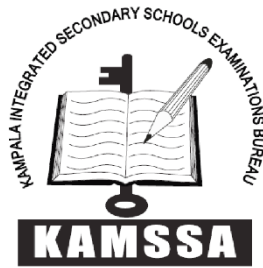


NAME:.....STREAM.....



KAMSSA LOWER SECONDARY LEVEL EXAMINATIONS

Physical Education

SENIOR TWO

END OF YEAR 2022

1 Hour 30 Minutes

Instructions

Answer all questions (80 marks)

SECTION: B

- 1.** What happens inside your body when you run, jump, play games, and get involved in other games? (6 marks)

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- 2.** Why was first aid one of the first topics in your Physical Education syllabus (4 marks)

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- 3.** During first aid, the first aid responder must be the following (6 marks)

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- 4.** The action for sprains is RICE. What is RICE? (4 marks)

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5. Before any exercise the following must be in existence (6 marks)

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6. The importance of warm up is to: (4 marks)

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7. An obese person intending to lose weight is advised to have a 40-30-30 meal plan.
Allocate the respective food types to those numbers (3 marks)

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SECTION B

8. Mukisa Peter is a young aspiring footballer. However, before his routine football game on Friday evening, he decided to warm up using basketball warm up drills. How will this affect his performance in football? (10 marks)

9 . Write a letter to your LC 1 chairperson indicating why the community needs to learn and play the game of rounders (21 marks)

10. Draw a netball court and indicate the playing positions and march their with their opposing positions e.g GA/GD (16 marks)

END