

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.