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

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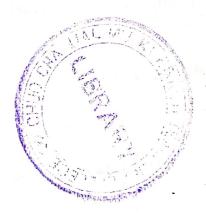
PHYSICAL EDUCATION AND SPORT 2 (PRACTICAL)

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.
- 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 opposition 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.