

555/2
PHYSICAL
EDUCATION
PAPER 2
PRACTICAL PERFORMANCE
APRIL/MAY 2024
2 ¼ HRS

POST PRIMARY KABALE DIOCESE JOINT MOCK EXAMINATIONS

UGANDA CERTIFICATE OF EDUCATION

PHYSICAL EDUCATION

PAPER 2

PRACTICAL PERFORMANCE

INSTRUCTIONS

- ❖ *This paper has 3 sections; A, B, and C and has six examination items.*
- ❖ *Section A has one compulsory examination item.*
- ❖ *Perform two games from section B*
- ❖ *Section C has two parts I and II.*
- ❖ *Part I is compulsory. Answer only one item from part II.*
- ❖ *Answer five examination items in all.*

SECTION A (ATHLETICS)

Compulsory

ITEM 1

Your physical Education teacher has organized an athletic event in order to select competent students to help him in teaching athletic skills to the new students admitted to S.3 from another school.

All the new students are expected to acquire a set of skills which include the following.

SKILL 1: Relays; upswep and downswep techniques of baton exchange.

SKILL 2: Jumping; Triple jump and scissor technique of high jump.

TASK

Perform and demonstrate the skills 1 and 2 in a fairly competitive way following the rules of play in each case.

SECTION B (GAMES)

Answer both items: perform item 2 and one game from item 3.

ITEM 2

Your physical education class is preparing for interclass competition between S.3 and S.4.

As a student of physical education, you are expected to use the acquired skills in volley ball and use them in a game situation.

TASK

Play the game competitively and ensure safety precautions.

ITEM 3

Your school sports department would like to identify a number of games to be developed in the school. The school has identified a number of games for different individual learners to select and join.

You have been identified as one of the players in the team to play a match.

TASK

Select one game from the table below and play it competitively using indicated skills and other skills of the game in the game situation.

GAMES						
	Basket ball	Cricket	Badminton	Rugby	Hockey	Table tennis
Skill	-Between the legs	- Bathing	- Grip	- rucking	-Pump	-Backhand
	dribble	- Fielding	- Serve	- Mauling	control	shot
	- Shooting	- Bowling	-Forehand	- Scrumaging	-Skating	- Grip
	- Chest pass		shot		-Goal	- Serve
					keeping	

SECTION C (AESTHETICS)

This section consists of two parts, I and II

PART I: GYMNASTICS (Compulsory)

As a student of physical Education who has studied and acquire basic skills in gymnastics execute atleast two skills in each of the following categories to entertain the physical Education facilitator.

- a) **Category 1:** Rolls; Back wards roll, Pencil roll, Forward roll.
- b) **Category 2:** Balances; Crouch balance, Crab balance, Shoulder balance.
- c) **Category 3:** Body shapes; Hollow shape, Tuck shape and Bridge.

PART II (SWIMMING AND AEROBICS)

Answer only one item in this part

ITEM 5

Emma is a 16-years old swimmer who has been training with her local swim team for the past two years. She has shown a lot of potential and dedication and her coach has been working with her to improve her swimming techniques.

During a recent practice session, Emma's coach noticed that she was failing to do the following swimming drills.

1. Front crawl
2. Streamline guides
3. Kick sets.

TASK

Drive and perform the above drills so as to challenge Emma's swimming abilities.

ITEM 6

You have been attending aerobics classes at your local gym at school for the past 2 years and truly you enjoy high energy work outs including the following.

- 1- Matching
- 2- Jumping acks
- 3- Knee lifts
- 4- Squat jumps.

TASK

Perform the above aerobic movements in the fastest time possible so as you prove your fitness to your local gym attendant.

End