

KAYABWE HIGH SCHOOL MPIGI

END OF YEAR ASSESSMENT EXAM 2024

PHYSICAL EDUCATION S.1

Paper1(Theory) 555/1

Instructions;

- 1.This paper has two sections A and B
- 2.Section A has one compulsory item
- 3.Attempt two other items from section B
- 4.write well and present neat work .

Item 1

A certain church organised a football match as a way of keeping the young population busy and to avoid disagreeable behavior during long term holidays.The footballers lacked training and coaching which brought about numerous injuries due to lack of skillmanship in training sessions.You have been approached as a P.E scholar to help these youth as their coach.

Task.

Identify atleast 5 common injuries these young foot ballers always experience and solicit the appropriate first aid measures applied in each case.

Item 2

SECTION. B

Adherence to rules and regulations is paramount as far as sports and games are concerned.However, most people and players at large tend to misout the point in lack of technical know how partaining rules of certain games.Some are interchangeably used ie.those of football mistakenly applied in netball and those of volleyball with badminton.As a P.E scholar who has acquired skills in some games you a reached out to address this issue .



Task

Mention atleast 8 rules associated with sprints, middle distance runs and long distance runs.

Item 3

The area member of Parliament representing the people of rwampala east constituency Hon Charles Ngabirano during his campaigns to retain the seat organised a tournament to bring together the youth. However, the drive to have smooth competitions was retarded by the fact that some foot ball teams did not have football uniforms and some balls. The organizing team wrote to aspirant asking for some facilitation to the cause. Although they are also stuck with the kind of football kits suitable for about 12 teams since the legislator agreed to fund each team with a full kit of football attires. You have been reached out for to render help.

Task.

Using the knowledge you acquired as a scholar of physical education at your school address the team managers upon the selection of football kits they need the legislator to purchase for them to allow them have a successful tournament .

Item 4

In the recent concluded Olympics Ugandans like kiptegei, Jacob kiplimo and Halima Nakayi managed to return back home with medals. The president appreciated them and offered a hundred million cheques to each athlete. Upon celebrating their return to the pearl of Africa in an occasion held at Nakivubo stadium in kampala, The athletes encouraging the young population told them to engage in different physical activities and games saying that much as they might not all be good at running but still they can make it through other games and they mentioned several games among which a game called rounders pipped in to the ears of the audience who later asked how that game is played. Kiptegei referred them to your school where one the leading teachers of P.E (Tr. Atwijuka Anison) Since he is a friend to him. The national games and sports council has devised means of introducing the game of rounders and have approached your teacher to come with some learners and demonstrate how the basic skills are executed.





Task

Draw well illustrated diagrams of the equipment used and play area so as to prove to your teacher of your selection to the team of about 15 players who are believed to have mastered the game since he needs to demonstrate to the council on the 3rd Feb 2025 how the game is played