

S4 CONTINUOUS ASSESSMENT ITEMS 2024

555/1 PHYSICAL EDUCATION

(Theory)

ASSESSMENT OF PHYSICAL EDUCATION.

Item One.

European union has organized as sports camp in your area to develop the talents of young ones. However, many parents have denied their children to participate in the sports claiming that is the wastage of their time.

Task. Write a presentation you would use to change the mindset of the parents so as to achieve their intentions of the camp.

Item Two.

In your schools neighbouring community, it is mostly the Elite high school boys that participate in sports especially during holidays. As a physical education student who subscribes to the notion sports for all people in the community you realize that something needs to be done.

Task.

Prepare an article that provides solution to the challenge

Item Three.

This term, your school has organized a sports day which shall involve interclass competitions. In preparation for the sports day, each class is busy training. However, when you observed the senior one thrower, you realized that they were lacking the correct techniques of throws. You informed the games teacher about this and the teacher authorized you to train the throwers of senior one.

Task.

As a technical person, prepare a training plan for the training session.

Item Four:

Most business class and cooperative class Ugandans are regular visitors to different health centres due to lack of regular exercises and many normally get stress after days' work route by the time they return back home, it is too late to go to the gym or sports arena to perform physical activities. The ministry of education and sports would like to create awareness to Ugandans about physical exercises that they can do from home before and after work.

Task.

Prepare an article that the ministry of education and sports can publish in the media to sensitize the public.

Item Five:

In certain community, the parents are complaining that sporting activities are a waste of money, valuable time for academic work and they want them scrapped off the school program. As a result, there is no chance for students from various communities to interact.

Task.

Prepare a speech to address parents on various schools in the way of convincing them.

Item Six:

A certain factory is faced with frequent illness of workers and low productivity. The health expert has assured the manager that the poor health of employees is due to unfitness since they sit for long hours at work and have no time for exercise even when they retire to their places of residence. You are invited to advise the factory manager on suitable fitness activities that would improve the health and productivity of the workers.

Task.

Design a presentation that you would use to advise the manager on how to improve the workers physical fitness and productivity.

Item Seven:

During a district athletics competition, a school team experienced discontent after being disqualified from advancing in running events. Many of the participants did not receive or hand over the batons. Some dropped the batons or failed to clear the hurdles. The district sports officer is not happy and has threatened to stop funding this school for any further district competitions.

Task.

Design an article that explains how you will help the team to improve on running events.

Item Eight:

Most formal workers in Uganda spend most of their time working on computers. On of the organizations started aerobics sessions twice a week. The workers are familiar with the few moves they have been performing and it has become boring. Others have gone ahead to read about dance movements in aerobics like, shoulder punches, triceps kickbacks, Y steps, heel taps, A step, arm circles matching wide, V step, diagonal, hop turn, basic right, basic left but do not know how to perform them.

The manager of the organization has requested you to head the worker's team in the identified steps.

Task.

Using the knowledge you have acquired from this chapter, make a presentation that can be used by the clients concerning the relevance of those activities to them. Pick the examples from classroom, outside classroom and the community.

Item Nine:

In your community, the youth have become heavily dependent on drugs. This has led them to commit a number of disagreeable behaviours such as rape, fighting, bullying and not participating in productive work. The community leaders have decided to organize a meeting for the youths and have asked you to make a presentation to them on responsible living.

Task.

Write an article condemning such behaviours in your school. The different behaviours should be picked from class, outside class and dormitory.

Item Ten:

A group of learners used to play games and sports with their friends and were very healthy. Unfortunately, most of them left and they no longer have company to play. Lately, they have become very fat and developed heart problems. This has made their parents to spend a lot of money to meet the health bills.

Task:

Make a write up to help these learners to understand the impact of physical activities and motivation to their health.

Item Eleven:

The district sports office has acquired new equipment for badminton and it has instructed all secondary schools to introduce badminton to all learners.

However, most of the schools including yours have no badminton facilities and idea about the game to be introduced.

Task:

You have been approached by a national television stations sports programmer to help promote the game to all the viewers.

Prepare an article to be published in the newspapers creating awareness on the game of badminton.

Item Twelve:

A health club manager is looking for an expert to handle jumping events to be incorporated in the fitness routine that covers a number of people with varying ages. This has been as a result of a medical report that revealed that most people in this community are suffering from non-communicable diseases and the cause is associated with poor physical fitness.

Task.

Make a write up on the relevance of those activities to the clients.

Item Thirteen:

People in your community have a negative attitude towards the game of cricket. They believe that the game is meant for strong people only. The few who participate are boys and girls. The elders are left out to do domestic work. As a knowledgeable person in cricket, you have been requested to lead in the preparations of your community to host the “Try cricket for free Day” which will involve men and women.

Task.

Design a poster targeting the members of your community as an advertisement for the event.

Item Fourteen:

Due to failure of KCCA Football Club to lift up a title (trophy) last season, they decided to bring in a new coach. On his first training, the coach realized that players could get tired easily, fall while attempting to kick the ball, made weak shots at the goal, they could hardly reach or save the balls when long passes were made while others especially the goal keeper could hardly react to the shots made to the goal.

The coach noted that the players had poor feeding habits such as snacking, not taking water frequently among others.

Task

- a) Assuming you have been asked to assist the coach, describe the different physical activities that can be used to improve on each of the mentioned components above.
- b) Apart from the issues mentioned in the above scenario what other reasons do you think could have caused poor performance among the players.

Item Fifteen:

At the End of last term, **Wabwire** a senior one student of **Ngoro Ngoro SS** complained not have participated in sports. The head of Games and sports promised him that second term would be the most active sports term. On reporting this term, **Wabwire** returned with too much excitement. This excitement saw **Wabwire** joining a group of boys to play football a day after reporting. During the game situation, **Wabwire** suddenly cried out in a loud voice with signs of intense pain at his ankle and thighs. Everyone got worried and could not do anything to help **Wabwire**, so one student ran to report the incident to the Games teacher.

This was followed by a call raised to his parents who complained on why the school allowed students to engage in such activities.

Task

- a) Assuming that you were within the vicinity, how would you help Wabwire in that situation?
- b) What do you think was a cause of Wabwire's situation.
- c) Make a presentation that you would use to sensitize Wabwire's parents on the need for such activities.

Item Sixteen:

Mark is a program manager of a non-profit organization that uses sports to promote peace and development in conflict affected communities in Uganda. His organization has been awarded a grant to establish a sports program for young people in a rural town with a history of ethnic tensions, political, social and religious differences.

The town has limited sports facilities and equipment and there are concerns about safety and security. However, the community is eager to engage in peace building efforts and has identified sports as a potential catalyst for change

Task

As a student of physical Education, make a write up of between 300 and 600 words they can be published in a newspaper addressing specific strategies and initiatives you would implement to ensure active participation.

Item Seventeen:

The community members of **Nakuru** district have a negative attitude towards the game of cricket. They believe that the game is meant for strong people only. The few who participate are boys and girls. They have inadequate equipment and facilities and also people have limited basic knowledge and skills about the game. The elders are left out to do domestic work. As a knowledgeable person in cricket, you have been requested to lead in the preparations of your community to host the "Try **cricket for free Day**" which will involve men and women.

Task

- a) With the help of a cricket pitch diagram, **mark** the return crease, bowling crease and batting crease.
- b) As a student of physical Education, **make** a detailed write up that can be used to support the community members on dismissals and rules of the above-mentioned game.

Item Eighteen:

The misuse of leisure time has been a big challenge in the community. As of your corporate social responsibility, your school will have an outreach program in which many activities have been chosen to make a presentation on management of leisure and recreation.

Task.

As a student's representative, design a personal **leisure and recreation plan** for two weeks, and use it to share the responsible use of leisure to your school community

Item Nineteen

You are a physical education instructor at one of the universities and from your observation, the university soccer team poor performance in the university league is due to a few factors like,

Frequently falls during the matches.

Taking long to turn by the players especially when in situations of tight marking by the opponents

Easily surrendering after a simple push by the opponents especially when fighting for the ball.

You have picked interest in helping this team to improve their performance on the field by focusing on their physical conditioning and overall fitness levels.

Task

Considering the specific demands of soccer, design a detailed fitness testing and training programme tailored to the needs of the university team.

Item Twenty:

You are a PE teacher at a high school and you have been tasked with designing a holistic program to help student athletes improve their basketball skills while also emphasizing the importance of proper nutrition and diet for performance enhancement. That programme should integrate skill development training for basketball players like shooting, dribbling and passing with appropriating dietary guidelines to optimize their performance on the diet.

Task

Propose nutritional plan that includes recommendations for pregame meals, post workout snacks, hydration strategies and overall dietary choices to support energy levels, muscle recovery and endurance during training and games.

Item Twenty One

You are organising a school wide leisure and recreation day where students can participate in various activities of their choice. You have the opportunity to select three activities to be offered during the event. Through those events, you intend to promote physical activity, teamwork and creativity among peers.

Task

Make your choices for the assignment, and provide a detailed explained for your choices.

Item Twenty two:

Jordan is one of the compound cleaners at your school, he wonders why;

Many students on joining senior one, become excited and love the subject of physical education and sports in school compared to any other school activity.

Many experts in sports also encourage the upcoming clubs and teams to use of television to grow their sport.

Uganda spends a lot of money encouraging and taking athletes for competitions such as the Olympics, African cup of nations and world cup yet the local “Massaza cup” is another good source of entertainment requiring little money expenditure.

You are the school sports leader and you are in a better position to explain the above matters to the school cleaner.

Task.

Make a write up of 200-500 words convincing the cleaner about the above matters.

Item Twenty three:

On discovering that most of the tennis players(girls) during the last concluded 2024 competition could;

Not easily return the ball to the opponent with a lot of force making slow shot speed drives and had difficulty returning strong serves.

Not easily move from one point on court to another with change in the direction of the ball.

Struggle completing the four quarters of play with shortness of breathing (panting), getting tired easily, decreased productivity and increased rest time.

One of the games teachers also noted that most of the players loved to eat chapatis with deep fried (Rolex), carbonated drinks like soda and ignore water, posho and beans with the greens prepared at their schools.

The games and sports department has identified you as one of the knowledgeable pe student to help the tennis team. You have been assigned one tennis player to support and better their performance based on the above challenges before the upcoming east African games.

Task

Design a programme you will use to accomplish the assigned duty.

Item Twenty-four

During the volleyball game in the competitions of your school, a player dived to dig the ball and landing he/she hit the hands hard on the ground resulting into;

A lot of pain, swelling, limited mobility and instability at the wrist joint.

Bleeding pain, increased sensitivity and redness at the lower knee.

Discoloration, swelling, painful tender skin with no blood at the lower elbow.

The coach also noted that due to uneven and stony ground, players usually suffer the above cases with no clear way of managing and eliminating such cases during performance. You are the head of the school red cross team.

Task

Share how the above cases can be managed and what the performers can do to eliminate further cases.

Item Twenty-five

Makuru and Pakuru sub counties in Uganda have remained under developed compared to their neighbours. The two areas have problems such as endless fights, quarrels among the residents because of their political, social and religious differences but for the youth it is largely drug abuse. During a radio talk show, the district sports officer said that sports activities can be done of the tools to overcome such problems and further mentioned that media is key in siding sports for development. However, some officials do not agree with the district sports officer.

Task

As a physical education student, make a write up in support of the district sports officer.

Item Twenty-six:

Samuel is a wheel chair basketball player who desires to become an international basketball player. He lives in one of the refugee camps in Uganda. He shared some of the challenges in the refugee camps being limited space, inadequate equipment for women and children to participate in physical activities. He added that he was denied an opportunity to use the available courts because he is both non-Ugandan and disabled.

He further noticed that athletes were using drugs and becoming violent during play. A local media house has approached you for an article in the newspaper addressing the challenges in the camp.

Task

As a student of physical education, make a write up of between 300 and 500 words that can be published in a newspaper addressing the challenges in the camp.

Item Twenty-seven:

During the interclass volleyball competitions, John a player of S 2 class moved from class which is a few meters from the volleyball court and immediately requested to start playing and he was allowed.

After a few minutes of play, John complained to the umpire of sudden pain at the ankle, and was seen limping off the court. The play was stopped, the other players observed that there was also swelling at the ankle and John told them that he started playing when he was normal. Everyone had no knowledge on how to help him before referring him to the health centre.

Task

- a) How is John's conduct responsible for the pain and swelling?
- b) Make a write up that can be used by S2 students to help John.

Item Twenty-eight:

The district has organised 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;

- i. A number of players easily got tired and request for substitution more frequently.
- ii. Many players made passes that failed to reach the identified target.
- iii. Players easily staggered and at times fell down with even a slight push from the opponents.
- iv. In most cases the opponents could reach the ball first whenever long passes were made. 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.

Task.

Make a detailed write up that can be used to support the football players for two weeks.

Item Twenty-nine

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 number of reasons and this has affected the talent identification and development programs in the various communities where the vice exists. From research, it is established that society is not aware of this vice and its impact, yet it is 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.

Item Thirty

In Uganda, there is a community with rampant wrangles and disputes resulting from the land grabbing tendencies and some ethnic discriminations. In some cases, some people have lost

their lives as a result of the endless disputes. However, it has been observed from other areas that physical education and sports have been used to unite disagreeing parties of a particular community. The district sports officer has been contacted by the district chairperson to establish how sports can be used as an avenue to restore peace in the community.

Task

If you are tasked by the sports officer for an advice, prepare a write up of your advice.

Item Thirty-One

In the recent survey by a given health related **NGO**, it was observed that the number of people with non communicable diseases has increased. This is more observed in the corporate people and those with white collar jobs. In a bid to establish the cause, the following were found out;

- They always work overtime

- Have heavy meals with several periods of junk foods

- Have a negative attitude towards exercising

- Drive from their homes to places of work and the drive back.

This prompted the government to roll out a mass sensitisation campaign to curb the situation before it gets out of hands.

Task

Prepare a write up of what you can use to support the governments cause.

Item Thirty-Two:

The life style of these corporate people which includes working overtime, heavy meals, negative attitude towards exercising among others could have been one of the main reasons for the increase in the infections of non communicable diseases like diabetes and high blood pressure. Therefore, sensitizing them about the increased prevalence of Non-communicable diseases (**NCDC**) is crucial for promoting health and well being in the work place. In a bid to increase the awareness of public about the prevalence and preventative measures, the following strategies can be carried out;

- Use of multiple communication channels

- Create a healthy work environment

- Healthy eating initiatives

- Health screenings

- Smoking cessation support.

In one unfortunate scenario in the match between s5 and s6, the s6 goal keeper collided with the s5 striker in an attempt to head a ball into the net from a corner kick. This made the

striker to fall terribly on the ground and fainted, causing the match to be stopped momentarily for the emergence help to be rendered.

Task

How did the observations come about, and how can they be worked upon for a better tournament, in the upcoming Christmas cup.

If you were part of the emergence team, prepare a write up showing how you would help the casualty.

Item Thirty-Three:

When the s3 class was playing against s4s in the interclass soccer competitions, it was observed that Jordan their best player did not perform as expected and they ended up losing the game to the s4 class. It was said that there could have been a number of underlying factors that affect his performance that day.

Task

As an expert in physical fitness, what could have affected Jordans performance during the match?

Item thirty-four

Children learn a number of traits and abilities to perform based on the environment where they stay. In some settings like in the urban centres where the space is limited and the parents have a great ignorance about the role of physical exercises in ones life, many children end up being kept indoors most of the time. Due to the limited resources, they also end up feeding on a poor diet and this affects their general health.

Task

As a physical education student, describe how you would advise the parents of such children.

Item thirty-five:

Your physical education class is participating in a community sports events aimed at promoting peace and development. During a soccer match, a player from your team notices that a player from the opposing team is getting bullied by their team mates due to their nationality. In another observation, many of the community members were denied an opportunity to participate based on various discriminations and this is affecting the talent identification and development programs of the community. There is need to intervene and address the situation and foster a positive inclusive environment that promotes unity respect and understanding among all participants

Task

Make a write up of how you can address this when given an opportunity to be part of the panellists on the community radio talk show.

Item thirty-six:

The host countries for **AFCON 2027** are Uganda, Kenya and Tanzania, an opportunity that has brought the continents prestigious tournaments close to you. Such events come with a number of advantages to both the host countries and the athletes who engage in them. You are happy about the event coming to your country and you are to be part of the journalists who are to cover the tournament. This will make you use the media platforms to show case the various athletes dedication talent and accomplishments in order to inspire the local athletes in sports programs to strive for excellence in their own athletics endeavours.

Task

- a) How do such events benefit the host countries and the participants at large?
- b) How does media influence such events?
- c) As a journalist, choose the various media presentations that you will use to keep the public updated about every action of the tournament.

Item thirty-nine:

In the recently concluded **USSSA** national boys' soccer championships in Mbarara, a number of issues arose indicating the determination of some school teams to win at all costs. This caused many of such teams to exhibit high levels of poor sportsmanship through characters like;

Using ineligible players in their teams

Disobeying the referees on field decisions

Some players intended to fight their opponents resulting from the frustrations and inability to admit a loss.

Rough play against their opponents

Others would refuse to train.

Since the competition Was for a short period of time, the players ended up being over stressed and exhausted which further worsened the situation.

Task

- a) According to you as analyst, which other behaviours could these players have exhibited and were not captured.
- b) Which effects could such a trend have on the championship, teams and players at large if not addressed.
- c) How can the country address this, in order to protect its talent base?

Item forty:

During a nutritional unit in your physical education class, one student expresses confusion about the right diet for a sports man that they have heard about online and from friends. They are unsure about which diet is the best for their overall health and athletic performance. These students need to understand the importance of a balanced nutrition, debunk the

common myth about diets and guide them towards making informed choices to support their wellbeing and fitness goals depending on the nature of the sport that they are involved in

Task

Prepare a write up addressing the student's confusion so as to prepare better athletes.

Item forty-one:

The national basketball team of a county has qualified for the Olympics for the first time in decades. The team is made up of talented players from diverse backgrounds who have worked hard to reach this level of competition. The country's ministry of sports is looking to capitalise on this achievement to promote the importance of physical education and sports at the national and international level.

Task

How can the ministry of sports leverage the success of the national basketball team at the Olympics to advocate for increased investment in physical education and sports programs national wide with the goal of promoting health unity and national pride among citizens.

Item forty-two:

In a district, there is a noticeable disparity in access to sports and physical education opportunities among students. Some schools have sports facilities, well trainers, coaches and a wide range of sports programs while others lack the basic equipment qualified instructors and funding for extra curricular activities. This inequality is affecting the overall physical health and well being of the students in the district.

Task

How can the school and district address the issue of unequal access to sports and physical education resources to ensure that all students have the opportunity to participate in sports develop their skills and lead active and healthy lifestyles?

Item forty-three:

A community that has experienced conflict and division for many years decides to use sports as a tool for promoting peace and development. A local physical education teacher, Ms. Hellen is tasked with organising a sports event that brings together youth from different backgrounds and encourages teamwork cooperation and mutual respect.

Task

How can Ms. Hellen leverage the power of sports in physical education to foster unity, understanding and social cohesion among the youth in the community, ultimately contributing to peace and development efforts?

Item forty-four:

A group of students in physical education class have varying levels of fitness. Some students are very active and participate in sports regularly, while others live more sedentary lifestyles and struggle with basic fitness activities. The teacher wants to design a fitness program that caters to the needs of all students and helps them improve their overall physical health.

Task

How can the physical education teacher create a comprehensive fitness program that addresses the diverse fitness levels of students in the class and motivates them to make positive changes towards a healthier lifestyle?

Item forty five:

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 teams captain, Clive has been receiving a lot of attention from reporters who want to interview him about the team's success. Clive is excited about the media coverage but is also feeling overwhelmed by the added pressure and expectations.

Task

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

Item forty-six:

John is a high school student who is passionate about handball and dreams of playing at a competitive level. He spends hours practicing his shooting, dribbling and defensive skills every day after school. However, johns diet consists of mainly fast foods, sugary snacks and sodas. 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 development and overall performance in basketball by making changes to his diet and nutrition habits?

Item forty-seven:

In physical education class, a student named Mary blessing is vey 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, Mary blessing neglects her personal hygiene often wearing the same workout clothes multiple times without washing them.

Task.

Advise, how can Mary blessing improve her approach to exercise, rest and hygiene to ensure she maintains a healthy and balanced lifestyle?

Item forty-eight.

In the recently concluded national schools' soccer competitions, a number of issues arose indicating the determination of some school's teams to win at all costs. This caused many of such teams to exhibit high levels of poor sportsmanship through characters like;

Using ineligible players in their teams

Disobeying the referees on field decisions

Somme players fighting their opponents resulting from frustrations and inability to admit loss.

Rough play against their opponents.

Since the competition was for short period time, many were over worked, had sleepless nights and some isolated themselves while shedding tears.

Task

Which effects could such a trend have on the championship, teams and players and how can the organisers address such challenges?

How would you help the players overcome the conditions they went through?

Item fifty nine

You were employed in a health club in your town. Last week, the manager of centenary bank wrote a letter to you requesting for your services of your club. In the letter, the manager indicated that;

The bank tellers spend the whole day seated and some are complaining of back pain.

The staff enjoy fried food and processed drinks.

Staff take lifts/elevators to and from the office and those who use stairs they are always breathing heavily after the moment.

Task

As a fitness expert, make a write up indicating how you would help the bank tellers improve their life style.

Item sixty.

In certain region in Uganda, there has existed a conflict between two tribes resulting from land ownership and boundaries. These conflicts have lead to death, displacement property destruction hence economic decline. This has made the area member of parliament to organise friendly football and netball matches to calm down the conflicts and bring these groups together.

The member of parliament MP has further invited a member of media houses to publicise the event.

Task

Make a write up on how the publicised event would address the challenge.

Assess the impact of the media in the event.

Item sixty one.

In one of the villages in Uganda, the women wrote a letter to the district sports officer claiming that they are not allowed to take part in various sports activities, they also mentioned that the youth qualified for Olympic games to be held in Paris 2024 but the village chief does not want them to participate. They also asked him to organise various sports

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