**Name: ……………………………………………………Class:…………..Stream:…………….**

**PHYSICAL EDUCATION**

**PAPER 1**

**October, 2022**

**2 hours**

**GULU CENTRAL HIGH SCHOOL**

**UGANDA CERTIFICATE OF EDUCATION**

MID - TERM III EXAMINATIONS, 2022

S.1 PHYSICAL EDUCATION

Paper 2

2 Hours

**INSTRUCTIONS:**

Answer all the question in Section A and B

All the answer for Section A should be written in the space provided and for Section in a answer sheet.

All the drawing must be in a pencil.

SECTION A:

1. (a) Define the term personal hygiene

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(b) Identify any three (3) body parts which need special hygiene and cleanliness after active participation in sports.

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1. Name any four types of passes in the game of netball.

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1. Explain how do you understand by the following term in the game of rounder’s
2. Buffing

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1. Bowling

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1. Umpire

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(b) Explain how a point is scored in the game of rounder’s.

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1. Describe in four ways how injuries can be prevented in the game of rounder’s.

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1. What is the standard measurement for the following dimension in a netball court?
2. Side line

………………………………………………………………………………………………………………………………………………………………………………………………

1. Transverse line

………………………………………………………………………………………………………………………………………………………………………………

1. Center

………………………………………………………………………………………………………………………………………………………………………………

1. Goal line

………………………………………………………………………………………………………………………………………………………………………………

1. Describe any four ways how players are eliminated in the game of rounder.

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1. Name any four component of physical education.

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1. (a) Name any two changes that girls undergo during adolescent

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(b) Explain in two ways how the above changes can affects performance in sports.

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1. Explain the following term in relation to sport.
2. Exercise

……………………………………………………………………………………………………………………………………………………………………………………

1. Rest

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(b) Suggest any two importance of rest

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1. (a) What is Balance in gymnastic

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(b) Name any three examples of Balance in gymnastic

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1. (a) Give two ways why it’s important for a S.1 student to study educational gymnastics.

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(b) Name any two qualities of a good gymnast.

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**SECTION B (20 MARKS)**

1. You have been invited to introduce the game of Netball to the pupils of Abilnino Primary school, Agago district. As a S.1 student who has learnt basic skills in netball.

Task:

1. Design a plan (Drawing) that will be used to construct (Demarcate) a netball court (standard measurement)
2. Prepare a presentation you will use to teach the pupils on the following:
3. The basic skill of pass and how is it excited.

**THE END**