

PHYSICAL EDUCATION

S2 HOLIDAY WORK 2024

AGREEABLE AND DISAGREEABLE BEHAVIOR

Keywords.

Behavior: This refers to the way somebody conducts himself or herself or responds to a specific set of conditions.

Agreeable behavior: This is the conduct that is pleasant or acceptable to other people.

Examples of conduct that is pleasant or acceptable to other people (ethics)

In society	In performance of physical activities
Tolerance to others	Congratulating opponents upon winning
Being sociable ie, freely interacting	Caring for the injured
Showing kindness	Following rules
Exhibiting humility	Compliance with decisions of referees
Showing generosity	Encouraging struggling team mates
Being just	Helping opponents
Caring a lot to others	Respecting opponents and officials

Disagreeable behavior: This is the conduct that is unpleasant or acceptable to other people (ethics).

Examples of conduct that is unpleasant or acceptable to other people

In society	In performance of physical activities
Being selfish	Talking irresponsibly
Being argumentative	Injuring an opponent on purpose
Conflicts	Cheating
Confrontations with others	Not taking responsibility losses
Pride and arrogance	Underrating other players
Non compliance with societal norms and rules	Use of drugs
Being a law breaker	

Effects or consequences of disagreeable behavior

On individual:

- Reduces performance in sports
- Loss of opportunities
- Injuries
- Family break ups
- Death
- Loss of respect
- Aggression
- Withdrawal symptoms
- Poor health

On team:

- ★ Loss of matches

★ Expulsion from competition

★ Sanctions

★ Loss of income

Poor recognition

On society:

1. Criminality
2. Loss of mentors
3. Drug abuse
4. Reduced productivity
5. Reduced societal cohesion.

SELF DEFENCE.

Self defense is the tactical use of force and other strategies to encounter a possible and immediate harm.

The success of self-defense is entirely dependent on one's preparedness both physically and mentally.

Self-defense activities when attacked from behind

Using an elbow strike:

Make one step forward. This is to attain balance

Using your elbows, strike the face of the attacker. Aim at the jaw, temple or the cheek bone.

Bear hug attack:

Attached from behind and arms held. Bend from the waist to shift your weight forward. Aim at the lower leg and press the muscles hard.

Press the weakened leg up so that the attacker falls.

You can now leave him down and run for help.

A groin kicks when attacked from front:

Establish a stable position.

Push your knee forwards and upwards to contact the attacker around the groin.

The attacker will be destabilized giving you space to flee.

Saving yourself when someone tries to choke you.

Take a step backward so as to attain balance. Trap the fingers of the attacker with your biceps close to your ear.

Pivot away from the attacker as you bring your elbow down to break the choke attachment.

Raise the elbow into a hammer first and strike the attacker in the face.

What to do when attacked by an animal.

Maintain calmness.

Slowly move away while avoiding eye contact. Do not run.

Use anything available to protect yourself. Put it between you and the animal

In case the animal charges, fight it with a stick or rocks. Aim for the eyes and throat.

If it attempts to bite you, offer the fore limb and use the other to fight and protect your face and stomach.

Consult a doctor after the attack and report to police.

HANDLING CRISIS SITUATIONS

Crisis is a situation or period in which things are very uncertain, difficult, or painful especially a time when action must be taken to avoid complete disaster or breakdown.

Examples of possible crises.

Fire out breaks

Floods

Lightening

Drought

When in danger call 999 or 112 (police), 0800285285/0800385385(UMEME), 0800200977/0800300977(NWSC) and 0800199099/0718357497(traffic).

DRUG AND SUBSTANCE ABUSE

A DRUG

This is any substance which has a physiological effect when introduced into the body by injection or any other means.

Examples include;

Cocaine

Amphetamine

Methamphetamine

Opium

Heroin

Marijuana.

Drug abuse:

This is the use of a drug without following prescription of a technical personnel or a wrong purpose

Categories of drugs.

Energy boosters (stimulants): They speed up the body's nervous system and create a feeling of energy

Pain relievers (narcotic analgesics): These relieve pain and cause ecstasy.

Excitement stimulating drugs: They increase rate of heart beat

Performance boosters: These enlarge muscles and increase strength, boost the number of red blood cells in the blood stream. Examples, peptide hormones and analogues.

Alcohol and inhalants: They reduce sensitivity because they affect the central nervous system and slow down brain activity.

Anxiety reducing drugs: They reduce anxiety that comes with participation in any activity.

Relaxation drugs (depressants): They give feelings of relaxation and relieve stress and anger by reducing the activity of the brain.

ACTIVITY

Visit the websites [www. drugabuse.gov](http://www.drugabuse.gov) and www.WebMD.com to read about the drug abuse in Uganda

Find out the causes and consequences of drug abuse.

Questions: **Attempt all these questions**

Write an article condemning disagreeable behavior in your school. The different behaviors in the article should be picked from the class, outside and the dormitory area.

The ultimate objective of self-defense moves is to enable the victim flee from danger.

what do understand by self defense

With reference to your community, what situations may call for self-defense and how would one come out of them.

Define drug abuse in the most simplistic manner

Discuss the causes of drug abuse among the youth in Uganda