

**2025 END OF SEMESTER EXAMS – PHYSICAL EDUCATION SOLUTION
FORM TWO**

1.

a. Define sports violence (2 marks):

Sports violence refers to aggressive or harmful behavior during sports events, either by players or spectators, that can result in physical harm or disrupt the game's spirit.

b. Four ways to reduce sports violence (8 marks):

1. Enforcing strict rules and penalties for violent actions.
2. Promoting fair play and sportsmanship.
3. Providing proper training for referees and coaches to handle conflicts.
4. Encouraging educational programs on anger management for players and spectators.

2.

a. Four common sports injuries (2 marks):

1. Sprains
2. Strains
3. Fractures
4. Concussions

b. Four methods to reduce sports injuries (8 marks):

1. Wearing appropriate protective gear.
2. Conducting warm-up and cool-down exercises.
3. Using proper techniques and training methods.
4. Ensuring the playing field or equipment is safe and well-maintained.

3.

I. Divisions of the mammalian skeleton and two examples each (4 marks):

1. **Axial Skeleton:** Skull, vertebral column.
2. **Appendicular Skeleton:** Limbs, pelvic girdle.

II. Three functions of the skeleton (6 marks):

1. Provides support and structure to the body.
2. Protects vital organs, such as the brain and heart.
3. Facilitates movement by acting as a framework for muscle attachment.

4.

a. Sit-Up (8 marks):

A sit-up is a core-strengthening exercise performed by lying flat on the back with knees bent and feet flat on the floor. The upper body is lifted towards the knees, engaging the abdominal muscles, and then lowered back to the starting position.

b. Bench Dips (8 marks):

Bench dips are a tricep exercise performed by placing the hands on a bench or sturdy surface behind the body, with legs extended forward. The body is lowered by bending the elbows to a 90-degree angle and then pushed back up to the starting position.

5.

a. Basic skills in football and basketball (8 marks):

Football	Basketball
1. Passing	1. Dribbling
2. Shooting	2. Shooting
3. Dribbling	3. Passing
4. Tackling	4. Rebounding

b. Definitions of sports terminologies (6 marks):

I. Dribbling in football: The act of skillfully controlling and moving the ball past opponents using small, repeated kicks.

II. Back courting in basketball: A violation that occurs when the ball is brought back across the midline into the defensive half after crossing it into the offensive half.

6.

Ten equipment needed in playing both basketball and football (10 marks):

1. Ball
2. Goalposts (football) / Hoop and net (basketball)
3. Jerseys
4. Shorts
5. Socks
6. Cleats (football) / Sneakers (basketball)
7. Shin guards (football)
8. Whistle
9. Scoreboard
10. Water bottles