

# NEW HIGH TECH SS, KAJJANSI

## S4 HOLIDAY ASSESSMENT EXERCISES

### Instructions

- Attempt all items that fall in the category of subjects that you offer.
- Attempt these items, each subject on a set of answer sheets provided to you at home and prepare to hand them in to your respective teachers on the reporting day (26<sup>th</sup> May 2025).

### BIOLOGY

#### Item 1

Hanah has just joined secondary; she recently experienced pain in her lower abdomen followed with flow of blood from the reproductive system. She was not aware of the cause. She has just clock 13 years of age.

#### Task:

- Explain how Hanah's body has coordinated to lead to the experience she has encountered.
- Explain more things that Hanah is to face during the time of her age onwards.
- Explain characteristics of the age/developmental stage Hanah is in and how to cope up with it.

#### Item 2

Simon has led the construction company for long. During the night construction shift stepped on sharp nail. He quickly removed the leg before nail having reached to deep. He felt pain and saw some liquid flow, but later it stopped and hard substance covered the wound. Fellow worker advised him to take care of the blood he has cause no any other blood type can be donated to him.

Simon is married to wife whose blood type is genetically determined by only one allele. And only blood of type A and that similar to Simon's can be donated to her.

#### Task:

- Identify Simon and Jane's blood type.
- Identify Simon's and Jane's genotype.
- Explain how the hard substance was formed that Simon saw.
- Identify the fluid Simon saw flowing out his body and explain all the importance of the fluid.
- Explain how Simon's body coordinated to avoid extreme damage to his body.
- Identify and define the parts that participated as he coordinated.
- With aid of genetic diagram, show the possible genotype and phenotype of Simon and Jane off springs in terms of blood type.

### ENGLISH LANGUAGE

#### Item 1: Read the text below:

##### Understanding and Dealing with Loneliness

Loneliness is a common human experience. It can affect anyone, whether they live in a busy city, a quiet village, or even while surrounded by friends and family. Some people feel lonely when they are alone, while others feel lonely even in a crowd. The important thing to remember is that feeling lonely is not something to be ashamed of-it is part of life.

There are different types of loneliness. Emotional loneliness happens when we lack close relationships, such as with a friend or partner. Social loneliness occurs when we have no one to spend time with or share our hobbies. Existential loneliness is when we feel alone even in a room full of people. Some people feel lonely occasionally, like during holidays or weekends. Others experience chronic loneliness, which means they feel lonely most of the time.

Loneliness can also affect our health. It may cause stress, sadness, and even physical problems such as difficulty sleeping or loss of appetite. In the long term, it can increase the risk of serious health conditions such as depression or dementia.

There are many causes of loneliness. Life changes such as losing a loved one, moving to a new place, or becoming a carer can lead to feelings of isolation. Starting university is another common cause, especially for young people. Students often leave their homes, families, and friends behind. Fortunately, most universities provide support through student services or organisations like Student Space and The Mental Health Foundation, which offer advice and guidance.

Even though loneliness can feel overwhelming, there are ways to manage it. Firstly, keeping in touch with family and friends can make a big difference. A simple phone call or message can help someone feel connected. Secondly, joining a club or group can provide new friendships and support.

Thirdly, doing activities you enjoy—such as reading, exercising, or spending time outdoors—can improve your mood. Lastly, talking about your feelings can help you realise you're not alone.

If you ever feel lonely, remember: it is okay to talk about it. Many people feel the same way, and there are simple steps you can take to feel better.

Respond appropriately to each of the following tasks according to the text:

- a) People have different reasons for feeling lonely. What one cause of loneliness is mentioned in the passage?
- b) Some people feel lonely even in a crowd. (Rewrite the sentence changing the adjective into its comparative form.)
- c) Support can make a big difference in managing loneliness. How do universities support students dealing with loneliness?
- d) Staying connected can improve our wellbeing. According to the passage, how can a phone call help someone who feels lonely?
- e) Loneliness can affect both mind and body. What health problems can long-term loneliness lead to?
- f) Everyone manages loneliness differently. If you felt lonely at school, which strategy from the passage would you try first, and why?

**Item 2: Read the text below**

### **Understanding Reaction Times and Your Health**

Our reaction times—how fast we respond to a stimulus—can reveal much about the state of our body and brain. They tend to decline with age, which partly explains why athletic performance often decreases from our thirties onwards. Scientists have discovered that keeping an average reaction speed can signal that our brain is still functioning well, even in later years.

Times are influenced by several systems in the body. Professor Simon Cox from the University of Edinburgh explains that a decline in reaction speed may be a sign of age-related changes across various biological systems. Factors such as genetics, physical fitness, and lifestyle all affect how fast someone reacts. However, what matters more is how reaction time changes over time, not just a single measurement.

A simple way to test your reaction speed at home is the ruler drop test. To do this:

- Sit with your arm resting on a table, your hand over the edge.
- A friend holds a ruler vertically, with the '0' mark at your thumb.
- Without warning, they release the ruler.
- You try to catch it as quickly as possible.

The shorter the distance it falls before you catch it, the better your reaction time. Less than 7.5cm is excellent; more than 28cm is considered poor.

Studies show that slower reaction times can be linked to a greater risk of conditions like heart disease, stroke, and dementia. Reaction times can also reflect one's risk of falling or losing independence. Interestingly, researchers have found that with age, our body's ability to act on brain signals declines first—meaning the brain might detect a stimulus quickly, but the body responds more slowly.

Professor Alaa Ahmed of the University of Colorado Boulder adds that as we age, muscle fibres and the cells that give us energy may weaken. As a result, quick physical responses become more difficult. Still, tests like the "startle reflex" in the ankles show that the brain's response to stimuli can remain strong in healthy older adults.

Besides the ruler test, online reaction time tests like the Human Benchmark can also track brain and body changes over time. A sharp decline in performance may signal the early stages of conditions like dementia.

Fortunately, reaction speed can be improved or maintained. Experts recommend dual task training—doing physical and mental tasks at the same time. For example, walking while naming alphabet letters or tossing a ball while saying related words. Joining exercise classes, playing musical instruments, or engaging in board games can also keep both the brain and body sharp.

As Cox explains, staying mentally and socially active can slow cognitive decline and support better reaction times. In essence, training both the mind and body can help us stay healthier and more responsive for longer.

Respond appropriately to each of the following tasks according to the text:

- a) Scientists suggest that reaction times can reveal more than just how quickly we move. According to the article, what else can they indicate?
- b) An excellent performance equates to catching the ruler at a distance less than 7.5cm. (Rewrite the sentence, changing the adjective into the superlative form.)

- c) Regular self-assessment helps track changes in the body. What simple test is recommended for measuring reaction time at home?
- d) The body and brain must work together for quick reactions. How does ageing affect this teamwork?
- e) Reaction time can hint at one's risk of developing certain illnesses. What diseases are mentioned as being linked to slower reaction times?
- f) Improvements can be made through specific activities. Which exercises are suggested to help maintain or boost reaction times in old age?

## GEOGRAPHY

### Item 1.

Study the text and fig.1 provided and use them to answer this item.

People in Kisoro and Kigezi highlands have impressive relief landform features, which are potential resources. However, the community members cannot utilize these relief features sustainably and this has caused disasters. The area planning committee would like to get your advice on how to help the people.

#### Support materials.



#### Task:

- Draw a landscape sketch of the area shown on the photograph.
- You have been chosen in the planning committee meeting, to prepare a speech pointing out the various challenges that are facing the community.
- Advise the people in the area on how to overcome the challenges.

### Item 2

East Africa is a land with a variety of scenic beauty. This is made more attractive by the cultural diversity throughout the land. Some of these can be compared to the breath taking scenarios in the world. Millions of US dollars are carried every year from tourist's arrivals in East Africa. According to statistics there is an imbalance in earnings from this industry. This is as reflected in the table below.

Country	Tourist arrivals (2018)	Tourist arrivals (2021)
Uganda	1,400,000	1,800,000
Kenya	2,000,000	2,500,000
Tanzania	1,600,000	2,200,000

Source: UN statistics.

#### Task:

- Draw a suitable statistical diagram to illustrate the Tourist arrivals in East Africa using the table above.
- Write an exploratory note why you think Kenya's trend of tourist arrivals is high in 2021.

## MATHEMATICS

### Item 1

Mr. Kitamirike has got a huge land that has been under-utilized for quite a long period of time. He has decided to use half of the land for planting trees, a third of the remainder for constructing his home and the rest of the land that remains he is to sell it off. After dividing the land, he realizes that the land for constructing the home measures 5 acres.

On the land for constructing his home, he wants to dig a soak pit 10 feet deep. On asking the Chairperson LCI of his village, he found out that 12 men can take 8 days to dig a soak pit 6 feet deep.

To supervise the work being done at site, Mr.Kitamirike comes to site every after six days and his wife comes to site every after five days.

Task:

- If 1acre of land in that area is bought at Ugx.8,500,000. How much money will Mr.kitamirike get after selling his remaining land?
- On the 12 men available he has added more 4 men that work at the same rate, how many days will all the men working together take to dig the soak pit of 10 feet deep that he wants?
- If today Mr.Kitamirike and his wife were all on site to supervise work being done, after how many days will this again happen?

### Item 2

Kakembo is planning for a small birthday party for his son and wishes to spend Shs 98,000 to buy 5 kg of meat and 7 kg of rice. However, some guests that he had invited communicated that they would not make it for the party. Therefore, he had to reduce both quantities by 2 kg hence leading to a reduction in his expenditure by Shs 32,000. When Kakembo went to the market, there was an 80% increase in the price of each kilogram of meat and an offer given to him on rice as 25% discount on each kilogram of rice.

Tasks:

- Help Kakembo to estimate the price of meat and the rice per kilogram.
- What amount does he pay in order for the party to be a success?

## PHYSICS

### Item 1

(a) Ms. Kobusingye is a new mother who has given birth to a new born child in Katamba village last month of March. The Doctor advised Ms. Kobusingye to bathe the child with water at temperatures ranging from  $30^{\circ}\text{C}$  to  $35^{\circ}\text{C}$  to avoid skin burn of the new born child. When Ms. Kobusingye told her mother-in-law, the mother-in-law boiled **2 liters** of water up to  $70^{\circ}\text{C}$  while keeping the heater at the bottom. If mother-in-law tasked her last born to mix the boiled water with **4 liters** of cold water at  $15^{\circ}\text{C}$  in a basin. **Hint:** Specific heat capacity of water  $C_w = 4200\text{Jkg}^{-1}\text{K}^{-1}$ , Density of water,  $\rho_w = 1000\text{kgm}^{-3}$ , Specific heat capacity of basin,  $C_b = 120\text{Jkg}^{-1}\text{K}^{-1}$  Mass of basin  $M_b = 6\text{kg}$ , Take 1 liter of water = 1 kg

Task

If you were the last born,

- Help your mother to know if the water has cooled to the required temperature as directed by the doctor to Ms. Kobusingye.
- How the flask was able to keep the water hot for a long period.
- Why did your mother order you to cover the baby heavily after bathing?
- What precaution measures can be taken to ensure minimal heat loss?
- The immersion heater was placed at the lower part of the tank and how eventually all the water gets hot.

(b) In one of the physics lessons, S.4 learners were investigating the relationship between energy changes when a metal is dropped from a height above the ground and final temperature gained by a metal on hitting the ground. The learners released a metal block of mass 40000g from a height of 10m above the ground. On hitting the ground, the learners quickly transferred it into a well lagged copper colorimeter of mass 2500g at  $20^{\circ}\text{C}$  containing 10000g of water at  $20^{\circ}\text{C}$ . If on hitting the ground, 75% of its total energy was converted to heat energy and more extra 4000kJ of heat energy was added in the system to rise the final temperature of the colorimeter and its content to  $\theta_2^{\circ}\text{C}$ . The learners could perform the investigation but were not able to identify the energy changes and determine the final temperature of the metal. Also a concrete block of mass 8000g tied on the string fell from the second floor at a height of 1200cm above the ground and made a very loud sound which scared every one.

**Hint:** specific heat capacity of the water =  $4200\text{Jkg}^{-1}\text{K}^{-1}$  and Specific heat capacity of copper =  $400\text{Jkg}^{-1}\text{K}^{-1}$

Task:

As a learner of physics in S.4, help your fellow learners

- i. Identify the energy changes from the point of release of the metal, give the meaning temperature
- ii. Determine the value of final temperature of the metal.

Find the potential energy possessed by the block on hitting the ground and its velocity on hitting the ground hence explain why a loud sound was heard when the block fell.

### Item 2

A business person has started a large scale business and wants understand his daily power usage. He also needs guidance on choosing a generator ,saving power, and ensuring his workers are knowledgeable about wiring and 12 security bulbs 5W each operating for 12 hours a day . A 65W refrigerator for 24 hours a day and a 3000W juice making machine operating for 5 hours a day

Task

As a student of physics you been requested to;

- a) Assist him to know his daily total energy usage from the listed electrical instrument.
- b) Choose a suitable generator for his business needs and explain the operation of the chosen generator with a labeled diagram.
- c) Describe to his workers the insulator colour codes used in domestic wiring.
- d) Provide suggestions on how he can save energy.

## HISTORY AND POLITICAL EDUCATION

### Item 1

A group of young people left their home land and settled in various regions. During their time there, they married locals and embraced the new way of life. Fifty years now, their grandchildren have dispersed/moved to different communities in Uganda in search of their roots/origins, but they have been unsuccessful in tracing them.

Task:

Write an essay advising the above group of people on the steps they can follow to address their challenges.

### Item 2

At Nabumali village in Mbale district, there is an old man Kubuya Moses who has an idea of contesting for a parliamentary seat in one of the constituencies in Mbale. When he sold his idea to the area chairperson he rubbished his idea which caused a bitter conflict between the two neighboring families their disagreement will never be resolved. They are not greeting each other anymore and something should be done about it.

Task:

In an essay, guide the local leaders on the steps they can follow to address the above issue.

## CHEMISTRY

### Item 1

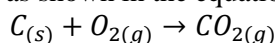
A group of learners were faced with a unique solid substance,  $X$ , which they suspected to be an element  $0.3g$  of the element could burn in air to form  $0.5g$  of the solid product. One of them picked interest in what could be the chemical formula of the oxide of the element. However, he did not know how to determine the formula. When they contacted the laboratory technician he gave them the atomic number and mass number of  $X$  as 12 and 24 respectively, and the symbolic representation of oxygen as  $O_8^{16}$

As a student of chemistry help the learners to;

- a) Understand the nature of substance  $X$ .
- b) Determine the formula of the oxide of  $X$ .
- c) Know the environmental consequences of the element.

### Item 2

Charcoal is a common fuel used in many homes in Uganda. During its combustion in excess oxygen supply, it produces carbon oxide. Your friend is using  $80.5g$  of charcoal to cook food in a busy evening for guests. It burns completely as shown in the equation below.



Task:

As a learner of chemistry

- a) Assess the product formed.
- b) Advise the friend on the appropriateness of the product formed.

- c) Calculate the volume of the gas produced every busy evening.  
(1 mole of a gas occupies 22.4l at s. t. p,  $C = 12$ )

Help the friend understand the impact of the product in the environment.

Item 3.

In Kabarole district of the citizens survive on farming that involves growing of crops every season. For the last three seasons, farmers are registering a great decrease in the amount of the harvest they are making. The government has cleared a local investor to startup a fertilizer production plant in the district. However, the citizens are very much worried about the effects of the plant to the environment. The chairperson LC5 of the district has appointed you to sensitize the citizens of the area.

### **UTUNZI WA INSHA**

#### **Ama**

1. Wewe ni mwanafunzi wa kidato cha Nne mwaka huu wa 2025. Njaa imekuwa tatizo sugu katika jamii yako. Umeombwa na mwalimu mkuu kueleweshwa watu kuhusu mikakati ifaayo kufuatwa kuimarisha ukuzaji wa chakula cha kutosha nchini ili kuondoa tatizo la njaa. Waambie

#### **Au**

2. Ugonjwa wa kipindupindu ni hatari sana kwa maisha ya binadamu. Watu wengi wanapoteza maisha yao kwa kuishi katika mazingira machafu. Toa ushauri utakaowapa wanafunzi wenzako ili wajikinge na ugonjwa huu hatari.

### **UCHAMBUZI WA FASIHI**

**2. Soma shairi hili kisha ujibu maswali yatakayofuata.**

#### **UZALENDO**

Kukipenda kitu chako, huo ndio uzalendo  
Mtu anapenda chake, japo hakina thamani  
Hatamani cha mwenzake, na kukitia rohoni  
Chake ni furaha yake, kingakuwa kitu duni  
Kuipenda nchi yako, huo ndio uzalendo  
Kuwa tayari daima, taifa kutumikia  
Uzukupotea uhasama, haraka kupigania  
Adui kuwasakama, mbali kuwatupilia  
Kuwapenda watu wako, huo ndio uzalendo  
Uzalendo ndio ngao, ni silaha kamilifu  
Tuwe nao moyo huo, tusiwe nyoyo dhaifu  
Wale wakilinda kwao, nasi tuwe timilifu  
Kuipenda kazi yako, huo ndio uzalendo  
Kazi tuzitegemee, ni uhai ni afia  
Mzalendo jitolee, hasa shamba kulimia  
Fanya kazi harambee, kwa uchumi kuinua  
Kuipenda lugha yako, huo ndio uzalendo  
Tupendane kwelikweli, hakuna kubaguana  
Ukabila tusijali, sisi sote twafanana  
Tutumie Kiswahili, rahisi kuelewana  
Kupenda taifa lako, huo ndio uzalendo  
Uzalendo ni upole, mapenzi kwa nchi  
Si ubishi wa kelele, vituko na maudhiko  
Nchi haisongi mbele, uzalendo sipoweko

#### **Maswali:**

- Chambua muundo katika shairi hili.
- Fafanua maudhui yanayopatikana katika shairi hili.
- Elezea hisia unazopata baada ya kuisoma shairi hili.
- Unapata mafunzo yapi baada ya kusoma shairi hili.
- Mtu ambaye ni mzalendo huwa na sifa zipi?

## ICT

### Item 1

A fire broke out in the library of Makerere University, destroying several computers and important academic records stored on the server. Some damaged books and computer parts were left scattered on the floor. The next morning, the librarian collected the damaged items and dumped them in dustbin.

Task:

- What do you think might have caused the fire?
- What measures should be taken to prevent such incidents in future?
- Demonstrate how the university can manage and possibly restore the damaged books and computers.

### Item 2

A community hospital has been facing repeated breakdowns in its ICT infrastructure. The hospital's patient management system went offline for a week, leading to the loss of medical records. Furthermore, some computers have been infected with viruses due to unauthorized access to external storage devices.

Task

- Identify possible reasons for the repeated system failures and recommend solutions to prevent them.
- Explain how the hospital staff can protect the ICT infrastructure from further damage and cyber threats.

## ENTREPRENEURSHIP EDUCATION

### Item 1

Enter the above in Sarah Maguja's petty cash book with analysis column for telephone, travelling, stationery, office expenses and ledger accounts. The petty cash has a monthly imprest of Shs 130,000.

June 2021	Shs
1 <sup>st</sup> petty cash balance b/f	188,000
1 <sup>st</sup> received re-imbursment to restore imprest	
5 <sup>th</sup> bought airtime from MTN booth	12,200
8 <sup>th</sup> bought stationery	11,200
10 <sup>th</sup> paid for office newspaper	11,500
12 <sup>th</sup> paid airtime to Airtel network	11,800
16 <sup>th</sup> paid tax fare	12,000
18 <sup>th</sup> paid office expenses	11,600
20 <sup>th</sup> paid for stationery	12,500
25 <sup>th</sup> paid for bus fare	11,000
28 <sup>th</sup> paid for air time	11,400
29 <sup>th</sup> paid for train fares	11,500
30 <sup>th</sup> paid her supplier Kabuye	12,300

### Item 2

Nkobogo is the owner of promise retail shop which frequently sells goods on credit but without clear knowledge on proper record keeping of such transactions. Recently you were employed on part time basis to assist her putting in place clear records.

The following information relates to the records for the month ended September 2020.

Item	No.	Amount Shs.
<u>Invoices received</u>		
Invoice 1 <sup>st</sup> Nancy	30	800,000
18 <sup>th</sup> Chandy	41	1,200,000
25 <sup>th</sup> Emmanuel	08	2,000,000
<u>Invoices issued</u>		
Sept. 5 book centre	01	500,000
20 <sup>th</sup> KK whole saler	04	680,000
<u>Credit note received</u>		
Sept. 5 <sup>th</sup> Nancy	16	40,000
25 <sup>th</sup> Emmanuel	23	50,000
<u>Credit note issued</u>		
Sept. 8 <sup>th</sup> book center	03	30,000
26 <sup>th</sup> KK whole salers	05	70,000

Required

- Put the records in place through preparing relevant books of accounts.
- Post the transactions to the general ledger accounts.
- Open up the individual ledger accounts.

## AGRICULTURE

### Item 1

John is a smallholder farmer growing tomatoes on his 3-acre plot. He has been facing low yields and poor fruit quality over the past few seasons. After land preparation, he notices that the soil surface remains uneven and cloddy. He usually plants immediately after the rains start, but the area often experiences long dry spells. His tomatoes are planted directly into the same field each season, and he leaves crop debris from previous harvests scattered on the field. Weeds are often visible between rows during the growing season. He lets the tomato plants sprawl across the soil surface, and many of the fruits rest on the ground, where they eventually rot. John only begins harvesting once all the fruits have ripened, often resulting in soft and decaying tomatoes.

Task

As an Agricultural Extension Officer in the area where John does his farming activities from what suggestions would you recommend?

### Item 2

Sarah is a livestock farmer who keeps goats and dairy cattle on her farm. She inherited the animals from her parents, and most of them are local breeds. Her animals are housed in a structure with mud-packed floors and walls made of timber, which she keeps closed to protect them from cold. Inside the house, there is a strong smell of waste, as animal droppings are cleared infrequently. The pens have little natural light, and it's often humid and stuffy.

She feeds her animals using old plastic containers, and sometimes offers silage and crop leftovers that have been stored uncovered near the compost heap. Water for the animals is drawn from an open, shallow well and stored in buckets left in the open. Recently, she has noticed that some animals appear weak, have dull coats, and are not gaining weight as expected.

Task:

Make a write up you will use to advise Sarah accordingly.

## FINE ART

### Item 1.

History of art is the study of the developments art has gone through from the past to the present.

The developments and changes in art in Uganda has been greatly been influenced by European intervention.

Your elder sister is carrying out a research on 19<sup>th</sup> century art in Uganda to present.

Task:

Write to her helping with her research clearly explain the styles, art form and artists in that period.

### Item 2

Sunday May 11<sup>th</sup>, 2025 is International Mother's Day. This celebration honors motherhood their bonds and their influence in the society.

At the end of May your school will invite mothers for gifts awarding but the gifts are not yet ready.

Task:

Produce a 2D or 3D artwork you can offer for the gifting ceremony above.

## CHRISTIAN RELIGIOUS EDUCATION

### Item 1

“Why have we fasted, and you have not seen it? Why have we humbled ourselves, and you have not noticed? Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is not this kind of fast I have chosen, is that what you call fast, a day acceptable to the Lord?” is not this the kind of fasting I have chosen. To lose the chains of injustice and untie the codes of the yoke to set the oppressed free and break every yoke? Is it not to share wonderer with shelter?

Isaiah 58:3-7 GNB

Task:

- How can the message in the text above help Christians today to live in strong faith of God?
- Explain the modern people's conducts that are different from the above text.

### Item 2

Mr. Kijabijjo of Kiwawu village married his wife Zainah in a holy matrimony, they have been happily together in this marriage for twenty one years now, and God has blessed them with three girls and two boys. Last year in May, Zainah shockingly found out that her husband had another family with a wife and two children he has been hiding.

Zainah and her children have apparently banned Mr. Kijabijjo from coming to their house again until he has a proper explanation. This has caused mistrust, hatred and suspicions at home, to make matters worse, Zainah is filling in her divorce requisition papers. The family that was once happy is at the edge of demolition.

Task:

- Explain the Christian teachings that can rescue the marriage in the scenario above from demolition.
- What Traditional African approaches were different from the ones in the scenario above?

## ISLAMIC RELIGIOUS EDUCATION

### Item 1

Okello Bashir is an adult wealthy Muslim who lives in Gulu town. At the end of every year, he goes to his village to perform traditional African worship practices of praying to ancestral spirits and making offerings to gods. On his return from the village, he explained the details to a friend who told him that the practices are against the teachings of Islam. Bashir wishes to change his life to uphold Islamic worship practices and know how to relate with his relatives in the village who believe in ATR.

Task:

- Explain the practices of worship that Bashir should uphold given his circumstances.
- How can Bashir relate with his relatives in the village who are described above.

### Item 2

Abdul Rahman has been in marriage with Hadijah for 5 years and they don't have any child. This marriage is characterized by domestic violence, neglect, disrespect, and denial of the right to sex against Hadijah. Despite all that she still value her marriage and looks forward to a time when her husband will also value their marriage.

Task:

Basing on the scenario explain

- Qualities Hadijah would have considered before marrying Abdul Rahman.
- Lessons that married people today learn from Hadijah's conduct.

## LITERATURE IN ENGLISH

Item 1: Listen to the song lyrics below:

**Heal The World Lyrics By Michael Jackson**

Think about -um- the generations  
and they say we wanna make it a  
better place for our children, and our  
children's children, so that they they

they know it's a better world for them,  
and think if they can make it a better  
place

There's a place in your heart  
And I know that it is love  
And this place could be much brighter  
than tomorrow

And if you really try  
You'll find there's no need to cry  
In this place you'll feel there's no hurt  
or sorrow

There are ways to get there  
If you care enough for the living  
Make a little space  
Make a better place

Heal the world  
Make it a better place  
For you and for me  
And the entire human race  
There are people dying  
If you care enough for the living  
Make a better place  
For you and for me

If you want to know why  
There's a love that cannot lie  
Love is strong  
It only cares for joyful giving

If we try we shall see  
In this bliss we cannot feel  
Fear or dread  
We stop existing and start living

Then it feels that always  
Love's enough for us growing  
Make a better world  
To make a better world

Heal the world  
Make it a better place  
For you and for me  
And the entire human race  
There are people dying  
If you care enough for the living  
Make a better place  
For you and for me

And the dream we were conceived in  
Will reveal a joyful face  
And the world we once believed in

Will shine again in grace

Then why do we keep strangling life  
Wound this Earth, crucify its soul?  
Though it's plain to see  
This world is heavenly  
Be God's glow

We could fly so high  
Let our spirits never die  
In my heart I feel you are all my  
brothers

Create a world with no fear  
Together we'll cry happy tears  
See the nations turn their swords into  
plowshares

We could really get there  
If you cared enough for the living  
Make a little space  
To make a better place

Heal the world  
Make it a better place  
For you and for me

And the entire human race  
There are people dying  
If you care enough for the living  
Make a better place  
For you and for me

Heal the world  
Make it a better place  
For you and for me  
And the entire human race  
There are people dying  
If you care enough for the living  
Make a better place  
For you and for me

Heal the world (Heal the world)  
Make it a better place  
For you and for me  
And the entire human race  
There are people dying  
If you care enough for the living  
Make a better place  
For you and for me  
There are people dying  
If you care enough for the living  
Make a better place

For you and for me

There are people dying  
If you care enough for the living  
Make a better place  
For you and for me

There are people dying  
If you care enough for the living  
Make a better place  
For you and for me

You and for me

Make a better place (You and for me)  
Make a better place (You and for me)  
Make a better place (You and for me)  
(You and for me)  
Heal the world we live in (You and for me)  
Save it for our children (You and for me)  
Heal the world we live in (You and for me)  
Save it for our children (You and for me)  
Heal the world we live in (You and for me)  
Save it for our children (You and forme)  
Heal the world we live in (You and for me)  
Save it for our children

Listen to the song above and respond to the following tasks based on the poem

"Heal the World":

- a) During a school assembly, the headteacher gives a speech about kindness and making the school a better place for everyone.

**Task:** What is the poem about, and what central message does it convey?

- b) Sarah notices her classmate sharing food with a homeless person and helping a lost child find his way home.

**Task:** According to the poem, what actions show that someone cares enough for the living?

- c) At a parenting workshop, a speaker says children learn values like love and compassion from adults around them.

**Task:** As a young person, what lessons do you learn from the poem about your role in creating a better future?

- d) You hear this song playing in a video showing people helping in war-affected areas. You feel touched and inspired.

**Task:** What aspects of the poem make it emotionally powerful and memorable for you?

- e) Your classmates are debating whether individuals can truly help solve global issues like poverty and climate change.

**Task:** How relevant is the poem's message in today's society, and how does it reflect your community's values?

- f) A family starts a weekend routine of cleaning up their neighborhood and planting trees.

**Task:** What everyday actions, according to the poem, can help make the world a better place?

- g) A young girl says, "I want to grow up and do something that makes the world happier and safer."

**Task:** How does the title Heal the World relate to the poem's main theme, and why is it important?

- h) During a spoken word event, a poet recites this piece, and the audience listens in silence, feeling hopeful and emotional.

**Task:** Describe the poet's purpose, tone, and the mood created throughout the poem.

- i) Your English teacher asks you to explore how poetic techniques are used to strengthen meaning in songs.

**Task:** Identify and explain at least two stylistic devices used in the poem.

- j) You watch a documentary showing life in peaceful countries versus areas with conflict and suffering.

**Task:** How does the poet use contrast between pain and hope to highlight the need for love and unity?

## **Item 2: Creative Writing Task: Poetry Composition**

**Task:**

1. Literature nurtures our creativity and imagination. Using the skills you have acquired in this subject, compose a poem of five stanzas on a theme of your choice.
2. State your chosen theme clearly.

3. Write a short paragraph (3-4 sentences) explaining why you chose this theme and what message you hope to communicate through your poem.
4. Present your original poem (five stanzas, each with at least four lines).
5. Note: Be mindful of your choice of words, structure, and poetic devices such as imagery, repetition, simile, or metaphor to enhance the meaning and emotional impact of your poem.

## PHYSICAL EDUCATION

### Item 1

In Kajjansi village, the locals have identified that the leading cause of their death are the non-communicable diseases like diabetes and high blood pressure. This was revealed to them during a health camp by their area member of parliament where many of them were screened with such diseases. However, the medical team advised them that they would better manage and prevent diseases if they engaged in regular physical activities. The following day, they arranged and most of them turned up in their community field which was a bit bushy to work out and they had uncoordinated attires.

Unfortunately, during the first 10 minutes of the workout, one lady landed poorly on the ground as they were doing the jumping jacks and felt severe pain around the ankle. The activity was posed to attend to her, since even several others felt pain in different body parts.

#### Task:

- (a) Advise the community members of Kajjansi village on how safe they can engage in these activities.
- (b) How would you attend to the affected lady if you were in the field at that time?

### Item 2

When instructor Disan was assigned the role of ensuring the physical fitness of the members of our rotary club, he made the following observations before he would figure out how best he would help them;

- Majority enjoyed coming to the work out with a number of snacks and canned food in their vehicle.
  - They would find it hard to bend and tie their shoe laces.
  - Most of them were physically fat.
  - When a coin was tossed in the air, most of them would fail to grab it before it fell on the ground.
  - They would prefer working out with several sitting periods because they felt tired frequently.
- After that analysis, he then developed a fitness program that could benefit them.

#### Task:

- (a) Comment on the fitness levels of the Rotarians.
- (b) Design a 2-weeks fitness training program that instructor Disan must have used for the Rotarians.