

INSTRUCTIONS

The paper consists of two sections.

Attempt all numbers in SECTION A and only one from B.

SECTION A

1 (a) Differentiate between games and sports. (2 marks)

(b) Students are encouraged to take part in sports organised in school. Explain any four values of engaging in these activities in and out of school. (4 marks)

2 (a) Fitness is the ability of your body to cope with the demands of every day life.

(b) The table below shows a training session for a performer ~~aiming~~ aiming at improving his/her fitness.

Training session,

Warm up, followed by:

1 minute of jogging.

1 minute of wall push ups.

1 minute of jumping jacks.

1 minute of shuttle runs.

1 minute of static cycling.

1 minute of rest then repeat the exercise for 20 minutes.

Then cool down.

Complete the training session & timer goes for four months.

What are the three components of fitness that are addressed above in the above training session?

SECTION B.

Attempt any question.

(c) Warm up and cool down exercises are always done by sports men and women, list down 4 importances of warm up and cool down exercise. (4 marks)

3(a) Different sports and games activities have periods of rest.

(i) Define the term rest. (1 mark)

(ii) List down any two forms of Rest you know.

(iii) Why is it advisable to have rest after exercise? (2 marks)

(4) Define Dig pass as used in the game of volleyball. (1 mark)

(b) Service is the process of starting and restarting or putting the ball into play in the game of netball. Identify the common serving faults you know. (4 marks)

(5) Draw a well demarcated volleyball court and indicate the positions of players for the two opposite teams. (10 marks)

SECTION 3.

- (a) Draw a well labeled net ball court. Indicate dimensions and show all the positions of players of the two opposite teams A and B. (2 marks)
- (i) List the 3 basic skills of net ball (3 marks)
- (b) You have been chosen as an umpire to brief your the two teams in class competition ie S.1 and S.2 on the rules governing net ball before the start of the game. List down the rules you will give to the players. (4 marks)

(c) Give the role of the following players in the game of netball.

- (i) Goal Attacker (GA) (1 mark)
- (ii) Centre (C) (1 mark)
- (iii) Goal Shooter (GS) (1 mark).

(d) Running is an activity you have covered in every life.

(a) I identify four situations in your daily life where you have utilized the skill of running. (4 marks)

(b) Define the following terms as used in running (1 mark)

- (i) Stand start
- (ii) Crouch start.

(1 mark)

What safety measures do you put in consideration when running.

Define ~~skill~~ the terms skill, talent and interest (6 marks)

Explain how each in (c) above affects ones progression giving appropriate example from (3 marks)

sessions

PAPER 2 (PRACTICAL)

Time : 1 1/2 hours.

Attempt all questions.

This paper consists of 3 sections A, B & C.

SECTION A. Athletics.

1) Demonstrate the following skills.

• Standing start

☐

• Crouch start

☐

(b) In a pair demonstrate the downward sweep of baton exchange in Relays

☐

SECTION B. Volley ball

(2)(a) Serve the ball ^{5 times} using under arm serve to position 6 of the opponent team

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(b) ~~Be~~ With a partner ^{5 times} receive the ball served to you, using a dig pass.

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(c) Demonstrate how a rotation is done in Volley ball.

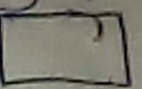
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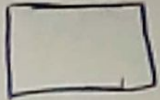
SECTION C. NET BALL.

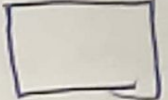
3) (a) Receive the incoming ball using a chest pass.

(b) Serve the ball ^{5 times} to a partner using a chest pass.

☐

(b) Show the playing area for ^{king} defender on the net ball court. 

(c) Receive the incoming ball in air and land ^{using} a double landing. 

(d) Make 5 attempts ⁱⁿ of scoring/shooting 

- END -

S. 2.

Time: 1½ hours.

Attempt all questions.

- 1) Define the following terms are used in ~~athletics~~ athletics (1 mark)
 - (i) Stand start (1 mark)
 - (ii) Crouch start (1 mark)
- (b) State the safety ~~preca~~ measures you consider when running. (5 marks)
- (c) List ~~the~~ any 3 equipment used in running (3 marks)
- 2) A balanced diet is a necessity for all classes of people.
 - (a) With reference to an athlete, mention five different foods needed to enhance his or her performance. (5 marks)
 - (b) Differentiate between a skill and a talent (2 marks)
 - (c) Identify the factors that affect one's skill of performance. (5 marks)
- 3) (a) Sprain is an example ^{of} injuries in sports, Explain the steps you would ~~follow~~ take when administering first aid to a person with the above injury. (5 marks)
- (b) Define the term fracture (1 mark)
- (c) Explain the ways you would ~~follow~~ offer first aid to an individual who has a fracture (4 marks)

Q(a) During a physical education practical lesson, your teacher picked you to lead the class. I identify ^{will} any four physical exercise ~~to develop~~ you ~~would~~ use to develop physical fitness. (5 marks)

1(b) Define ~~Rest~~ the term rest. (1 mark)

(c) After doing physical sports activities, many sports men and women always need some time for resting. As a p.e student give the importance of rest. (4 marks)

— — Good luck — —

PHYSICAL EDUCATION

SI END OF TERM II.

Time: 1½ hours.

Instruction:

Attempt all questions.

Q1. Define Physical Education. (1 mark)

(b) List any four components of Physical Education. (4 marks)

(c) Physical Education is a very important towards the growth and development of an individual. As a P.E student, Explain any 5 importance of engaging in physical activities. (5 marks)

Q2. (2) Differentiate between first aid and first aider. (2 marks)

(b) Do you know that you can use some locally available materials in your immediate environment to administer first aid. List some of the materials that you can use to offer first aid to an individual who is a victim of the following;

- | | | |
|------------------|-----|-----------|
| (i) Cuts | 2mm | (2 mark) |
| (ii) Fainting | | (2 marks) |
| (iii) Bruises | | (2 marks) |
| (iv) muscle pull | | (2 marks) |

(3) The DRABC - routine is the primary survey of administering first aid.

(a) Write DRABC in full. (1 mark)

(b) Write short notes on DRABC (9 marks)

Q3. Define Adolescence. (1 mark)

(b) Identify the body changes that take place among boys and girls during adolescence.

(i) Girls

(3 marks)

(ii) Boys

(3 marks)

(b) How do the body changes in (b) above affect the performance of physical activities.
(3 marks)

(5) (a) Safety is very important in sports, as P.E student give 5 ways on how you can prevent injuries during physical activities.
(5 marks)

(b) Sprain is one of the injuries which may occur during a friendly football match between your school and Buddo SS team. Assuming you are the team doctor show the steps you have to follow when giving first aid to a person/player who has got a sprain injury.
(5 marks)

Go - GOOD LUCK -