

555/1

PHYSICAL
EDUCATION

Paper 1

2 hours



Uganda certificate of Lower secondary education

S.2 END OF TERM II ASSESSMENT

PHYSICAL EDUCATION

Paper 1

2 hours

INSTRUCTIONS TO CANDIDATES:

- ❖ *This paper consists of **three** questions.*
- ❖ *Answer **two** examination 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.

Peter is a good footballer in Kachama SS. Many stakeholders including villagers wish to see him on the pitch. Although local media broadcasts many times the matches, Peter does not appreciate it and seems not to see any opportunity in his engagement in sports. Since Mr. Savio the sports teacher refuted to include Peter on a bursary scheme, Peter no longer sees any advantage in engaging in sports. He has even taken an extra mile to assert that apart from winning the friendly games of the school, there is no other competitions of benefit to him.

Task:

As a physical education student, write a letter to Peter addressing his issues to change his mentality.

Item 2.

Physical Education and Sports (PES) advocates for a healthy body and mind. In your class, John is considered to be the most disorganized student. During the interclass football competitions, he moved from the dormitory to the pitch early in the morning with long finger nails, dirty clothing and was smelling because he had taken a considerable number of days without bathing, this made everyone around the pitch to look at him like a confused person. He considers this as a trending lifestyle among the boys of his age yet this is unhealthy. He then just rushed to the pitch and started playing after substituting someone, he played the game bare footed and all spectators were cheering and laughing at him. After a few minutes of play, he complained of pain around the hamstring muscle, and swelling, increased temperature, bleeding around the ankle and knee. This restricted his entire body movement and could not continue with play and no one had knowledge on how to help him.

Task:

Make a detailed **write up** to sensitize John about his conduct and address his problems.

Item 3.

The Ministry of Health Officials came to a nearby school in your village and reported that there is an increase in the number of students with Body Mass Index (BMI) of 29 and above from 2.3% to 10.4% (by MOH) and others weigh over 120kg, because of this, it has been identified that the health of students is deteriorating due to a sedentary lifestyle. This has left them with weaker bodies, muscle and joint pain, and are always sleeping on the school compound. However, the sports teacher of the school took a step and trained them for one day and then organized a Galla for a number of games and sports to check for their preparedness and made the following observations;

Many students could not catch the ball thrown them to by their teammates, many failed to make passes reach the identified target, many could get tired easily and asked for substitutions, they could take a lot of time to reach the ball and others totally failed to reach it, they could easily fall down when dodged by a colleague.

The ministry also identified that students are always seen eating biscuits, yoghurt, chapattis, and other sugary foods which cannot sustain them, promote a health living and promote proper functioning of the whole body. Based on the above issues, the ministry is worried and concerned. As a selected physical education pioneer of your village.

Task:

Make an **article** of **300 to 500 words** that will be used by the ministry to change attitudes of such students and improve their performance in a number of physical activities.

END