**S.2 PHYSICAL EDUCATION B.O.T III 2022**

*Instructions*

*The paper is made up of two sections, A and B.*

*Attempt all questions from the different sections*

*All answers must be written in the space provided; no extra attached answers will be marked*

*Time 1:15minutes*

**Section A**

1. At adolescence stage there are several body changes that occur when a child is transforming into an adult, these include physical and behavioral changes. If not properly guided the adolescent can easily drop out of school or even develop drug addiction. Similarly, these body changes greatly affect performance in athletics and physical activities in general. The person is affected both negatively and positively.

a) Clearly explain how these body changes affect performance in physical activities in both boys and girls (8marks)

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b) Write down the advice you can give to such individuals whose performance in physical is affected by such body changes (5 marks)

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c) Outline possible ways of minimizing occurrence of injuries during performance of physical activities (7marks)

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2. Your former primary school designing an extra- curricular and co-curricular sports activities program that will engage all categories of learners irrespective of their age, sex and healthy. un fortunately most of the learners are not interested in sports co-curricular and extracurricular activities due to unclear reasons so the school is thinking of hiring an expert to make these students appreciate the importance of these extra- curricular and co-curricular activities.

As learner of physical education who has been hired as an expert to help the school design the school a sports extra-curricular and co-curricular activities program,

1. State some of the sports co-curricular and extracurricular activities you will include in such a school program (5 marks)

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b)i Explain how you would convince these learners to love and enjoy such sports extra- curricular and co-curricular activities (5 marks)

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ii) What precautions will you give to the learners in order to minimize risks of injuries during such sports co-curricular and extracurricular activities ( 5marks)

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c) Explain to the learners the importance of rest after exercise (5marks)

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**Section B**

**Movement concepts**

3. Your former primary school has adopted gymnastic classes as one of the sports co-curricular activities that their students should engage in. However, there is a challenge that the learners have little knowledge concerning educational gymnastic activities

As a newly appointed gymnastics instructor of your former school, help the learners to fully understand

1. The understand meaning of educational gymnastics (2marks)

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b)i importance of educational gymnastics to a learner (5marks)

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c) Describe the steps of performing any three body shapes in gymnastics

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