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PHYSICAL
EDUCATION
Paper 1
2024



UGANDA NATIONAL EXAMINATIONS BOARD

Uganda Certificate of Education

PHYSICAL EDUCATION

Paper 1
Theory

New Lower Secondary Curriculum

SCORING GUIDE

SAMPLE RESPONSES

Item 1

(a)

John's failure to observe safety measures before and during play could have been the cause of the injury

John left class and went straight to play the game; without changing the attire, or warming up, or even paying attention to the safety of the play area.

Failure to perform warm up exercise; warmup is the light physical activity (exercise) that gradually increases in intensity, usually undertaken before the main physical activity. It includes muscle movements, joint stretching etc. to condition the body (muscles and other body systems e.g. circulatory system) to prepare for the main activity. For example, warm up would stretch muscles hence would improve muscle flexibility allowing stretching of muscles (bending movements) in the joints hence reducing chances of a sprain or muscle tear. John did not warm up, creating more risk for muscle tears hence injury.

Improper equipment/attire; appropriate attire would ensure safe play for example proper sports clothing allows free (limitless) movement of the body parts. Ordinary clothing may limit movement of the legs or arms thereby increasing chances of injuries from falling or even sprains. Since John moved from class directly to the play area and started playing, it is likely that he did not put on appropriate wear which allow a wide range of movement while playing the game. Hence inappropriate attire could have limited the range of movement thereby increasing risk for accidents like falling or sprains

Improper equipment; like appropriate foot ware (shoes) provide good grip on the ground to avoid falling during play hence reducing on incidents of injuries.

Safe play area; always ensure the play area is safe e.g. free from dangerous objects that may cause injuries e.g. clear the play area of any unwanted material before the start of sports activities this reduces incidents of falls, cuts etc.

(b) Manages the injury and refers John for further management

Dear senior two students.

I write to you a simple guide on the management of injuries specifically, the injury suffered by John.

John's injury could be a sprain or a dislocation. A sprain is an injury resulting from violent twist of a joint with stretching or tearing of ligaments. It is accompanied with swelling, limited range of motion and pain at the joint.

A dislocation is an injury to a joint causing the bones to no longer meet correctly at the joint. Its accompanied by immediate severe pain, swelling, trouble moving the joint, and a deformed appearance at the joint.

In injury management, the steps taken are basically to preserve or save life and this can be achieved if we;

- prevent further injury of the victim (prevent injury from getting worse)
- Stop bleeding if there is any
- Reduce pain and swelling,

Prevent further injury: gently lay John down away from the court. Avoid putting weight on the injured ankle, ensure his airways are open and breathing is without any difficult and try to rest him as much as possible.

Manage pain and swelling : e.g. Apply an ice pack to the injured ankle for 15-20 minutes to reduce swelling and pain

Compression: Use an elastic bandage or brace to provide support and compress the injured ankle to help reduce swelling.

Elevation: Elevate John's injured ankle above heart level to help reduce swelling and promote healing.

Pain relief: Take over-the-counter pain medication, such as ibuprofen, paracetamol/Panadol, to help manage pain.

Refer John for further management, Consult a healthcare provider: If the pain and swelling persist or worsen, or if John has difficulty bearing weight on the injured ankle, consult a healthcare provider for a proper diagnosis and treatment plan.

Item 2

The goal of the program is to achieve power, strength, speed and endurance in the soccer players within 2 weeks.

Warm-up Perform rope skipping or jogging

for 15 minutes. Perform running-skipping and also running in-place ensuring that the rope passes under *one* foot at a time on the ground etc..

Cool-down: after training perform **cross-body shoulder stretch**; stand with your back straight, arms to the sides and the feet shoulder-width apart. Raise your right arm straight in front of you parallel to the floor with the palm facing down. Use your left arm to hold your right arm above the elbow. Gently pull your right arm toward your left side then hold in position for 20 seconds. Switch to the other hand(the left).

Single knee-to-chest stretch: this loosens the back, hip and muscles of the buttocks also eases spinal movement...to perform this, lie flat on the back on your back, keep the legs straight on the floor. Bend your right knee bringing it to your chest as close as you can and hold it for 20 seconds as you keep the left leg straight on the floor. Switch to the left leg.

To achieve speed; *Short sprints-stop and sprint*; sprint for 40 metres and stop, wait until your heart rate normalizes then sprint again for another 40 metres repeat this procedure until a total of 160 metres. Maximum duration 10 minutes

To achieve Strength; Single leg squat

Stand on one foot and keep your other leg off the ground and in front of you. Lower yourself as much as you can and hold that position for 3 seconds and return to standing position then lower yourself again, hold position for 3 seconds. Repeat this movement 5 times then change the supporting foot. Rest.

To achieve power; Squat-jump place the legs shoulder width apart, we squat sharply and then jump, as the feet touch the ground you squat again.

4 sets of 3 squat jumps, 3 sets of 4 squat jumps,

To achieve Endurance Sprints; 45 metres sprints, 4 sets, with 15 seconds rest interval in between sets

Diet : Make sure you are properly fueled before doing your strength training so you are able to perform well in all your squats. An energy depleted body can negatively impact the quality of your training session. I suggest carbohydrates that are easy to digest, such as ripe bananas, and two eggs for protein. Post-Workout Nutrition Eat a balance meal within 2 hours of working out with a focus on quality protein like eggs, lean meat.

On high volume training days, eat carbs and protein more frequently to ensure your body is using nutrients effectively. Be aware of the signs that you are lacking nutrition/calories i.e. rapid weight loss, chronic fatigue, poor performance, lack of enthusiasm to train, decrease in fitness.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Rope skipping 15 minutes	Rope skipping 15 minutes	Jogging for 15 minutes	Rest day	Rope skipping 15 minutes	Jogging for 15 minutes	Rest
Short sprints-stop and sprint 4 sets of 1 repetition	Short sprints-stop and sprint 40 metres 4 sets of 1 repetition	Squat-jump 4sets 3 repetitions (4 sets, each set with 3 squat jumps)		Single leg squat 3 sets, 5 repetitions on each foot	Short sprints-stop and sprint 4 sets of 1 repetition With rest interval to restore heart	

<p>With rest interval to restore heart rate between sets</p> <p>1-3 minutes rest</p> <p>45 metres sprints 4 sets 1 repetition with 15 seconds rest interval</p> <p>Perform a Single knee-to-chest stretch and cross-body shoulder stretch 4 repetitions for each stretch</p>	<p>With rest interval to restore heart rate between sets</p> <p>3-5 minutes rest</p> <p>Single leg squat 3 sets, 5 repetitions on each foot</p> <p>Perform a Single knee-to-chest stretch and cross-body shoulder stretch 4 repetitions for each stretch</p>	<p>1-3 minutes rest</p> <p>45 metres sprints 4 sets 1 repetition with 15 seconds rest interval</p> <p>Perform Single knee-to-chest stretch and cross-body shoulder stretch 4 repetitions for each stretch</p>	<p>1-3 minutes rest</p> <p>45 metres sprints 4 sets 1 repetition with 15 seconds rest interval</p> <p>Perform a Single knee-to-chest stretch and cross-body shoulder stretch 4 repetitions for each stretch</p>	<p>rate between sets</p> <p>3-5 minutes rest</p> <p>Squat-jump 4sets 3 repetitions (4 sets, each set with 3 squat jumps)</p> <p>Perform a Single knee-to-chest stretch and cross-body shoulder stretch 4 repetitions for each stretch</p>
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Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<p>(a) Rope skipping 15 minutes</p> <p>(b) Squat-jump 3 sets 5 repetitions</p> <p>(c) 1-3 minutes rest</p> <p>(d) 45 metres sprints 4 sets 1 repetition with 15 seconds rest interval Perform a Single knee-to-chest stretch and</p>	<p>(a) Rope skipping 15 minutes</p> <p>(b) Short sprints-stop and sprint</p> <p>(c) 3-5 minutes rest</p> <p>(d) Single leg squat 3 sets, 5 repetitions on each foot Perform a Single knee-to-chest stretch and</p>	<p>(a) Jogging for 15 minutes</p> <p>(b)Squat-jump 3 sets 5 repetitions</p> <p>(c)1-3 minutes rest</p> <p>(d) 45 metres sprints 4 sets 1 repetition with 15 seconds rest interval Perform a Single knee-to-</p>	Rest	<p>(a)Rope skipping 15 minutes</p> <p>(b)Single leg squat 3 sets, 7 repetitions on each foot</p> <p>(c)1-3 minutes rest</p> <p>(d) 45 metres sprints 4 sets 1 repetition with 15 seconds rest interval Perform a between sets Perform a Single knee-</p>	<p>(a)jogging 15 minutes</p> <p>(b)Short sprints-stop and sprint</p> <p>(c) 3-5minutes rest</p> <p>(d) Single leg squat 3 sets, 5 repetitions on each foot Perform a Single knee-to-chest stretch and</p>	Rest

cross-body shoulder stretch 4 repetitions for each stretch	cross-body shoulder stretch 4 repetitions for each stretch	chest stretch and cross-body shoulder stretch 4 repetitions for each stretch		to-chest stretch and cross-body shoulder stretch 4 repetitions for each stretch	cross-body shoulder stretch 4 repetitions for each stretch	
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SECTION B

Item 3

Championing Participation in Sports: Overcoming Challenges in Our Refugee Camps *By Sofia Malema,*

Refugee Camps stand as a beacon of hope for those displaced by conflict, persecution, and hardship. However, like any community, they face a share of challenges. Here we propose how refugee camps can utilise the power of sports to overcome these challenges and foster resilience among its inhabitants.

1. **Limited Space for Sports: Thinking Creatively.** The camp’s limited space poses a significant barrier for organizing sports activities. Crowded living conditions and scarce open areas make it challenging to engage in physical exercise.

Solution:

- **Multi-Use Spaces:** make use of existing areas for sports. Consider using courtyards, or even sections of communal kitchens during off-peak hours.
 - **Community Gardens:** Combine gardening with exercise. Tending to small plots while stretching and moving can be both healing and yet practical gardening.
2. **Non-Inclusive Sports Activities: Bridging Divides.** Sports should unite, not divide. Yet, some activities inadvertently exclude certain groups due to cultural norms or gender biases. Ensure that sports activities and facilities are for all.

Solution:

- **Diverse Sports:** Offer a variety of sports to cater to different interests. Football, netball, yoga, and traditional games can coexist so that all members of the refugee camp and surrounding communities have access and actually participate in at least one sports activity.
 - **Mixed Teams:** Encourage mixed-gender and mixed-nationality teams. Emphasize cooperation and mutual respect, this will eventually promote peaceful coexistence and reduce on discrimination.
 - **Cultural Sensitivity:** Understand cultural preferences and taboos. Adapt sports programs accordingly to reduce on conflicts and promote tolerance hence peace.
3. **Limited Sports Equipment: Making the Most of What We Have.** Scarcity of sports equipment restricts opportunities for play and skill development.

Solution:

- **Improvise:** Use everyday items as makeshift equipment. Plastic bottles become cones, and old clothes transform into goalposts, old polythene bags together with clothes can be used to make improvised balls.
 - **Community Donations:** Reach out to local businesses, and well-wishers for donations. Even a few soccer balls can ignite passion.
 - **Skill-Based Training:** Focus on skill development rather than equipment. Agility, teamwork, and resilience require no special gear hence one can get physically fit without use of any special sports gear through exercises like runs, stretches etc.
4. **Addressing Youth Drug Abuse: A Holistic Approach.** Vulnerable youth often turn to substance abuse as an escape from trauma and boredom.

Solution:

- **Sports as a Diversion:** Engage youth in sports to channel their energy positively. A soccer match can replace idle hours.
- **Education:** Raise awareness about the dangers of drug abuse. Involve peer educators who can relate to their struggles. The peer educators can come in during sports activities such as during mini-leagues to talk to the community members just after the games when they are waiting for trophies.

Remember, in the heart of a refugee camp, where resilience blooms, sports can be the bridge that connects hope to reality. Let us build a stronger, healthier community—one goal, one game, and one step at a time.

Item 4

Engaging in sports activities are beneficial at both for personal and community level. These benefits include the following;

- Participating in physical activities provides opportunities for social interaction and connection with others, fostering a sense of community and belonging. It can help individuals develop friendships, teamwork skills, and communication abilities hence reduce on the incidents of infighting.
- Exercise provides a healthy outlet for managing emotions and coping with life's challenges. It can help individuals develop resilience and adaptive coping strategies, enabling them to better navigate stress and adversity hence fostering peace in communities.
- Maintaining overall physical health. It helps to strengthen muscles and bones, improve cardiovascular health, and reduce the risk of chronic diseases such as heart disease, diabetes, and obesity the health body can then be used in economic activities like farming to raise the economic status of the community members.
- Use the media to promote community Events: by organizing community events such as sports tournaments, health fairs, and awareness campaigns to engage directly with community members and promote our advocacy cause. These events provide opportunities for hands-on participation, networking, and community building, allowing us to connect with individuals of all ages and backgrounds and pass on information regarding peaceful coexistence in a society. Such events can be walking football for the elderly where there is no running.
- Engaging in regular exercise can enhance overall quality of life by improving sleep quality, increasing energy levels, and boosting self-esteem and confidence. It enables individuals to lead active and independent lives, maintaining their mobility and functional abilities as they age.
- Individuals who engage in regular physical activity tend to live longer and have a lower risk of premature death. Exercise contributes to healthy aging by reducing the risk of age-related diseases and promoting longevity. This cut down the costs of treating diseases hence creating avenues for saving money to improve on livelihood of community members