

**555/2
PHYSICAL
EDUCATION
2024**

UGANDA NATIONAL EXAMINATIONS BOARD
Uganda Certificate of Lower Secondary Education
PHYSICAL EDUCATION
Paper 2
Performance

INSTRUCTIONS TO CANDIDATES:

This paper consists of **three** sections; A, B and C.

It 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

The performance of Ugandan athletes at Olympics in short distance runs and throwing skills has been low. The Uganda Olympic Committee has organised an athletics competition and each school is required to send athletes in each event for the to demonstrate the skill sets as below;

(a) SKILL SET 1: **Running:** 100m

(b) SKILL SET 2: **Throws:** Shotput.

You have been selected to compete with fellow students in this event.

Personnel have been tasked to assess your performance.

Task

Perform the skills in the skill sets 1 and 2 above competitively following rules of play.

SECTION B (GAMES)

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

Item 2

At the us concluded All Africa Games in Ghana; Uganda secured a fifth-place finish in Women`s Handball after defeating the host country. There is needs promote the game in the country so as to increase on the number of athletes to select from for the competitions. Starting with grassroot skilling, the Uganda Handball Federation is now calling for video demonstration Physical Education (PE) students in senior four about skills of Handball that can be used on different platforms for the emerging players. You are required to use the basic skills of shooting and dribbling that you have acquired in a game situation to come up with a video. The game should be five players against five players.

Task

Play the game competitively following safety precautions and demonstrating sportsmanship.

Item 3

The national sports federation of the game of your choice wishes to start a grass root development of the game starting with schools. They have organized a motivational match to individuals who would wish to join the game. You have been identified as one of the players in the team to play in that match.

Task

Select one game from the table 1 below and play competitively using indicated skills plus other skills of the game in a game situation.

Table 1

	GAME					
	Cricket	Basketball	Badminton	Rugby	Hockey	Table Tennis
SKILL	Batting	dribbling	Serve	Ruck	Dribbling	Serve
	Bowling	Defending	Smash shot	Scrum	Goal keeping	Smash
	Fielding	Shooting	Back hand stroke	Maul	Passing	Foot work

SECTION C (AESTHETICS)

This section consists of two parts; **I** and **II**.

PART I: Gymnastics

(compulsory)

Item 4

Your school is organising a sports day to sensitise the community about the various sports activities. Your class has been selected to exhibit in the area of gymnastics and you have been selected to represent the class. You are required to use at least two skills from each of the gymnastic skill categories to display an artistic performance by combining skills.

The gymnastic skills,

- (a) Category 1: Balances; -V-balance, shoulder balance, swan balance.
- (b) Category 2: Rolls; -forward roll, side roll, straddle roll.
- (c) Category 3: Body shapes; - star, lunge, bridge, straight stand.

Task

Plan an artistic performance, and in 5-7 minutes, display the artistic performance to the community in order to encourage community members to join gymnastics.

(Your performance should include any skills you have learnt but also include at least one skill from each of the four categories.)

PART II: (Swimming & Aerobics)

Answer only **one** item in this part.

Item 5

The school has organised a fitness day to boost mental and physical health which will be for both students and staff. Your physical education teacher will lead the staff in aerobics and you have been selected to lead the students in aerobics. Practical aerobic exercises have been pinned for learners on the notice board to be used during the session and include basic left, basic right, A-step, arm circles, matching wide, v-step, diagonal, marching shoulder punches, Y-steps, heel-taps, double step, high knee lift, slices, frontal pull, hop turn, triceps kickbacks but most learners do not know how to perform them.

Task

Plan and perform a **10**-minutes aerobics dance session that will be used on the fitness day.

Item 6

A new hotel is set to be commissioned in your area and it has advertised several jobs which include swimming pool attendant. The hotel requires the pool attendant with at least the following water skills and include mushroom float, frontal float, back float and frontal glide, life saving strokes and breast stroke. You have been recommended by your physical education teacher to occupy up the job and ready for the interview.

Task

Dive and perform the strokes that will be examined during the interview.