**ST MARY’S SECONDARY SCHOOL – LUSALIRA**

**END OF TERM 2 ASSESMENT TEST**

**S.1 PHYSICAL EDUCATION**

TIME; 1 HR 30 MINUTES

ATTEMPT ALL QUESTIONS

1. a).state 10 different materials that you can find in first aid box(10 marks)

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………….

b) state the function of each of the named materials in (a) above (10 marks)

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………................................................................................

2. a) Why is it important to warm up? (3marks)

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

b) Give any 10 examples of dynamic and static warm up activivities?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

C) why is it healthy to exercise our bodies? ( 7 marks)

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..

THE END