



KAMSSA LOWER SECONDARY LEVEL EXAMINATIONS
Physical Education
SENIOR TWO
END OF YEAR 2022
1 Hour 30 Minutes

Instructions

Answer all questions (80 marks)

1. Sports and physical education share similarities but also have their differences.
 - (a) State at least 3 similarities (6 marks)
 - (b) Name 3 differences (6 marks)
2. Give any three major components of Physical Education (6 marks)
3. In the absence a first aid box the following three local materials can be substitutes. Indicate their uses as well (6 marks)
4. Study the following 4 pictures and state what activities are taking place (8 marks)



5. What is done for equipment before and after performing gymnastics (2 marks)
6. Arrange the following steps in administering first aid to a gymnast who has strained his or her ankle during a gymnastics performance (14 marks)

Column A (Chronology)		Column B (Wrong steps) in wrong chronological order
1st	A	Identify the injury
2nd	B	Refer the causality for further management
3rd	C	Rest the injured part
4th	D	Elevate the injured part above the level of the heart
5th	E	Use bandage to compress
6th	F	Apply ice on the injured part
7th	G	Stop the activity

7. DRSABC stands for? (6 marks)
8. Describe the recovery position in first aid and its importance to the unconscious victim/patient (6 marks)
9. The importance of warm up in exercise is to: (6 marks)
10. Arrange the phases of a sprint start chronologically (6 marks)

Column A (Chronology)		Column B (Wrong steps) in wrong chronological order
1st	A	Take off
2nd	B	Get set
3rd	C	Set up the block
4th	D	Respond to gun/whistle or any other signal
5th	E	On your marks
6th	F	Stand behind the block

END