

PE MARKING GUIDE S.2

1. What happens inside your body when you run, jump, play games, and get involved in other games? (6 marks 2@)

- Your breathing increases
- Muscles contract and relax
- Joints get lubricated
- Blood and oxygen flow increases
- Heartbeat increases
- Body and muscle temperature increase

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

- Because injuries, bruises and fainting are likely to occur during PE activities.
- Administering first aid is a life skill that every person and must have knowledge in

3. During first aid, the first aid responder must be the following (6 marks 2@)

- Stay calm when administering first aid
- Be sympathetic to the victim and understand the situation
- Be reassuring to the victim and promise them that all will be well
- Seek extra help or expertise if necessary
- Keep himself or herself and the victim out of danger

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

R - Rest the joint or injury in a comfortable position

I - Apply ice packs on the injured area

C - Compress the injured area with a bandage

E - Elevate the injured limb to reduce blood flow

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

- Equipment
- Facilities or working space
- Proper sportswear

6. The importance of warm up is to: (4 marks 2@)

- Increase blood and oxygen flow into the working muscles to improve flexibility
- Increase body and muscle temperature to minimise injuries
- Lubricate joints to improve agility and reduce injuries

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)

- Carbohydrates - 40
- Proteins 30
- Fats - 30

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)

- 2 marks if student defines sport-specific exercise
- 4 marks if student mentions enhancing performance
- 4 marks if student mentions prevention of injuries
- 4 marks if student mentions mental readiness

Since sport-specific exercises are a duplication of the exact movement of that particular sport, by using basketball drills, Mukisa will not be able to enhance his performance in football because the body will not be physically ready for football. Basketball concentrates on hand movements yet football concentrates on legwork. Mukisa is also likely to get injured when he starts playing football since the relevant muscles and joints have not been warmed up enough. Mukisa may also likely not be mentally ready for football when the game starts since the drills are specific for basketball.

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

1 mark each if there is

- recipient address
- Sender address
- Date
- Salutation (dear sir/madam)
- Sender contacts
- Title/subject matter (E.g RE: Introduction of rounders in our community)
- Signs off (Yours truly, I remain...,)

2 marks if the student introduces him or herself to the chairperson and connection to the community

2 marks if the mentions reasons for the letter

2 marks if student defines/introduces rounders game

2 marks if student mentions the connection between rounders and the community

6 marks if student offers any two practical solutions how the the game will be introduced/played (e.g sourcing for equipment, identifying play area, community mobilisation, scheduling, awards etc)

2 marks if student closes the letter body

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

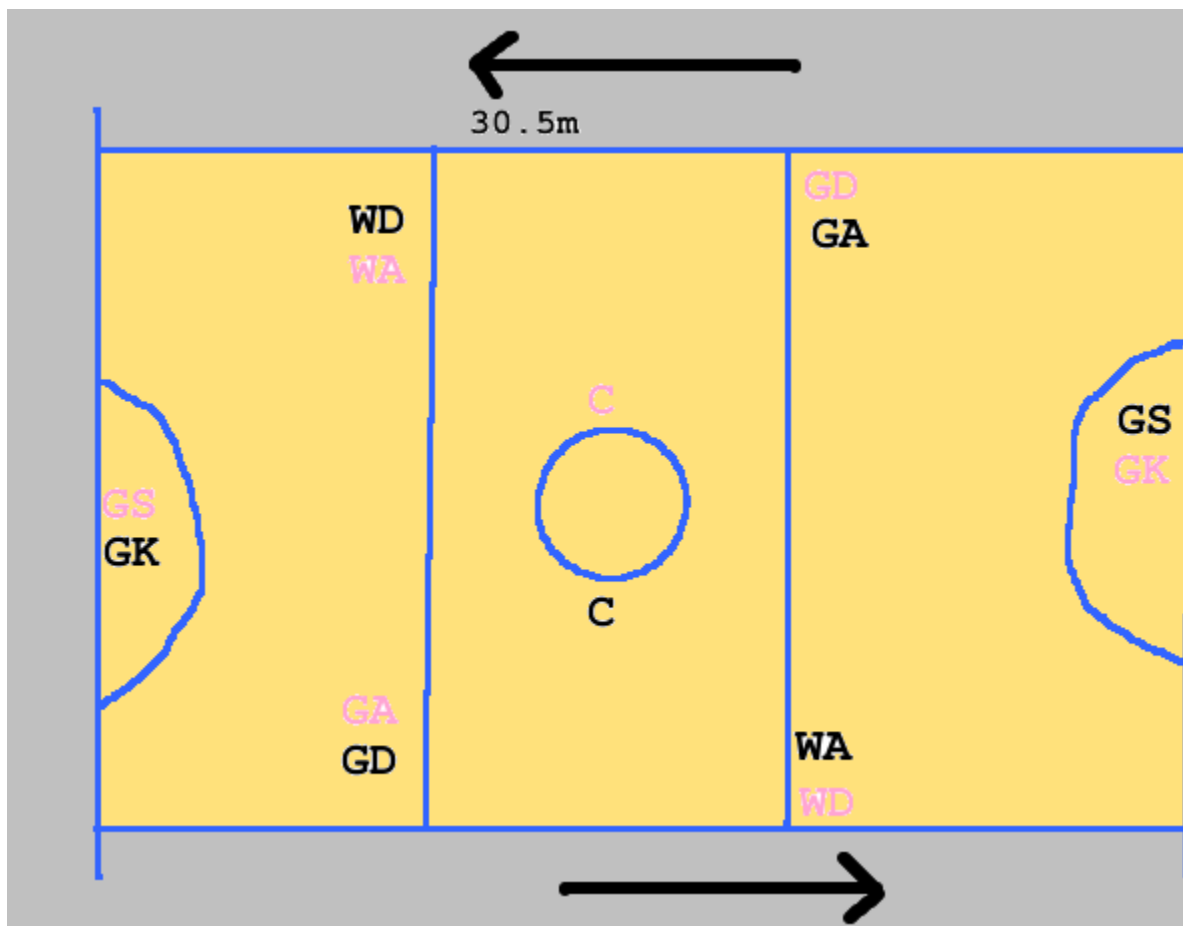
3 marks (one for each of the 3 court dimensions 2-goal thirds, centre third).

2 marks for two goal lines

2 marks for transverse lines

2 marks for two goalposts

½ mark for each position (7 marks total)



Good luck and happy holidays