

555/1
PHYSICAL
EDUCATION
2 hours



Uganda certificate of Lower secondary education
END OF TERM II ASSESSMENT
S2 PHYSICAL EDUCATION
Paper 1
2 hours

INSTRUCTIONS TO CANDIDATES:

- ✓ This paper consists of **three** items.
- ✓ Answer **two** assessment items in all.
- ✓ 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

In one of the villages in Uganda, the women wrote a letter to the District sports officer claiming that they are not allowed to take part in various sports activities, they also mentioned that the youth qualified for Olympic Games to be held in Paris 2024 but the village chief does not want them to participate. They also asked him to organize various sports competitions in the village but he claimed they are a wastage of time, to the extent that he gave out all the sports facilities to investors for buildings and factories. Due to your knowledge of physical education, the District sports officer has appointed you to help educate the village chief on matters at hand.

Task:

Prepare a write up that you will use to educate the village chief.

Item 2

In the recently concluded National schools' soccer championships, a number of issues arose indicating the determination of some schools' teams to win at all costs. This caused many of such teams to exhibit high levels of poor sportsmanship through characters like;

- Using ineligible players in their teams.
- Disobeying the referees' on-field decisions.
- Some players fighting their opponents resulting from frustrations and inability to admit loss.
- Rough play against their opponents.

Since the competition was for a short period of time, many were over worked, had sleepless nights and some isolated themselves while shedding tears.

Task:

- (a) Which effects could such a trend have on the championship, teams and players and how can the organizers address such challenges?
- (b) How would you help the players overcome the conditions they went through?

Item 3

You were employed in a health and wellness club in your town. Last week, the manager of A & C Bank wrote a letter to you requesting for services of your club. In the letter, the manager indicated that;

- The bank tellers spend the whole day seated and some are complaining of back pain.
- The staff enjoy fried food and processed drinks.
- Staff take lifts/elevators to and from the office and those who use stairs, they are always breathing heavily after the movement.

Task

As a fitness expert, make a write- up indicating how you would help the bank tellers improve their life style.