

S 3 TERM 2 HOLIDAY WORK

PHYSICAL EDUCATION

PAPER 1 (THEORY)

SECTION A

Answer both items in this section in the answer booklet (s) provided.

Item 1

During a competitive soccer match, John falls hard on the ground. On examination John shows lack of responsiveness to verbal commands or physical touches, absence of eye movement or focus. The referee stops the game immediately, and the first aid team rushes into the field to assess John's condition. After the incident, the coach gathers the team and discusses how much injuries can be prevented. He suggests that players should;

- Engage in proper body conditioning
- Consider wearing sports gear
- Inspect the play area
- Ensure proper health check up

As a physical educator that has been approached for guidance by the players for clarification on how to manage and prevent such issues.

Task

- (a) Explain how the coach's suggestions can help prevent such incidences.
- (b) Make a write up on how John's condition could have managed.

Item 2

School X had previously expressed concern about the sedentary lifestyles of its students, which were impacting their health and academic performance. Many students frequently consumed baked goods like donuts, cookies and cakes, alongside soda, packaged soft drinks, and sweetened coffee beverages. Long hours

seated at desks led to complaints of back pain, poor posture, and occasional leg swelling, with students facing significant physical challenges.

To address these issues, the school management partnered with health and fitness professionals to implement a comprehensive wellness and exercise program. The program was designed to transform student's physical capabilities, and its success was showcased during a school-wide event where school Y was present, where the following outcomes were observed among participating student of school X.

- Student climbed multiple stairs and walked long distances with ease, maintaining steady breathing.
- Students effortlessly lifted and carried moderately heavy books from the library to class without strain or discomfort.
- Students bent down comfortably to their shoelaces or retrieved objects from lower draws/shelves where classroom materials were stored with no difficulty.
- Students maintained proper posture and control during movement, running confidently without failing.
- the showcases, students of school Y watched their peers demonstrate these abilities through activities of the day and they admired. Inspired by what they saw, students voiced their eagerness to be helped achieve the same results. School Y is now looking for a qualified individual to help them.

Task:

- (a) Explain how the observations demonstrated by school X were attained.
- (b) Design a 2-week training program that can be used to solve the issues of students of school Y.
- (c) What a nutritional advice you would suggest to the students.

SECTION B.

Item 3

The world health organisation recognises the role of physical education, physical activity and sports in everyone's life. One of the local leaders therefore often organises local area games. In area Z, the local chairperson has observed that

women are left to do house duties, children from some families mention that they don't have time for playing with local refugee boys, they also complain that the weather is too hot and may get out to play.

You have been approached as a knowledgeable PE student who can help address the above issue.

Task

Make a write up you will use to address the above challenges in the society.

Item 4

You are a group of students working and living in a neighbourhood of numerous people. The neighbourhood includes residents from varied racial, ethnic, and socioeconomic backgrounds, with a mix of youth, families, and working adults. It has been noted that there are struggles with;

- Mental health challenges.
- Social and cultural divisions
- Youth idleness and disorderly often leading to crimes
- Many elderly who are always excluded from community activities.
- has proposed launching a comprehensive sports and physical activity program to address the pressing societal issues. You have been tasked with developing a detailed writeup to propose why sports and physical activities are used and how they can be organised or used to address these problems effectively.

Task

Develop a write-up for the above purpose. Include ways to involve many other people who might be facing the same challenges in other communities.

Item 5

Buyende District Officer organised 'Buyende District Rounders Game Festival' that took place on 19th May, 2024 where youths from 14 villages participated in the game. He however called for a brief meeting with all players a day before sports

even and encouraged them to have the force that could drive them to perform any physical activity, he further staked shs 1,000 as a prize and promised the winners of the competition to take them to Colline hotel for a dinner. The LC.1 Chairpersons of the villages together with the District Sports Officer (DSO) worked closely with Baaba television to broadcast the competitions. With this, players from your village (Kabalagala village) performed well up to semi-finals where they were beaten hands down in favour of Nabukone village. At the end of this match, the youth of Kabalagala village complained to their LC.1 Chairman that they would perform better up to the finals but they lacked knowledge on the various guiding principles of training and how they would develop them days before their competitions. After the loss of the match, the youths could not congratulate opponents. Started abusing and fighting them on the way back to their homes yet this is unethical in performance of sports. The District Sports Officer was touched because of what took place before, during and after the festival and requested; Any physical education giants who witnessed all what took place to,

Task:

Write an article that he District Sports Officer (DSO) shall put in the newspapers to address the above issues.

E N D