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PHYSICAL  
EDUCATION  
2024  
2 ¼ hours



## B.PETER'S ACADEMIC PLATFORM

### END OF TERM THREE EXAMS 2024 PHYSICAL EDUCATION S.2

Theory

**2 hours 15 minutes**

#### **INSTRUCTIONS TO CANDIDATES:**

*This paper consists of **two** sections: A and B.*

*Answer only **two** items from section **B**.*

*Section **A** has **two** compulsory items.*

*Answer **four** examination items in all.*

*Any additional item (s) will **not** be scored*

*All answers **must** be written in the answer booklet(s) provided.*

*A good handwriting is **recommendable**.*

**Turn Over**

## **SECTION A:**

Answer **both** items in this section.

### **Item 1**

Peter is a good footballer in ABCD SS. Many stakeholders including villagers wish to see him on the pitch. Although local media broadcasts many times the matches, Peter does not appreciate it and seems not to see any opportunity in his engagement in sports. Since Mr. Murungi the sports teacher refused to include Peter on a bursary scheme, Peter no longer sees any advantage in engaging in sports. He has even taken an extra mile to assert that apart from winning the friendly games of the school, there is no other competition of benefit to him.

**Task:** Address Peter's issues in a letter.

### **Item 2**

In a physical education class, a student named Amina is very dedicated to her fitness routine. She exercises vigorously for two hours every day, focusing on strength training and cardio. However, she often skips meals and does not get enough rest due to her busy schedule. Additionally, Amina neglects her personal hygiene, often wearing the same workout clothes multiple times without washing them.

### **TASK**

Advice, how can Amina improve her approach to exercise, rest and hygiene to ensure she maintains a healthy and balanced lifestyle

## **SECTION B:**

Answer only **two** items from this section.

### **Item 3**

John is a high school student who is passionate about basketball and dreams of playing at a competitive level. He spends hours practicing his shooting, dribbling and defensive skills every day after school. However, John's diet consists of mainly fast

food, sugary snacks, and soda. He often feels tired and lacks the energy to perform at his best during games and practices.

### **TASK**

Provide an advice, on how can John enhance his skill develop and overall performance in basketball by making changes to his diet and nutrition habits?

#### **Item 4**

The school's basketball team has been performing exceptionally well this season, winning several important games and gaining recognition in the local media. As a result, the team's captain, Maria, has been receiving a lot of attention from reporters who want to interview her about the team's success. Maria is excited about the media coverage but is also feeling overwhelmed by the added pressure and expectations.

### **TASK**

How can Maria effectively manage the media attention and use it to positively impact the team's performance and her own leadership role in physical education class.

#### **Item 5**

Due to the limited resources for use during the engagement in sports, a number of community members may end up having less involvement in sports. Limited access to sports by some people is based on a number of reasons and this has affected the talent identification and development programs in the various communities where the vice exists. From research, it's established that society is not aware of this vice and its impact, yet it's disastrous. As an expert, you would wish to open the eyes of the society before the effect increases.

### **TASK:**

Prepare a write-up that you can present over a radio talk-show, if you are invited to address the issue.

**END**