

TERM 2 HOLIDAY WORK
S.2 PHYSICAL EDUCATION (THEORY)

INSTRUCTIONS

- All the items are compulsory
- Write all the item response on a fresh page of paper

Item 1

In one school, there is a soccer field which was closed off by the administration as they gather resources to renovate it. This is because it had become uneven, rocky and had debris and it was becoming risky for the learners. However, there was a day the PE teacher was absent and the s.3 boys decided to go to the field to play soccer since no one would push them away. Unfortunately, during the play one student was seen limping off the field as he complained of pain in the foot around the ankle. They all rushed out to attend to him

TASK

- a) How could such an incident be prevented?
- b) Describe how you would attend to the casualty?

Item 2

The numerous non-communicable diseases are on the rise amongst the citizens in Uganda especially those in the urban centers and the government is concerned. The ministry of health has embarked on carrying out a research about the lifestyle of the citizen in order to establish what could be the cause in the deteriorating health levels of the country. From the survey, the following conclusions were made about the citizens;

- I. Majority use public transport means when travelling even for a shorter distance because they get tired easily when they try walking.
- II. When they are moving up the flat buildings, they prefer using elevators because they end up breathing heavily when they use the stairs.
- III. For those working in offices, they find it difficult to stretch and reach out for the nearby files or items on their tables.
- IV. When they go to the supermarkets, they prefer using the trolleys to carry their groceries than carrying them in their hands.
- V. Majority think eating well is feeding on things like fried chicken, samosas, pizza and taking some sodas.

From this research, the ministry has rolled out mandatory fitness program that should be used throughout the country in order to address the main health challenges identified.

TASK:

- a) Comment about the fitness levels of the citizens
- b) Design an appropriate fitness program that the ministry can roll out to the citizens so as to address their fitness challenges
- c) Recommend the appropriate diet that they should feed on for better fitness results.