

**END OF YEAR ASSESSMENT
SAMPLE TEST ITEMS**

SECTION A.

1. After performing any intensive physical activity, its not proper for one to have passive resting immediately.

a) i) state what you would do immediately after that activity.

.....

ii) state three importance of performing what you have stated in a (i) above.

.....

b) However, resting is also important in the life of an athlete. State two reasons why it's important.

.....

c) Donald plays rugby. After playing the game in the evening, he immediately moves to class for revision. Class-mates sit a distance from him due to unpleasant smell (bad odour) from him.

State what Donald needs to do so as to have the class-mates feeling free to sit close to him.

.....

2. Masaka valley SS hosted district athletics competitions last year. Schools competed in running 100m, 100m hurdles, 110m hurdles, 400m hurdles, 4x400m relays, 800m, 5000m and 1500m.

a) Categorize those running events into short distance, middle distance and long distance.

category	Running distance/s
1. Short distance	
2. Middle distance	
3. Long distance	

b) Which of those distances were ran by;

i) Only boys;

ii) Only girls;

iii) Both boys and girls;

c) Crouch start and standing start are the two types of start which are mainly used when starting a running race. Which one is used when to run;

i) 5,000m

ii) 100m

d) It was noticed that one athlete of one school delayed always to start running whenever a signal to take off was given /sounded. Which particular component of fitness does that athlete need to train?

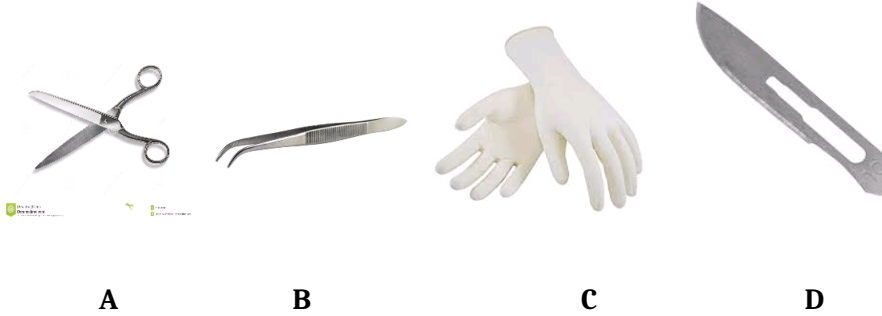
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e) Apart from the component mentioned in (d) above, list any four other skill related components of fitness athletes to run 100m need to train more.

.....

f) In preparation to compete in relays, one of the coaches was heard instructing his athletes to use visual baton exchange and advised them use any technique which they feel comfortable with. Name the two techniques his athletes can use.

3. Below is a list of some items used to administer first aid. Use them to answer the questions that follow. Use the letters on those items when answering part (a).



- a) i) Which of those items is used for the protection of the first aider against infection?

- ii) Joan was playing with a glass, it got broken and particles of glass got stuck into her finger. Which of those items is most suitable to be used to remove those particles from her skin?

- iii) Mathew hit his toe on a stone while walking and part of his skin on the toe peeled. Which of those items is most suitable for cutting that skin?

- b) Name the items A, B and C.

A

B

C

4. In Kalaki community school, there are a variety of games played. All learners who report for S. 1, term one are encouraged to select at least one game they have to play at school.

- a) State any three factors that learners can base on when selecting.

- b) State four social benefits of the decision (policy) of Kalaki community school.

SECTION B

4. Tom woke up 10minutes late for school. He dressed very fast and ran to school. When he reached school, the teacher on duty observed that Tom had some injuries. When he inquired from him what had happened; he reported that on his way to school, he slid and fell down. A sharp object injured his right arm and that's why blood was coming out. He also complained of pain at the ankle, swelling was observed at that ankle and had difficult in moving the foot with injured ankle.

Task: The teacher on duty has requested you to get items used to administer first aid and give first aid to Tom. Make a write up to show the procedures you would follow to

administer first aid of one of the injuries that Tom got.

5. Physical education is a compulsory subject in all secondary schools in Uganda. The director of Nameru secondary school has upto now not accepted the subject to be included on the school time table. He adds that, it's a subject of just playing and has no value in ones' life.

Task: As a class captain who needs your class to have that subject included on the time table, make a write up that you shall use in the class meeting with the director to convince him and have they subject time tabled.

6. Keneth is a good volleyball player. Last term, he was nominated among the best players in the interhouse competitions. He now feels proud of it. These days, he reports late to the court as delays in class chatting with colleagues. On arrival, he requests to immediately start playing the game. Many other players have copied his conduct. The coach has noted with concern that Keneth and other players who have copied his conduct take long to start playing with ease and in most cases get muscle cramps during the game.

Task: As a physical education learner the games teacher has identified you to talk to them. write a speech that you shall use when talking to Keneth and those players that have copied his conduct about what they should do and the correct sequence followed to avoid those challenges and the importance of performing it.

7. The country was truck with Covid- 19 pandemic in 2020. This forced the government to close all school and all sports activities and facilities. The players of Kakabajo ss soccer team couldn't meet and train. After a year, schools and sports activities were allowed to operate again after when the measures to control the pandemic had been put in place. When members of the soccer team reported back, coach took them to the pitch for training. He observed that some took 5 minutes to ran only 2 laps round the pitch and complained of being tired and having muscle fatigue. Some could delay to respond to the sound of the whistle. Others couldn't easily turn to move to the instructed directions. During stretching at seated position, some couldn't even stretch to touch their toes.

Task: As a physical education learner, the coach has requested you to help him identify the various components of fitness that need to be trained, and suggest the possible activities to be conducted for each component for those members of soccer team.