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**S1 PHYSICAL
EDUCATION**

Nov, 2024

1 hour



BEXHILL HIGH SCHOOL-KAMUTUUZA

Uganda Certificate of Lower Secondary Education

END OF YEAR ASSESSEMENT 2024

SENIOR ONE

PHYSICAL EDUCATION

1 hour

Name.....Stream.....

INSTRUCTIONS:

- Attempt **all** items in both sections *A* and *B*
- Answers **must** be written in the spaces provided.

SECTION A

Item 1

a).Check to confirm that there is no possible.....before approaching the casualty.

b).....occurs when the heart stops beating or beats too ineffectively to circular blood to the brain and other vital organs.

c).If there is no sign of breathing, give.....compressions and.....rescue breaths.

d).Continue.....the casualty that it is going to be okay.

e).Do not.....the victim while the AED is analyzing.

f).The purpose of CPR is to.....
.....

- g). Unblock the casualty's airway by.....
- h). When giving rescue breaths, use.....to prevent direct contact of your mouth to the casualty's mouth.
- i). Call the emergency line and ask the person.....
- j). Continue with the CPR until another.....arrives and takes over.
- k). To check for circulation on the hand place.....
.....
- l). The good.....law protects people who involuntarily give care.
- m). AED stands for.....
- n). Before you apply an AED.....
- o). CPR stands for.....
- p). If a person becomes unresponsive begin.....
- q). If you find that the person is breathing irregularly.....
- r). Continue with CPR for.....minutes before an AED re-analyses.
- s). Unconsciousness occurs when.....
.....
- t). Each rescue breath should be.....second.

Item 2

An athlete on jogging felt pain at the ankle.



Using the knowledge you learnt in first aid;

i) Name the injury. (01score)

.....

ii) State the materials required for managing such injury. (02 scores)

.....

.....

iii) Describe the steps followed to manage such injury. (04 scores)

.....

.....

.....

.....

iv) Mention any other two injuries common at the joints. (02 scores)

.....

.....

Item 3

As an expert in first aid you have been invited to train a certain group of people with some skills in first aid. What must they possess in order for them to be called a good first aider? (04scores)

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

SECTION B**Item 4**

Most parents have been telling their children to drop P.E saying that when they continue to offer it there is nothing they are going to benefit from it. The school has organized for annual general meeting and you have been invited to sensitize the parents why they should allow their children to offer P.E.

Task:

Make a write up that you can use to sensitize the parents why they should allow their children to offer P.E. (20scores)

END

Merry Christmas and Prosperous New Year 2025

Healthy Mind Needs Exercise

THERE IS NO LIMIT TO SUCCESS

HARDWORK +DETERMINATION_LAZINESS =SUCCESS

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JOHN 8:32