

END OF YEAR EXAMINATIONS

S.1 PHYSICAL EDUCATION

Paper 1

2 HOURS

Instructions.

- *Answer all in section A and only one question in section B.*
- *All answer in Section A should be written in the space provided.*
- *Answers in Section B must be written on the answer sheets provided.*
- *All drawings must be drawn in pencil.*

SECTION A

1. a) Define the term First aid.

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b) State four basic sports injuries which a senior one Student may face during a sports activity.

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2. To perform First aid for sprains, you need the Knowledge of **PRICER**, State the procedures an individual should follow during the administration of First aid to victims of sprain injuries (5 marks)

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3. Juma and sarah are good students who play all games in P. E

State at least 5 general exercise phase of warm up activies they must do before doing any game or sport of their choice.

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4. a) Explain how you understand by the following terms as used in the game of rounders.

i) Bowling.

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ii) Fielding.

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iii) Batting.

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iv) Umpire.

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b) Explain how a point is scored in the game.

5. a) At Nabilatuk sports group, the district sports officer has organised running events to close the sports calendar year. This is aimed at tapping young fresh talents for future competitions to represent our country Uganda. As a senior one student, mention at least four running events you expect the athletes to participate in. (04 marks)

I.

II.

III.

IV.

b) State two middle distance runs. (4 marks)

i.

ii.

c) State two starts used in running events.

i. ..

ii. ..

6. a) Explain the following terms in relation to sports.

i. Exercise

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ii. Rest

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b). Suggest any two importance of rest.

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7. a)i). Define the term balance as used in gymnastics. (1 mark)

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ii) Give two ways why it is important to study educational gymnastics. (2 marks)

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b) Name any two qualities of a good gymnasts.

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8. a) Name four components of physical education. (4 marks)

i. ...

ii. ...

iii. ...

iv. ...

b) State two importance of physical education to a P. E student.

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9. a) What is the standard measurements of the following dimension in valley ball court.

i. Attack line

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ii. Length

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iii. Width

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b) Supposing Your School can not afford to buy standard equipment for the game of volley ball yet you have to cover volley ball activities this year.

Write atleast three local materials that can be used to make equipment used in the game. (3 marks)

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- c) state at least four skills used in the game of volley ball
(2 marks)

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10. Study the following short passage and fill in the
Suitable words used in netball. (6 marks)

Net ball is played on a firm rectangular
Surface.....metres long
and.....metres wide.

The long sides are called side lines and the short sides are
called..... . The Court has a
centre diameter of.....metres and
two goal circles which are semi-circles drawn around the
goal posts each with a radius of metres. The game is played
by.....players.

11. a) Name any two changes that girls undergo during
adolescent stage. (2marks)

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- b) Explain two ways how the above changes can affect
performance in sports.

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SECTION B (20 Marks)

Attempt at least one question in this section.

12. The game of volley ball is played by two teams each consisting of 6 players. As a senior one student who has learnt all the basic skills of volley ball.

Task

- a) state the basic defensive skills in volley ball.
- b) Design a volley ball court that will be used to execute all the skills in a game situation, showing all the dimensions and the positions of the Six players on each Side of the field of play and their rotation
- c) Prepare a presentation you will use to teach the Students in your class how to execute,
 - i) dig pass
 - ii) Spiking

13. You have been invited to introduce the game of netball to the Students of Kamwany! I's in Mubende. As a senior one student who has learnt basic skills in net ball

- a) Design a plan that will be used to demarcate a netball court (use standard measurements). Show the start positions of players of one team.
- b) Prepare a presentation you will use to teach the Classmates on basic skills of chest pass and Underarm pass in a game situation

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