 Minutes (Per Candidate)

30th April to 5th May 2012

Instructions

1. This paper consists of **fifty (50)** questions.
2. You are required to pick up questions in lucky-dip system one day before the actual day of the practical.
3. No **two (2)** candidates will have the same question.
4. Each question will carry **twenty (20)** marks.
5. Marks will be awarded as per assessment sheets.
6. Follow instructions given by the examiner.
7. Cellular phones are **not** allowed during examination/practical session.
8. Write your **Examination Number** on every page of your answer booklet(s).



1. Introduce, demonstrate and practice a 3 by 2 basketball attacking drill.
2. Introduce, demonstrate and practice 4 - 4 - 2 system of soccer play before the game and during game situation.
3. Demonstrate and practice shooting skill as used in soccer.
4. Introduce and organize single handed catch in netball.
5. Demonstrate and practice dribbling in table tennis.
6. Demonstrate and practice time out in handball.
7. Introduce, demonstrate, practice drills to soccer defender in order to equip them to clear low, medium and high ball at the goal.
8. Introduce, demonstrate and practice dribbling skills for beginners in basketball.
9. Design and implement an attacking drill for handball players.
10. Demonstrate and practice passing using the dig passes in volleyball.
11. Demonstrate and practice starting and finishing skill in 100m sprinting.
12. Demonstrate and practice different activities of javelin handling to beginners.
13. Introduce, demonstrate and practice triple jump.
14. Introduce, demonstrate and practice spike coverage when CF, spiking in 4-2 defense.
15. Introduce, demonstrate, practice and design goal keeping drill for low and high ball in soccer.
16. Introduce single competition in table tennis.
17. Introduce, demonstrate and practice game procedures in Netball match before the start of the game, during the match and at the end of the match.
18. Introduce and practice passing and receiving in soccer.
19. Introduce and perform upper back-leg grab exercises for beginners.
20. Introduce, demonstrate and practice how to bit an off-side trap set by defenders of the opposit team.
21. Demonstrate and practice arm movement for an effective discus throw.
22. Organize 2 by 2 side volleyball match.

23. Teach bounce- pass in basketball for beginners.
24. Introduce and demonstrate 3 by 3 defensive drill to intermediate players.
25. Demonstrate penalty shooting in handball.
26. Organize and officiate a discus throw competition.
27. Introduce and practice exercises to enhance speed and flexibility.
28. Introduce and practice wall- stretching exercises.
29. Perform and administer shoulder strangle exercise to adults.
30. Demonstrate and practice the three common skill elements for both attacking header and defending headers in football.
31. Organize and practice a cooper test for soccer referees.
32. Introduce and practice target shooting in basketball.
33. Demonstrate and practice service skill in table tennis.
34. Organize and officiate a handball match.
35. Practice finger tip volleying skill for intermediate learners.
36. Introduce and administer a bar twist exercise for form two students.
37. Demonstrate optimal body positioning for an effective discus throw.
38. Demonstrate and practice lying trunk twists exercise for advanced athlete.
39. Demonstrate and practice heading skill essentials in football.
40. Introduce, demonstrate and practice button exchange in relay.
41. Organize and practice play positioning and movement in table tennis.
42. Demonstrate and practice a lay up shoot in basketball.
43. Organize circuit training bearing six stations.
44. Demonstrate and practice zone defence in basketball.
45. Demonstrate and practice wall passing in volleyball for form one student.
46. Introduce, demonstrate and practice basic passing skills in netball for beginners.

47. Organize and officiate a 100 m relay.
48. Introduce and practice the teaching points that enhance good javelin throw.
49. Use small sided game of soccer of 4: 4 players to demonstrate and practice defence skills.
50. Introduce target shooting drills in football.