**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.2 PHYSICAL EDUCATION

Paper 2

2 Hours

**INSTRUCTIONS:**

Answer all the question in Section A, and Section B

SECTION A:

1. Okello is one of the member of school team, he decided to triple the amount of food he usually eat because the school team is preparing for a match a head,
2. Advice him on the possible health issue he may encounter.

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1. Recommend him on the good eating habit he should adopted.

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1. Explain how the following factors affects performance of a certain skill
2. Age (02marks)

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1. Gender (02marks)

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1. State of health (02marks)

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1. Physical ability (02marks)

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1. Fatigue (02marks)

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1. (a) Explain how you understand by the following in the game of rounder’s.
2. Bowling

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1. Batsman

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1. Deep fielders

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(b) Describe in two ways how points are scored in rounders’

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1. Your team members have entrusted you to be their captain. Describe in four ways the safety precautions you will ensure during, before and after rounder’s game.

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1. (a) **Kuol Chol Majok** has been selected to be among S.2 athletic team, but he has no idea which truck event requires sprinting tell him any four examples of truck event which requires sprinting.

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1. Assuming he also want to take part in the relays, describe to him any two ways how button exchange is done.

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1. What is the standard measurement of the following in the game of netball.
2. Side line

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1. Goal line

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1. Center

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1. The shooting area (D)

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1. Assuming you are playing netball and you are surrounded by opponents. Describe any 3 types of pass you can use to give the ball to; your teammate who is rear. (06marks)

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**SECTION B:**

The school basketball team has two categories of players. Some feed on school food (posho, rice and beans) and a few prefer snacks (samosas and packed juice). The school coach has noticed that the learners who feed on snacks normally collapse during heavy workouts and sometimes, during competitive games.

Task:

Using the knowledge and skills you have acquired from this chapter on skills development and diet, create a poster under the campaign “Healthy Eating, healthy Physical body and healthy living”. Pin on the noticeboard and in the sports room.

**THE END**