



UGANDA SECONDARY CERTIFICATE OF LOWER EDUCATION

MID TERM III S.3 PHYSICAL EDUCATION,2023.

PAPER 2 (PRACTICAL)

OLOK SEED SECONDARY SCHOOL

P.O BOX 14, PALLISA

Time: 3 Hours

INSTRUCTIONS TO CANDIDATES

- ❖ This paper consists of three themes, **Aesthetics, Games and athletics.**
- ❖ Question two (Games) is compulsory to all candidates.
- ❖ Attempt any one of the other themes in this paper.
- ❖ Sports attire will earn you **03 marks.**

THEME : AESTHETICS

1. Gymnastics

Demonstrate;

- a) a shoulder balance (02mks)
- b) a pencil roll (02mks)
- c) 2 successive cartwheels (02mks)
- d) Arm stretch. (01mark)

THEME : GAMES



2. (I) Game One Handball

Demonstrate the following basic skills in Handball

- a) a push pass (02mks)
- b) a bounce pass (02mks)
- c) Chest pass. (02mks)
- d) Move from position G.K , LB, CB, RB ,LW, CR and RW (04mks)

THEME: ATHLETICS

Demonstrate a ,

- a) A crouch Start (03mks)
- b) an up sweep baton exchange (02marks)
- c) a down sweep baton exchange (02marks)

***** END *****

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Department of physical education



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