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PHYSICAL  
EDUCATION  
2024  
2 ¼ hours

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

**Paper 1**

Theory

2 hours 15 minutes

**INSTRUCTIONS TO CANDIDATES:**

*This paper consists of **two** sections; **A** and **B**. It has **four** examination items.*

*Section **A** has **two** compulsory examination items.*

*Answer only **one** item from Section **B**.*

*Answer **three** examination items in all.*

*Any additional item(s) answered will **not** be scored.*

***All** answers **must** be written in the Answer booklet(s) provided.*

## SECTION A

*(Answer all Items in this section)*

### Item 1

A certain school organized a study trip for senior three students on a cold day. The students got excited at the beach and they immediately entered the beach water without the teacher's knowledge. After playing for few minutes in water, some students complained of pain and swelling in the shoulders. One girl was moved out of the water and she was unresponsive. The students were immediately stopped by the pool attendant and forced to move out of the water.

#### Task:

- a) How was the conduct of the students responsible for the incidents faced at beach?  
**(8 scores)**
- b) Make a write up that can be used by the students to handle the injuries got at beach.  
**(12 scores)**

### Item 2

You school has organised interclass volley ball competitions that will take place in 2 weeks time. The man power required for training is less at the moment and the teacher in charge of training has decided to use some physical education students to aid in the training. You have been included to the coaching and technical staff of senior two. For this reason, you have been called to collaborate with the other trainer and train the learners. The trainer has made a number of observations;

- They were feeding posho and beans only so have energy for the training.
- Some of them do not bath while others do not have enough rest. They spend most of the night time reading their books.
- Some players could not receive spikes from the opponents due to slow movements and jumping into positions.
- The learners were getting tired easily after playing for a short period of time.

As a physical Education student, the teacher expects you to work with the trainer to address these issues.

#### Task

- a) Write a speech that you would give to these learners before the start of the next training session to address some of the issues mentioned above.  
**(10 scores)**

- b) Design a training program that you and the trainer can use to support the volley ball players for two weeks in the areas of fitness. **(10 scores)**

## SECTION B

*Answer only **one** item from this section.*

### Item 3

A certain school has been selected to host the USSSA district football championship. You have been selected as the media personnel of the tournament. The board of governors (BOG) are against the hosting of the championship since they are ignorant on how tournament will benefit the school and the participants and also making the community updated about what is taking place in the tournament. Your Physical education teacher has selected you to be part of the delegation meeting the BOG members in trying to address the idea of the BOG.

#### Task

- Make a write-up to convince the BOG on how the event will benefit the host school and the participants at large?
- How will media influence the organised event
- As a journalist, chose the various media presentations that you will use to keep the community updated about every action of the tournament.

### Item 4

In a bid to improve the on the life style for the people living in slum areas of Kampala, Two Non government organisations have decided to use sports development programs for slum areas with the goals of promoting sportsmanship, hygiene and reduction in non communicable diseases. However, the athletes are facing sport related challenges in the slums that include drug abuse especially among the youth athletes, limited space, gender inequality during training sessions, inadequate equipment for women and children to participate in all physical activities and discrimination basing tribe.

Your school has been invited to the meeting about slum sports development and you are part of the team going for the meeting.

#### Task

As a student of physical education, make a write-up that can delivered by the school while addressing the sports related challenges faced in the slums of Kampala. **(20 scores)**