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**S2 PHYSICAL
EDUCATION**

Nov, 2024

1 hour



BEXHILL HIGH SCHOOL-KAMUTUUZA

Uganda Certificate of Lower Secondary Education

END OF YEAR ASSESSEMENT 2024

SENIOR TWO

PHYSICAL EDUCATION

1 hour

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

INSTRUCTIONS:

- Attempt **all** items in section *A* and one from section *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.....

.....

HEALTHY MIND NEEDS EXERCISE BY DANIEL OLEKE

- 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

Use a tick (✓) for yes and (✗) for No to indicate the response from the respondent in the table below. (10scores)

Question	Yes	No
Exercise will make me thin.		

One achieves the benefits of any exercise when he/she starts to feel pain.		
Exercising is limited to only the youths; It is not worth for very old people to exercise.		
Being thin is an indication that one does not need to do exercise.		
Exercises need to be done for less minutes; otherwise they are wastage of time.		
Feeling pain is a signal that am now perfectly exercising.		
Exercising regularly lowers a person's risk of developing some diseases for example high blood pressure.		
Exercise also can help to keep your body at a healthy weight.		
Keeping physically fit reduces some effects that come with old age.		
Exercise improves your mood and lowers your stress levels.		

ii). Compile your finding from the above questionnaire.

a). Calculate the percentage of respondent who said (Yes). (01score)

b). Calculate the percentage of respondent who said (NO). (01score)

SECTION B

Item 3

The school hand ball team of your school exercises and train all the time because they have to go for Nationals next month. They do not want to rest, bath or wash; instead most of them spend time discussing trainings and previous matches at Regional level. They are forgetting that lack of enough rest will cost them to loose matches during competitions, lack of proper hygiene can cause diseases and they can also be disqualified from the tournament. There fellow students have tried to help them but they failed to change.

Task:

Prepare a write up and show how you can help these hand ball players. (20 scores)

Item 4

During the interclass football competitions, Opio a player of S.2 class moved from class which is a few meters from the football field and immediately requested to start playing and he was allowed. After a few minutes of play, Opio complained to the referee of sudden pain at the ankle, and was seen limping off the football field. The play was stopped, the other players observed that there were also swelling at the ankle and Opio told them that he started playing when he was normal. Everyone had no Knowledge on how to help him before referring him to the health center.

Task:

(a). How is Opio's conduct responsible for the pain and swelling? (05scores)

(b). Make a write up that can be used by S.4 students to help Opio.(15scores)

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