

KAYABWE HIGH SCHOOL MPIGI

END OF YEAR ASSESSMENT EXAM

PHYSICAL EDUCATION 2024

S.2 paper1 (Theory)

Time: 1hour 30minutes

Instructions

- 1.This paper has two sections; section A andB.
- 2.Section A has one compulsory question
- 3.Attempt one other question from section B
- 4.Think critically and present neat work

SECTION. A

Item1

Divine encounter church has always organised their youth to engage in some physical activities every end of year holiday. However, different games and sports have always been left out due to the fact that the organisers lack technical know how of executing them and finally they end up scrapping them off from the draft of the plan for the games and sports prepared to be competed in. This has caused many of the participants to loose interest of coming since some games and sports of their choice are not paid attention to. A game of rounders has been earmarked among those that they would need to add onto the few that they always had. You have been trusted as a PE scholar to help and transfer the knowledge to fellow youth whose schools did not include PE on their vocational subjects.

Task

Using the knowledge you acquired in game of rounders taught well by your P E teacher Mr. Abaho pidson. Help your fellow youth to learn the basic skills of the game through a write up.



SECTION. B

Item1

Atwijuka Anison and company advocates one of the most leading law firms in the country expressed concerns about their sedentary lifestyle and the negative impact it's having on their health. Many employees are seen to always feed on baked foods like doughnuts, cookies, cakes, chappati and on soft drinks such as yoghurt, sodas, sweetened coffee drinks and spend long hours seated their desks which has led to issues like back pain, poor posture and swollen legs.



Recognizing the importance of employee's health and productivity, the advocacy head(counsel Atwijuka Anison)has decided to introduce ball games atleast once every end of month to promote physical activity and overall wellness of the firm's legal assistants. After a month the following observations have been made,

- (a) Shortness of breath after minimal physical activity such as climbing few stairs since their office is in a stallen building.
- (b)Struggling to lift moderately heavy boxes or office supplies.
- (c) Difficulty in reaching for office files and bending to access documents in lower drawers or shelves which are the common movement patterns in the office settings.

This behaviour has worried the firm's boss and he has sought for help to address the issues and your school has been earmarked to spearhead the drive to help these young lawyers, your class teacher has selected you to reach out for them and address their issues.

Task

Address their issues in a write up



Item3

Maria is a student who enjoys playing soccer and participates in regular training sessions with her teammates. The school team coach has been focusing on developing different types of skills during practice, such as technical skills(dribbling and passing),tactical skills like (positioning and team work) Maria has noticed that she gets tired quickly during matches and struggles to sustain the demands extended training.

Upon farther reflection, she realizes that her diet mainly consists of junk food with very few healthy meals. She often skips breakfast and snacks on sugary foods before practice. Maria's coach suggests that she need to improve her nutrition to meet the dietary requirements of a physically active person and sustain her energy levels during soccer



Task

Describe a proper diet plan for a physically active person like Maria that will help her improve her performance on the field.

Item 4

The administration and board of governors at KAYABWE high school have been discussing on the elimination of some of the vocational subjects to suit the number of teaching staff and PE has been pointed out among those to be scrapped off. The board and the administration think that angaging in physical education activities is wastage of time and resources saying that they don't see any significance of having such a vocational subject which is not even a better A level combination suiter. You have been called to represent the PE learners since you are on the school students council.

Task

Help yourself and the entire learners offering PE to rescue the subject from being scrapped off.

.....Good luck.....

Wishing you a happy Christmas and a prosperous new year 2025

(TR.ATWIJUKA ANISON P.E DEPARTMENT)

