

SENIOR ONE

PHYSICAL EDUCATION HOME WORK

Due to the COVID-19 Pandemic, a lot of countries have been in a lockdown including our beloved country Uganda. People have been advised to stay home in an effort to minimize movements and practice social distancing to prevent further spread of the virus.

As a result many people's lifestyles have changed, for example in many homes their daily routines have been characterized by majorly eating, sleeping and watching T.V for long hours. This lack of physical activity could result in very bad effects on the general health and wellbeing of individuals throughout this period.

In one of his addresses to the nation, His Excellency the president of Uganda advised Ugandans to keep fit by exercising at home and not take to the road as some individuals had started doing so. Some people took the challenge while others complained of lack of space, no gym, or sophisticated equipment.

Task

Using your knowledge you have acquired in physical Education, prepare a write up about Physical activity and share your experiences with your family members encouraging them to change their lifestyle.

Your write up should include:

- What PE is and its components
- Different forms of physical activities
- Explain the use of available space to exercise not necessarily in a gym or using special equipment
- Why you think it's important to be physically active.



ICT Support

Make an audio or video recording of your presentation for your family members.