

P.E HOLIDAY WORK

ITEM 1

During a Physical Education lesson at Viva College School, Senior One students were practicing running and ball games on the school field. While playing, one student who refused to engage in body conditioning activities fell and got a deep cut on the knee, and another student fainted due to the hot weather. Students rushed out quickly to assess the situation and see how well they can help their colleagues. You among these students who have come to help.



Task

1. a). Using the picture in the scenario above, what signs and symptoms of a deep knee injury are you observing? (4 marks)

- i.
- ii.
- iii.
- iv.
- v.

b). What could have been done to prevent the above incidents from taking place.

(6 marks)

- i.
- ii.
- iii.
- iv.
- v.
- vi.

c). As physical education student who understands the concept of first aid, Manage the injury in the picture above before further help arrives. (5 marks)

d). According to the scenario above, the students first engaged in body conditioning activities before the running practices and ball games. State five examples of such body conditioning activities that you know. (5 marks).

- i.
- ii.
- iii.
- iv.

END