



KAMPALA MODEST TEACHERS EXAMINATIONS AGENCY

COMPETENCE BASED CURRICULUM END OF YEAR EXAMINATIONS 2023

Uganda Lower Secondary Certificate Of Education (U.L.S.C.E)

PHYSICAL EDUCATION

SENIOR THREE

1 hour 15 minutes

INSTRUCTIONS

- This paper consists of two sections A and B
Answer all questions.
- Answers to Section A should be filled within spaces provided and Section B answers to answered in the answer sheet provided.
- Present your work neatly

SECTION A (60 marks)

1. a) Matida's participation in physical activities like swimming, skipping, playing soccer or netball can sometimes get so demanding especially when she spends a long time without training since those activities require usage of different body organs like lungs, heart and muscles. This requires her to conditioning vital organs and body parts through performing before doing an intensive activities and performing.....exercises at the end of an activity. The exercises done before doing a more intensive activity include.....

..... and they are done in four phases i.e.
.....(09marks)

b) Why does Matida need to carry out the above exercises before taking part in a more intensive activity? (01 mark)

.....

2. It is a common slogan that "work without play, makes Eridadi a dull boy. "You have witnessed this several times, at home and school. Have you ever imagined how boring life would be without exercise and rest?

a) Identify the two types of exercises that would be given to Eridadi. (02marks)

(i).....

.....

(ii).....

.....

b) Give examples of each type of exercise named above (02marks)

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3. More often ,your school conducts athletic events which involve activities such as running, throwing and jumping.in day to day life, you use a certain athletic activities such as running to canteen, jumping to pick a mango from the tree and throwing a piece of chalk to a friend .Using skills and knowledge acquired about athletic activities, answer the following questions

a). Mention at least four items used during athletic activities. (04marks)

(i).....
.....

(ii).....
.....

(iii).....
.....

(iv).....
.....

b). Identify three safety precautions taken before, during and after athletics competitions
(03 marks)

(i).....
.....

(ii)
.....
.....

(iii).....
.....

c) Athletics as a sport has a number of activities organized including the ones below.(03marks)

(A)



(B)



(C)

Identify the events;

A.....

B.....

C.....

c) Relay is a sprint athletic activity that involve exchange of a stick-like structure called a baton. Identify the techniques used when exchanging a baton.(02marks)

(i).....

.....

(ii)

.....

.....

4. a) Define the term motivation.(01mark)

.....

.....

b) Give two types of motivation.(02marks)

(i).....

.....

(ii)

.....

.....

c) How relevant is motivation to an athlete?

(04marks)

(i).

.....

(ii).

.....

(iii).....

(iv).....

5. a) Briefly explain what is meant by Handball game.

(02 marks)

.....

.....

b) Identify at least 03 basic skills used in handball game.

(03marks)

(i).....

.....

(ii).

.....

(iii).

.....

(c) Mention three similarities between Netball and Handball games.

(03marks)

(i).....

(ii)

(iii).....

6. a) What is meant by the term a spotter? (01mark)

.....

.....

b) Outline at least 02 gymnastic activities you know.

(02 marks)

(i).....

(ii).....

(c) Explain briefly, how a head stand can be performed.

(03marks)

.....

.....

.....

.....

7 a). Draw a handball court with its players on Court

(08marks)

b). During performance of exercises or any physical activity, the body systems response differently, state at 03 and their roles in relation to exercise performance.(06marks)

Body system	It's role in relation to exercise performance

SECTION B: (20marks)

8a).During preparation of any competition and regular training of athletes, a number of preparations are undertaken above all balanced Diet should be well catered for success to be registered.

Task.

What is meant by the term balanced Diet? (01 mark)

Identify all the food nutrients, sources for each and their respective values to an athlete.

(19marks)

END