

555/1
PHYSICAL
EDUCATION
2024
2 ¼ hours



B.PETER'S ACADEMIC PLATFORM

END OF TERM THREE EXAMS 2024

S.1 PHYSICAL EDUCATION

Theory

2 hours 15 minutes

INSTRUCTIONS TO CANDIDATES:

*This paper consists of **two** sections: A and B.*

*Answer only **two** items from section **B**.*

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

*Answer **four** 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**.*

Turn Over

SECTION A:

Answer **both** items in this section.

Item 1

In the recently concluded USSSA National boys' soccer championships in Masaka, a number of issues arose indicating the determination of some school 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 intended to fight their opponents resulting from the frustrations and inability to admit a loss
- Rough play against their opponents
- Others would refuse to train

Since the competition was for a short period of time, the players ended up being over stressed and exhausted which further worsened the situation.

TASK:

- a) According to you as an analyst, which other behaviors could these players have exhibited and were not captured
- b) Which effects could such a trend have on the championship, teams and players at large if not addressed
- c) How can the country address this, in order to protect its talent base?

Item 2

In a physical education class, a student named Amina is very dedicated to her fitness routine. She exercises vigorously for two hours every day, focusing on strength training and cardio. However, she often skips meals and does not get enough rest due to her busy schedule. Additionally, Amina neglects her personal hygiene, often wearing the same workout clothes multiple times without washing them.

TASK

Advice, how can Amina improve her approach to exercise, rest and hygiene to ensure she maintains a healthy and balanced lifestyle

SECTION B:

Answer only **two** items from this section.

Item 3

John is a high school student who is passionate about basketball and dreams of playing at a competitive level. He spends hours practicing his shooting, dribbling and defensive skills every day after school. However, John's diet consists of mainly fast food, sugary snacks, and soda. He often feels tired and lacks the energy to perform at his best during games and practices.

TASK

Provide an advice, on how can John enhance his skill develop and overall performance in basketball by making changes to his diet and nutrition habits?

Item 4

A community that has experienced conflict and division for many years decides to use sports as a tool for promoting peace and development. A local physical education teacher, Ms. Rodriguez is tasked with organizing a sports event that brings together youth from different backgrounds and encourages teamwork, cooperation and mutual respect.

TASK

How can Ms. Rodriguez leverage the power of sports in physical education to foster unity, understanding and social cohesion among the youth in the community, ultimately contributing to peace and development efforts?

Item 5

Due to the limited resources for use during the engagement in sports, a number of community members may end up having less involvement in sports. Limited access to sports by some people is based on a number of reasons and this has affected the talent identification and development programs in the various communities where

the vice exists. From research, it's established that society is not aware of this vice and its impact, yet it's disastrous. As an expert, you would wish to open the eyes of the society before the effect increases.

TASK:

Prepare a write-up that you can present over a radio talk-show, if you are invited to address the issue.

END