

555/2
PHYSICAL
EDUCATION
Paper 2
2024



UGANDA NATIONAL EXAMINATIONS BOARD

Uganda Certificate of 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

Your headteacher has organized an athletics event to select competent students to help introduce athletics skills to the new students in the school. All athletes will be required to exhibit skills in one event in each skill set as indicated in the skills sets of;

- (a) SKILL SET 1: **Jumping:** *either* Long Jump *or* high Jump
- (b) SKILL SET 2: **Throws:** *either* Javelin *or* 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

Your class is preparing for the prestigious annual class competitions at your school. You are required to use the acquired skills in volleyball and use them in a mini-game situation. The game should be **five** players against **five**.

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	Smash shot	Ruck	Dribbling	Spin	
	Bowling	Shooting	Clear shot (overhead, forehand)	Scrum	Shooting (drive shot)	Smash	
	Fielding	Rebounding	Serve	maul	Goal keeping	Serve	

SECTION C (AESTHETICS)

This section consists of two parts; I and II.

PART I : Gymnastics (compulsory)

Item 4

You have acquired some gymnastic skills and your Physical Education teacher intends to involve the whole school in gymnastics. You are required to use **at least one** skill from each of the **gymnastic skill** categories to display an artistic performance by combining skills

The gymnastic skills,

- Category 1: **Body shapes**; - hollow, lunge, bridge, straight stand.
- Category 2: **Balances**; -swan balance, V-balance, crouch balance.
- Category 3: **Rolls**; -backward roll, side roll, judo roll.
- Category 4: **Skipping**; -double leg, single leg.

Task:

Plan an artistic performance, and in **3-5** minutes, display the artistic performance to the whole school in order to encourage other learners 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

Most formal workers in Uganda spend most of their time working on computers. One of the organizations started aerobics sessions twice a week. The workers are familiar with the few moves they have been performing and it has become boring. Others have gone ahead to read about dance movements in aerobics like; shoulder punches, triceps kickbacks, Y-steps, heel-taps, A-step, arm circles, matching wide, v-step, diagonal, hop turn, basic right, basic left; but do not know how to perform them.

The manager of the organization has requested you to head the workers' team in the identified steps.

Task:

Plan and perform a **15**-minutes aerobics dance session that will be used to fully address the needs of the workers in the organization.

Item 6

A nearby primary school has constructed a swimming pool. The school needs someone who can perform the swimming skills before the learners. Your PE teacher has chosen you to go and perform a given set of skills; mushroom float, frontal float, back float and frontal glide as you swim any stroke of your choice.

Task:

Dive and perform the following strokes for 100 m in **not** more than **3** minutes:

- (i) front crawl
- (ii) breast stroke