



**UGANDA NATIONAL EXAMINATIONS BOARD**  
**CONTINUOUS ASSESSMENT OBSERVATION CHECKLIST**  
**555 PHYSICAL EDUCATION**  
**Senior 3 Term 2**

**Centre/CA No:** ..... **Year**.....

**Learner`s Name**..... **Learner`s ID**.....

**Instructions to the facilitator:**

1. This observation checklist contains **two** competencies which **must** be assessed by the end of this term.
2. Please **Tick** against the indicator(s) the learner has exhibited at every level assessed.
3. Record the **Number of Indicators Observed** in the boxes provided at the end of each level for **Subject Competence (SC) and Generic Skill (GS)**.
4. Indicate **N/A** if learner has not been assessed for a particular level(s).

**Theme(s):**

Aesthetics

**Topic(s):**

Either

Basic steps of Aerobics

Or

Water Safety and Basic Swimming Skills

**Learning Outcome(s):**

Perform games and sports activities

**Subject Competency(SC)1:**

Performs games and sports activities.

**Generic Skill (GS)1:**

Cooperation and self-directed learning

**Learning Domain:**

Psychomotor

**Level 1: Imitation**

**Subject Competency(SC)1: Mimicking from a video clip or resourceful person the performance of games and sports activities, the learner:**

- ☐ uses appropriate tactics for the game.
- ☐ Executes the required techniques of the game.
- ☐ makes proper use of space.
- ☐ wears appropriate attire.
- ☐ ensures safety of the environment.



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- ☐ Uses appropriate equipment.
- ☐ under goes body conditioning.
- ☐ Follows the game rules and regulations.
- ☐ rewards games activities fairly.
- ☐ accepts decisions taken by games or sports officials.

**Generic Skill (GS)1: Mimicking from a resourceful person/ video clip on demonstration of cooperation and self-directed learning when performing games and sports activities, the learner:**

- ☐ Works effectively in diverse teams.
- ☐ Interacts effectively with others.
- ☐ Takes responsibility for own learning.
- ☐ Works independently with persistence.
- ☐ Manages goals and time.

Level 1 Indicators	
SC	GS

**Level 2: Manipulation**

**Subject Competency(SC)1: Following instructions from a video clip or resourceful person on the performance of games and sports activities, the learner:**

- ☐ uses appropriate tactics for the game.
- ☐ Executes the required techniques of the game.
- ☐ makes proper use of space.
- ☐ wears appropriate attire.
- ☐ ensures safety of the environment.
- ☐ Uses appropriate equipment.
- ☐ under goes body conditioning.
- ☐ Follows the game rules and regulations.



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- ☐ rewards games activities fairly.
- ☐ accepts decisions taken by games or sports officials.

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Level 2 Indicators	
SC	GS

**Level 3: Precision**

**Subject Competency(SC)1: Performing games and sports activities independently with minimal errors, the learner:**

- ☐ uses appropriate tactics for the game.
- ☐ Executes the required techniques of the game.
- ☐ makes proper use of space.
- ☐ wears appropriate attire.
- ☐ ensures safety of the environment.
- ☐ Uses appropriate equipment.
- ☐ under goes body conditioning.
- ☐ Follows the game rules and regulations.
- ☐ rewards games activities fairly.
- ☐ accepts decisions taken by games or sports officials.

**Generic Skill (GS)1: Demonstrating cooperation and self-directed learning when performing games and sports activities independently though with minimal errors, the learner:**



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- ☐ Works effectively in diverse teams.
- ☐ Interacts effectively with others.
- ☐ Takes responsibility for own learning.
- ☐ Works independently with persistence.
- ☐ Manages goals and time.

Level 3 Indicators	
SC	GS

**Level 4: Articulation**

**Subject Competency(SC)1: Performing games and sports activities correctly and innovatively, the learner:**

- ☐ uses appropriate tactics for the game.
- ☐ Executes the required techniques of the game.
- ☐ makes proper use of space.
- ☐ wears appropriate attire.
- ☐ ensures safety of the environment.
- ☐ Uses appropriate equipment.
- ☐ under goes body conditioning.
- ☐ Follows the game rules and regulations.
- ☐ rewards games activities fairly.
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- ☐ Works effectively in diverse teams.
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Level 4 Indicators	
SC	GS



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**Level 5: Naturalization**

**Subject Competency(SC)1: Performing games and sports activities easily, the learner:**

- ☐ uses appropriate tactics for the game.
- ☐ Executes the required techniques of the game.
- ☐ makes proper use of space.
- ☐ wears appropriate attire.
- ☐ ensures safety of the environment.
- ☐ Uses appropriate equipment.
- ☐ under goes body conditioning.
- ☐ Follows the game rules and regulations.
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Level 5 Indicators	
SC	GS



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**Theme(s):** Athletics  
**Topic(s):** Development of Jumping Skills.

**Learning Outcome(s):** Perform games and sports activities  
**Subject Competency(SC)2:** Performs games and sports activities.  
**Generic Skill (GS)2:** Cooperation and self-directed learning  
**Learning Domain:** Psychomotor

**Level 1: Imitation**

**Subject Competency(SC)2: Mimicking from a video clip or resourceful person the performance of games and sports activities, the learner:**

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Level 1 Indicators	
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**Level 2: Manipulation**

**Subject Competency(SC)2: Following instructions from a video clip or resourceful person on the performance of games and sports activities, the learner:**

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Level 2 Indicators	
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**Level 3: Precision**

**Subject Competency(SC)2: Performing games and sports activities independently with minimal errors, the learner:**



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Level 3 Indicators	
SC	GS

**Level 4: Articulation**

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