

NAME:

CLASS:

HOUSE:



UGANDA LOWER SECONDARY CERTIFICATE OF EDUCATION

FORM 4 END OF TERM 1 ASSESSMENTS 2024

PHYSICAL EDUCATION

PAPER ONE

2 HOURS

DO NOT OPEN THIS PAPER UNTIL YOU ARE TOLD TO DO SO

- 1. This paper consists of two sections; A and B. It has four examination items.*
- 2. Section A has two compulsory examination items.*
- 3. Answer only one item from Section B. Answer three examination items in all.*
- 4. Any additional item(s) answered will not be scored.*
- 5. All answers must be written in the Answer booklet(s) provided.*

FOR EXAMINER'S USE ONLY		
Question	Full Marks	Marks Obtained
1		
2		
3		
4		
5		
Total		/100

1. KCCA FC, a local football team, has hired a new coach who prioritizes physical fitness. The coach requires players to attend daily training sessions, including strength and conditioning exercises. However, some players are concerned about the intensity of the training and fear it may lead to injuries.

Task.

- a). What are the benefits of strength and conditioning exercises for football players?
- b). How can the coach balance the need for physical fitness with the risk of injury?
- c). What measures can be taken to prevent injuries during intense training sessions?

2. A local school has introduced a new physical education program that focuses on dance and movement. However, some parents are concerned that this program is not providing enough physical activity for their children.

- a). What are the benefits of dance and movement activities for physical education?
- b). How can the school ensure that students are getting enough physical activity through this program?
- c). What modifications can be made to the program to address parental concerns?

SECTION B

Attempt any one question.

3. A group of friends have started a recreational basketball team and play weekly games at a local court. However, they are concerned about the lack of proper warm-up and cool-down routines, which may lead to injuries.

Task.

- a) What are the importance of warm-up and cool-down routines in physical activity?
- b). How can the team incorporate effective warm-up and cool-down routines into their games?
- c). What are some common injuries that can occur from inadequate warm-up and cool-down routines?

4. A local community center has introduced a new program to promote physical activity among older adults. However, some participants are concerned about the intensity of the program and fear it may be too strenuous.

Task.

- a). What are the benefits of physical activity for older adults?
- b). How can the community center modify the program to accommodate different fitness levels and abilities?
- c). What measures can be taken to ensure participant safety and prevent injuries?