

555/2
PHYSICAL
EDUCATION
Paper 2
July/August 2024
6 hours



ENTEBBE JOINT EXAMINATION BUREAU

Uganda Lower Secondary Certificate of Education

PHYSICAL EDUCATION

Paper 2

PRACTICAL

6 hours

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 in Part II*

*Answer **five** examination items in all.*

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SECTION A: ATHLETICS

This item is compulsory.

Item 1

Matsiko a new student has joined Senior 3. He has the love and interest to continue take the study of physical education further but has challenges with athletics because he was absent when the rest of the class studied and executed the skills. Being a friend, you are requested to demonstrate the skills he missed such that he can improve his skills.

Skill I: Relays: upsweep, down sweep baton exchange techniques.

Skill II: Throws: short put, discus better.

Task:

Perform and demonstrate the skills **I** and **II** in a fairly-competitive way following the rules of play in each case and also taking safety into consideration.

SECTION B: GAMES

*Answer both items. Perform Item 2 and **one** game from Item 3.*

Item 2:

Volleyball is one of the games taught in physical education. After your trainer has taken you through the different skills used during volleyball and you have done enough practice of the volleyball skills, you are required to execute the required skills on a mini-game situation.

Task:

Play the game competitively, ensuring relevant safety precautions.

Item 3

Select one game from the table and play it competitively using indicated skills and other skills of the game.

Basketball	Cricket	Badminton	Rugby	Hockey
Dribble	Batting	Grip	Rucking	Pump control
Shooting	Fielding	Serve	Mauling	
Short grip	Back hand	Table tennis	Skating	
Chest pass	Bowling	Forehead shot	Scrimmaging	Goal keeping

SECTION C: AESTHETICS

This consists of two Parts; I and II

PART I: (Gymnastics)

Item 4: Gymnastics

Gymnastics is a fun sport to do and to watch. Watching a gymnast perform will always leave you in awe. You will admire the physical fitness of the gymnast while loving every moment of the sport. Such is the beauty of gymnastics.

You are selected as one of the participants to showcase beauty in the gymnastics exhibition organized by your school by performing at least two of the following categories;

Category I: Rolls: backward roll, pencil roll, forward roll

Category II: Balances: crouch balance, crab balance shoulder balance

Category III: Body shapes: hollow shape, bridge, tuck shape

PART II: (Swimming / Aerobics)

Answer only one item from this Section

Item 5: Aerobics

TLC health club is seeking a highly competent individual to work as an aerobics instructor. Assuming you are hired to do this job, demonstrate your competence in a practical interview using energy workouts such as *marching, jumping jacks, knee lifts, squat jumps*.

Task:

Perform the following aerobic movements so as to convince the panel that you are the best instructor they have been looking for.

Item 6: Swimming

As a learner of physical education who has studied about swimming and demonstrated various techniques used; you are required to perform;

- (a) Frontal float
- (b) Kick sets
- (c) Back float as you swim in any stroke of your choice.

Task:

Dive and perform the above drills so as to display your expertise.