

**555/2 Inst. Sch.**  
**PHYSICAL**  
**EDUCATION**  
Practical  
Instructions  
**2024**



**UGANDA NATIONAL EXAMINATIONS BOARD**

**Uganda Certificate of Education**

**PHYSICAL EDUCATION PRACTICAL INSTRUCTIONS**

**555/2 Inst. Sch.**

**2024**

***CONFIDENTIAL***

This information is given only to facilitate preparation of examination.

**Great care should be taken that the information given below does not reach the candidates whether directly or indirectly.**

The teacher responsible for preparation **must** ensure that candidates are provided with sports equipment and other materials for good performance and safety.

**1. Games: Mini Game Situation**

(Volleyball)

Prepare play area and equipment for a mini game of 5 players per side. Each candidate will be assessed in one mini-game only.

**Note:** A candidate chooses only one game to play.

**2. Games: Game Situation**

(Cricket/ Basketball/ Badminton/ Rugby/ Hockey/ Table tennis)

Prepare play area and equipment for demonstration of skills in any game in the list. Each candidate will be assessed in one game only.

**Note:** A candidate competes in only one game.

**3. Gymnastics**

Prepare a play area and equipment for performing gymnastics.

**4. Athletics**

(Running Jumping and Throws)

Prepare play area and equipment for:

- Jumping: Long Jump and High Jump.
- Throws: Javelin and Shot-put.

**5. Aerobics/Swimming**

(a) Prepare a play area and equipment for conducting an aerobic session for at least 6 persons.

(b) Prepare a play area and equipment for demonstrating water skills e.g. swimming.

**Note:** A learner chooses either swimming or aerobics