

HOLIDAY PACKAGE TERM ONE 2026

PHYSICAL EDUCATION

SENIOR TWO

Instructions

Attempt all items in this paper

Item one

In the friendly football match that your school played with another school, It was discovered that most players in your school team showed the following

- 1.Many could not reach passes given to them nearly enough
- 2.Somewere seen getting tired within the first thirty minutes of the game
- 3.Many could not make long and accurate passes

Task

- a) Explain the cause of the player's behaviors
- b) Design a fitness program for one week that can help the players

Item two

Learner A and learner B are sisters, but their participation in physical activities is different. Learner A perform well and better than learner B. All people lack the explanations to this cause. You have been asked to clarify on this by your class teacher in your class. This is because all people are accusing learner B due to her poor performance in physical activities.

Task

Write a speech you will read in class to calm down the situation.

END