

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