

KAMSSA END OF TERM 1 GUIDE
PHYSICAL EDUCATION
PAPER 1 THEORY (555/1)
SENIOR FOUR

1. **Lucy Nakyobe Mbonye, Head of Public Service and Secretary to Cabinet in a letter dated March 13, 2024, and addressed to all permanent secretaries, clerk to parliament, executive directors and chief executive officers of agencies asked all government institutions to "institute a 2-hour weekly physical exercise session" for purposes of promoting good health, a news broadcast said last week. However, while listening to the bulletin, Peter Ogwang's grandmother dismissed this off as yet another money siphoning 'empty' projects by government officials. As a physical education practitioner, make a writeup to Ogwang's grandmother and try to convince her why this project is important health wise, socially and financially.**

Answers

Student should define what physical exercise what is

Physical exercise is the intentional physical activity done to enhance or maintain fitness and overall health. The exercises can be done indoors or outdoors and can be done individually or as a group.

Student should classify the exercises

Exercises can be static (isometric) or dynamic. Static exercises involve the contraction of the skeletal muscle without change in muscle length or movement of joints such as weightlifting (pulling and pushing), holding a plank, standing on one foot. Dynamic exercises on the other hand, involve movement of joints.

Physical exercises are grouped into three depending on their overall effect and impact on the human body.

Aerobic exercises: *These are exercises use large muscle groups and cause the body to use more oxygen than usual. The major aim of these exercises is for cardiovascular endurance. Examples include running, swimming, biking, dancing, walking, playing tennis, rope skipping, playing football, playing volleyball.*

Anaerobic exercises: *These are exercises that involve use of body strength and resistance training. These exercises last for only a short period of time and they strengthen and increase muscle mass, improve bone density, body coordination and balance. Examples of such exercises include push-ups, squats, pull-ups, lunges, weight lifting and training, sprinting, high intensity interval training (HIIT).*

Flexibility exercises: *These are exercises which stretch and lengthen the muscles. These exercises improve motion and help in the prevention of injuries. Examples include shoulder stretch, standing calf stretch, cat cow stretch, quad stretch, hip stretch, pelvic stretch, hamstring stretch, spine rotation, adductor stretch, bridge stretches, seat straddle, groin stretch.*

Health benefits (student must explain the points):

1. *Improve physical fitness*
2. *Improve or maintain healthy weight*
3. *Improve bone strength*
4. *Strengthen body immunity through*
5. *Exercises regulate the digestive systems*
6. *Improve joint mobility*
7. *Reduces surgical risks*
8. *Lower disease risk for cancer, diabetes, heart disease, stroke, hypertension*
9. *Improves muscle strength*
10. *Exercise improves sleep levels and muscle/ tissue repair*
11. *Exercises improve sexual arousal problems (libido)*
12. *Improve agility*

Social benefits:

1. *Improves social cohesion and interactions among staff*
2. *Improves mood and emotional wellbeing of individuals*
3. *Improves relations between staff and administration*
4. *Exercises can improve inter-departmental, cross-departmental relations*
5. *Break monotonous routines*
6. *Boosts the brains dopamine chemical which improves concentration and focus hence improves presenteeism (people function to the best of their abilities)*
7. *Reduces crime*
8. *Prevents depression*
9. *Improves self esteem and general well-being*
10. *Reduces drug addictions*

Financial benefits:

1. *Will reduce on government expenditure on health treatment of its officials*
 2. *It will improve productivity of workers*
 3. *Reduced expenditure on personal healthcare*
 4. *Sales for exercise equipment*
- 2. The district has organized a football championship where sub-counties are to be represented. The coach for your team tried out the players through a friendly match to check their preparedness for the competitions. The coach made the following observations;**
1. **(a) A number of players easily got tired and requested for substitution more frequently**
 2. **(b) Many players made passes that failed to reach the identified target**
 3. **(c) Players easily staggered and at times fell down with even a slight push from the opponents**
 4. **(d) In most cases, the opponents could reach the ball first whenever long passes were made.**
 5. **(e) Players eat a lot of food and drink water few minutes before training because they need energy during training.**

Based on the observations made, the coach has requested you to give support to the team in the area of physical fitness. There are three weeks left to the start of the competitions.

Answers

Student must set up exercise programs that improve and aim to achieve power, strength, speed and endurance in the soccer players within 2 weeks

Student must clearly indicate the warm-up and cool down exercises (no less than 5 minutes for each).

For power and strength: Student can organize squat sprinting, plyometrics, jumps, one leg bridges, star jumps, wide squats, wall ball squats, oblique crunches, pull ball in, pull-ups, barbell ab rollout, planks, toe touches, side bridge, hanging leg raise, waiters carry, kettlebell lunges, bent knee hip raises, rotational ball throws, decline push-ups, Russian twist, hammer curls.

Strength: Squats, planks, deadlift, lunges, glute bridge, triceps extension, bicep curls, pushups, jumping jacks, clap pushups, balance exercise, Russian twist, hammer curls, oblique crunches, toe touches, side bridge

Speed: Stop-start sprints (sprint for 40 seconds, then stop and walk for 40 seconds and then sprint again for another 40 seconds. Repeat the pattern) for about 2-3 minutes, sled drag exercises (drag a heavy sled to either side while crossing over the front leg), depth jumps (staircase jumps or jump into a desk, box then down and back), lateral bound (jump and accelerate in explosive movement with a lead leg using arms and leg to generate maximum speed production then land softly on the opposite leg), single leg hops or plyometrics hump on one leg from side to side and then front to back).

Diet: Student must design both pre and post workout meal plan. Male footballers should aim at consuming 3000-4000 calories per day while female footballers should aim for 2000-3000 calories per day. Since footballer burn about 1000-2000 calories when they play, they should consume a balanced diet – high in calories and nutrients – 50% carbohydrates, 30% proteins and 20% fats and minerals. A proper diet will boost players' immunity, fuel the body and improve player performance in terms of physical strength and agility. It will also lead to injury prevention, increase intensity in training and enhance concentration levels.

Pre training plan: bananas, milk, cereals, white bread, porridge, oats, whole grains (millet rice), energy bars, cassava, chapatti, millet,

Meal plan sample

Day 1	Meal
<i>Breakfast</i>	<i>Yoghurt, bread, eggs,</i>
<i>Lunch</i>	<i>Sweet potatoes, chicken, Vegetable,</i>
<i>Dinner</i>	<i>Vegetable soup and bread</i>
Day 2	Meal
<i>Breakfast</i>	<i>Scrambled eggs and beans, fruit juice</i>
<i>Lunch</i>	<i>Rice and fish, fruit juice</i>
<i>Dinner</i>	<i>Smoothies and fruit salad</i>

Training schedule sample

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>Warm up (5-10 mins)</i>	<i>Warm up (7-15 mins)</i>	<i>Warm up (10 mins)</i>	<i>Warm up</i>	<i>Warm up</i>	<i>Warm up</i>	<i>Rest day</i>
<i>Stretches</i>	<i>Jogging (2 laps (1200m))</i>	<i>Rope skipping one-leg and double leg (2 mins)</i>	<i>....</i>	<i>....</i>	<i>....</i>	<i>....</i>
<i>Start-stop sprints (3-5 minutes)</i> <i>Rope skipping</i>	<i>Elbow planks (1 min *2 with 30 secs break)</i> <i>Squat jumps</i> <i>Lunges</i> <i>Pushups (10-15)</i>	<i>Russian twists (50 secs 2 rounds)</i> <i>Wide squats (5*2 with 20 secs break)</i> <i>Glute bridges (10*3 with 15 secs break)</i>	<i>...</i>	<i>...</i>	<i>.....</i>	<i>....</i>
<i>Cooldown (5 mins)</i>	<i>Cool down (10 mins)</i>	<i>Cool down (10 mins)</i>				

SECTION B

- At the just concluded All Africa Games at BSC Borteyman Sports Complex in Ghana, Uganda secured a fifth place finish in Women's Handball after defeating the host country 30-28. The Uganda Handball Federation has analysed the team's performance in Ghana and came to the conclusion that whereas Uganda was one of the highest scoring teams, it also conceded very many goals. Starting with grassroots skilling, the Uganda Handball Federation is now calling for applications from Physical Education (PE) students in senior four to help with

the defensive tactics of handball among emerging players in senior one and senior two. Realising that you have already covered handball in your PE subject, your headteacher has advised you to apply for the handball skilling job.

Answers

*[Student name]
[Student address]
[city, country]
[Email address]
[phone number]*

[Date]

***The Uganda Handball Federation
[Their Address]
[City, Country]***

RE: Application for skilling PE students in defensive tactics in handball

Dear Sir/Madam,

I am writing to express my interest in the position for skilling handball students in defensive tactics as advertised. With a passion for handball and a strong background in the sport, I am excited about the opportunity to contribute to the development of emerging players in Uganda.

During my involvement in PE handball practical session, I have gained valuable experience in defensive strategies and tactics. My understanding of the game's defensive aspects such as screening the opponent, blocking a shot or pass, intercepting a pass, marking an opponent, stealing the ball, jump in and jump off, stopping and changing direction, body posture combined with my ability to communicate effectively, would enable me to make a positive impact on the players' skill development.

As a budding PE practitioner who has gained insurmountable experience and the necessary knowledge and skills, I can effectively teach and train the young players. I am confident that my dedication, coupled with my passion for handball, would make me a valuable asset to the Uganda Handball Federation's grassroots skilling program.

I am eager to contribute to the growth of handball in Uganda. Thank you for considering my application. I look forward to the opportunity to discuss how my skills and experiences align with your program's goals.

Sincerely,

[Student Name]

4. **Conjunctivitis** commonly known as 'Red Eyes' is a highly contagious infection that affects the white covering of the eyeball and the inside of the eyelid causing a lot of itching, tearing and red eyes. The infection is spreading out fast among students in Kampala based schools and Kampala Capital City Authority is advising students to prevent the spread through frequent hand washing, sharing of personal items such as makeup, eyedrops, towels, bedding, containers, eyeglasses.

(a) **Make a write up about the 7 steps of handwashing**

(b) **Showcase practically the correct ways of keeping proper personal hygiene to help young people stay healthy.**

Answers

4(a)

- 1. Apply soap of detergent*
- 2. Rub palm to palm*
- 3. Rub the back of the palms*
- 4. Rub the back of the interlaced fingers*
- 5. Wash the back of thumbs*
- 6. Rub both palms with finger tips*
- 7. Then wash both hands and rinse thoroughly under running water*

4(b)

Student should define personal hygiene as the cleaning and care one makes for their body and clothing.

Hair: *Regardless of hairstyle, hair must be kept neat and clean through applying washing, applying oils, and combing to prevent growth of dandruff and lice.*

Face: *The face contains different body parts such as eyes, nose, ears and the mouth. These should be regularly cleaned in the morning and evening or at any point one gets the chance using clean warm water and soft piece of cloth. The ears in particular should be cleaned with earbuds or a soft wet piece of clothing*

Teeth: *Teeth should be cleaned every morning, every after a meal and before going to bed so as to remove any food particles that might get stuck between the teeth to cause bad odour and tooth decay. Teeth should be cleaned using toothpaste or local materials such as charcoal powder or ash and a toothbrush or soft stick.*

Pubic hairs: *Pubic hair under the armpits, groin area and around the anus should be cut at a regular basis to avoid bad odour and infections.*

Genitals: *The penis and the vagina should be cleaned at least twice a day with clean water. For uncircumcised males, the foreskin should be pulled backwards and the penis thoroughly cleaned with a soft wet cloth. For women and girls, they should avoid apply soap directly into the vagina*

END