

555/1

PHYSICAL EDUCATION

Paper 1

2 hours



Uganda certificate of Lower secondary education

S.2 END OF TERM I ASSESSMENT

PHYSICAL EDUCATION (Theory)

Paper 1

2 HOURS 15 MINUTES

INSTRUCTIONS TO CANDIDATES:

- ❖ *This paper consists of **three** questions.*
- ❖ *Answer **two** examination items in **all** choosing at least **one** question from each **section**.*
- ❖ *Any additional item (s) will **not** be scored.*
- ❖ *All answers **must** be written in the answer booklet(s) provided.*
- ❖ *A good handwriting is **recommendable**.*

ITEM 1

David is preparing for the regional athletics competition, but some of his classmates tease him for spending so much time training. They argue that physical education and sports are not as important as studying. David's coach advises him not to get discouraged, pointing out that physical education doesn't only build fitness but also reduces stress and teaches important life skills like discipline and resilience. David begins to wonder how he can explain the broader benefits of physical education to his peers.

Task

Help David write a persuasive speech to convince his classmates on this issue.

ITEM 2

James is walking to class when he sees a student collapse on the playground. The student is lying face down and appears motionless. James calls out for help, but no one nearby knows first aid. He remembers learning about it in physical education and decides to act quickly.

Task

Describe how James should approach and assist the collapsed student.

ITEM 3

During a friendly volleyball match, Joan keeps hitting the ball out of bounds whenever she tries to serve, receive, block and attack the ball after the opponents have served. Her teammates start getting frustrated because they lose points every time this happens and the coach punishes them with several push-ups. The coach observes that Joan doesn't know the correct techniques for serving, receiving, blocking and attacking and decides to teach her how to execute them properly while following the rules.

Task

Explain the proper techniques for the above skills in volleyball and identify the rules Joan should follow when executing them to avoid losing points.

END