

PE S.1 MARKING GUIDE

1. Sports and physical education share similarities but also have their differences.

(a) State at least 3 similarities (6 marks)

- Both are important for body growth
- Both enhance flexibility
- Both can help identify talent and skill
- Both lower risk of diseases like stroke, heart disease
- Both can help with weight loss
- Both can improve mental health
- Both involve physical activities
- Both can improve self-esteem

(b) Name 3 differences (6 marks)

- Sport requires and follows specific rules whereas PE is relaxed on rules
- Sport is competitive while is considered as training and more fun-based
- Sport requires talent and skills; PE can be done by anyone
- Sport requires specific equipment, PE allows for improvisation
- Sports involves results, rankings and (trophy) awards while PE is mostly for body wellness.
- Sports is gender and age specific, PE is open to all genders and ages
- Sports is not compulsory for students whereas PE is compulsory
- Sports is specific while PE covers all sports in addition to other activities.

2.The following three are components of Physical Education (6 marks)

- Hygiene
- Exercise, Rest and Sleep
- Career guidance
- Personal skills
- Respect
- Skills development
- Gymnastics
- Athletics

3. In the absence a first aid box the following three local materials can be substitutes. Indicate their uses as well (6 marks)

- Salt to disinfect the wound
- Blackjack leaves extract to heal/close the wound faster
- Clean old sheets to dress the wound
- Hot water to increase blood circulation and help with wound healing

4. Study the following 4 pictures and state what activities are taking place (8 marks)



1. Gymnastics activity
2. Disabled student running/walking/playing
3. Football game
4. Jumping or running

5. What is done for equipment before and after performing gymnastics (2 marks)

- Cleaning

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

1-G, 2-C, 3-A, 4-F, 5-E, 6-D, 7-B

7. DRSABC stands for? (6 marks)

- D- Danger
- R – Response
- S- Seek/Shout for help
- A – Airway
- B – Breathing
- C - Circulation

8. Describe the recovery position in first aid and its importance to the unconscious victim/patient (6 marks)
- The head is tilted so that the tongue can't block airway/throat. This way the vomit is able to drain out of the mouth without choking the victim and the responder can leave the victim in this position and seek for help
9. The importance of warm up in exercise is to: (6 marks)
- Increase body and muscle temperature so as to prevent injuries
 - Increase blood and oxygen circulation for better performance and efficiency
 - Lubricate the joints in preparation for stretches
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

1-C, 2-F, 3-E, 4-B, 5-D, 6-A

END.

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

XXX END X X X

NAME:.....SIGN:.....

SCHOOL:.....DATE:.....

MID-TERM EXAMINATION

P.E S.1 EXAM, 2023.

1HR: 15 MIN.

INSTRUCTIONS

- Attempt all questions
- All answers should be written on answer sheet provided

SECTION A (25 Marks)

1. Physical Education as a subject has improved people's talents. Their body healthy; obesity and many others but much exercising is needed before starting a game or sports as below. **(Students of Think Humanity S.S)**

Figure 2.3



- a) i) Name the activity taking place above **(2mks)**
 ii) State the importance of carrying out a game or playing football, netball, and volley ball. **(5 marks)**
- b) i) Identify some of the injuries the above participating are likely to receive **(05 marks)**
 ii) State the first aid given to the injuries mentioned above. **(08 marks)**
 iii) Explain the importance of giving first aid to causality. **(5marks)**

SECTION B (25 Marks)

2. During physical exercise energy is needed and energy comes from food.



- a) i) Name the foods a sports person should eat **(05 marks)**
 ii) Explain why a sports person should eat a lot of food, **(05 marks)**
 iii) Why is it advised for sports person to be given glucose after the exercise **(05 marks)**
- b) i) Identify the characteristics of a good sports person. **(05 marks)**
 ii) What advice would you give to a young sports person? **(05 marks)**

“Sports is part of Life”

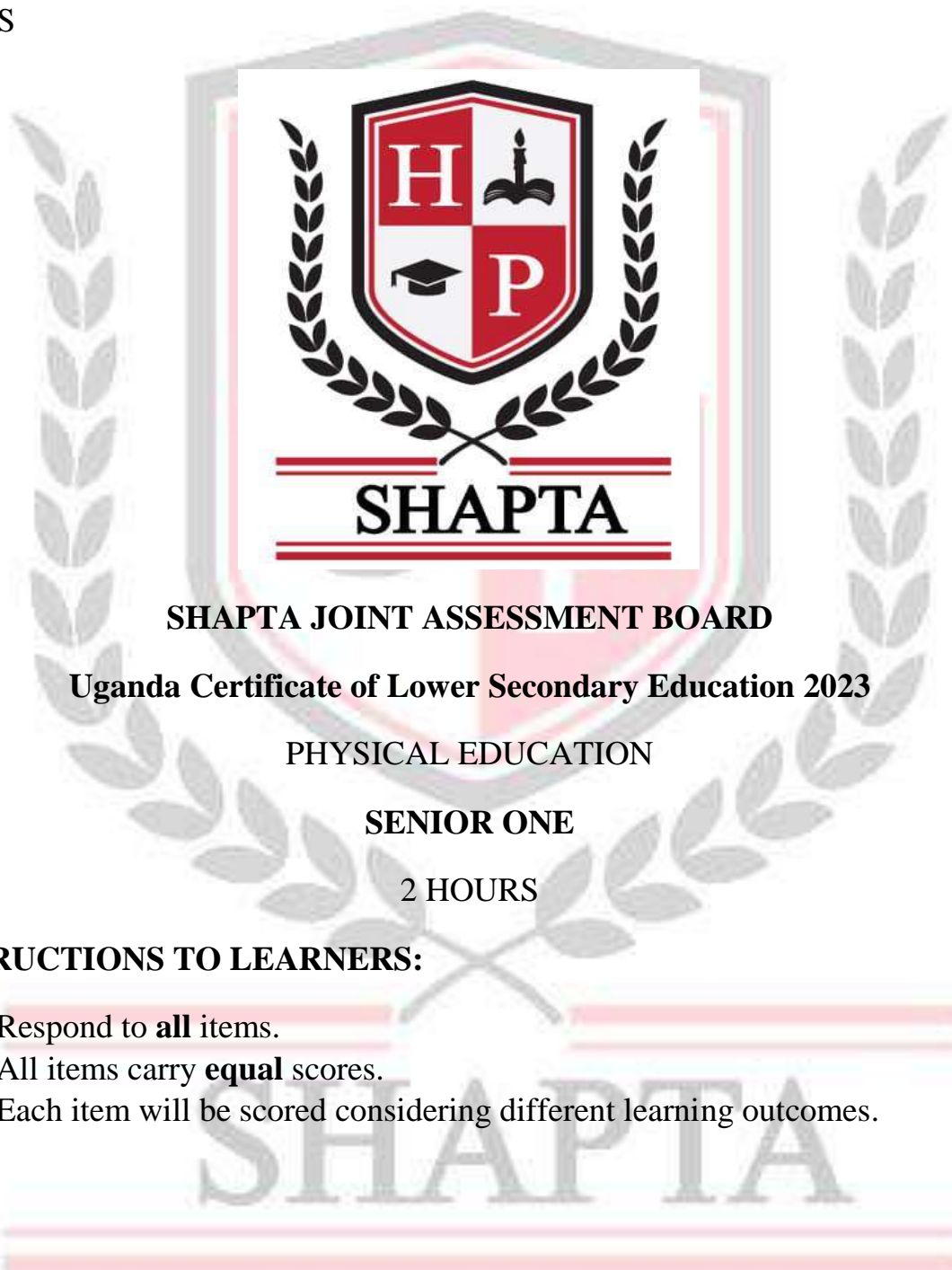
Keep enjoying.

END

PHYSICAL EDUCATION

NOVEMBER.2023

2 HOURS



INSTRUCTIONS TO LEARNERS:

- Respond to **all** items.
- All items carry **equal** scores.
- Each item will be scored considering different learning outcomes.

CASESTUDY/SCENARIO

1. Your friend was riding a bicycle on his way to school; suddenly he knocked a goat and fell badly. You reached the scene and found that he was unable to talk. He was also bleeding from the Nose.

TASK:

As a senior one learner, prepare and demonstrate the actions would you take in order to save your friend's life?

CASESTUDY/SCENARIO.

2. On your sports day, senior learners of your school were observed being set for 800m and 500m races on a track. Unfortunately, they did not know what to do upon being commanded by the starter. They were then taken for a relay race where they still got confused.

TASK:

In your opinion as senior one learner, demonstrate how they should have executed the running events

CASESTUDT/SCENARIO

3. Your class netball team will playing against the senior one class of your neibhouring school next week. Unfortunately, your team coach is sick. As a captain of the class team you are required to engage the teams in a practice session as you wait for the coach to recover.

TASK:

As a captain, prepare and demonstrate the activities that you intend to practice during the session

END