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PHYSICAL
EDUCATION
Paper 1
(Theory)
Oct./Nov. 2024
2¼ hours



UGANDA NATIONAL EXAMINATIONS BOARD

Uganda Certificate of Education

PHYSICAL EDUCATION

**Paper 1
(Theory)**

2 hours 15 minutes

INSTRUCTIONS TO CANDIDATES:

*This paper consists of **two** Sections; **A** and **B**. It has **four** examination items.*

*Section **A** has **two** compulsory items.*

*Section **B** has **two** items. Answer **one** item from this section.*

*Answers **must** be written in the answer booklet(s) provided.*

*Answer **three** items in all.*

*Any additional item answered will **not** be scored.*

SECTION A

Answer **all** the items in this section in the answer booklet(s) provided.

Item 1

A secondary school in your district participates in handball competitions at the district level every year. It has never qualified for the national level. This year the players have been asked to give reasons why they have never progressed beyond the district level and they stated as follows.

- i. They rarely trained since the school schedule had little free time.
- ii. Even the few days they trained, they only went straight to the game play for 30 minutes.
- iii. Many players played the game with a number of injuries such as sprains, muscles stiffness and open wounds.
- iv. Sports uniforms were never cleaned since there was always no time for it.

The handball coach needs an assistant who will be in charge of team safety. Your Physical Education teacher has referred you to the coach for that role.

Task:

- (a) Explain how each of the stated reasons affected the players' performance.
- (b) Suggest what you could recommend to be done about each reason raised by the players.

Item 2

A village netball team got a volunteer to prepare the team for a tournament. During a trial game, the players did not perform to the expectation of the volunteer. In an attempt to improve on the players' performance, the volunteer recommended that each player must;

- i. run around the field for one hour daily.
- ii. lift a 50 kg weight 20 times daily.
- iii. stretch legs on the ground until they make 180° on the ground repeated 10 times daily.
- iv. sprint 100 metres 10 times daily.
- v. eat a plateful of boiled cassava daily.

The players have tried but failed all the recommendations of the volunteer. However, the volunteer insists that the recommendations are appropriate and necessary to address the team's challenges. The team has requested you to help them as a fitness trainer.

Task:

- (a) Explain the problem with each of the volunteer's recommendations.
- (b) Propose an alternative set of recommendations you would put in a program to address the players'/team's challenges.

SECTION B

Answer one item from this section in the answer booklet(s) provided.

Item 3

Leku, a Senior three student, was in a secondary school that encourages learners to participate in physical activities and watch sports programmes on television. His parents did not like the situation, so they opted for change of school.

Leku's new school did not have physical activities and television watching as in the previous school. Leku resorted to abusing drugs, dodging meals and classes. The indiscipline acts led to the invitation of Leku's parents for a discussion.

Leku revealed that he did this because he misses physical activities and watching sports news. Leku also appeared fatigued, sweating, restless and with reduced body weight.

From the discussion, it was resolved that Leku needs to be supported to live in the school in a better way. You have been chosen by the Physical Education teacher to help Leku study well.

Task:

- (a) Advise Leku about his behaviour in the new school.
- (b) Explain how Leku can be supported to study well in the new school.

Item 4

A certain community in the country lives on low level income. A business man started a betting company in the community and this changed the behaviour of the youths in the following ways:

- i. They spend a lot of time betting on which club will win a certain game.
- ii. They spend their afternoon time watching games broadcast on television.
- iii. They no longer play games on their community playground.
- iv. They take alcohol and smoke marijuana which make them behave indifferently.
- v. Most of them no longer go to school and those who go to school are violent.

The local authorities have resolved that they meet the youths and get a solution to their current behaviour. As a member of the community, you were also invited to attend the meeting.

Task:

Write your suggestions on how Physical Education can be used to solve the community's challenges. Give reason(s) in each case.