**UGANDA NATIONAL LOWER SECONDARY CERTIFICATE**

**END OF TERM 2 2024**

**S.3**

PHYSICAL EDUCATION

555/2

6hrs

Instructions: Attempt All NUMBERS.

**ATHLETICS**

Your Physical education teacher has organized a PE seminar for subject students at your school. Athletics events are the one of the items to be performed by the learners in this seminar. You are selected to help him displaying the athletic skills to the visiting students from other schools

(a) demonstrate the acquired set of skills of the following categories:

1. Sprint relays: visual baton exchange, non-visual baton exchange using upsweep and down sweep techniques
2. Sprint hurdles: using 3-stride rhythm between hurdles.

(b) Demonstrate the required set of skills of the following

(i) jumping: long jump and triple jump

(ii) throwing: - Discus throw using standing throw, standing side throw.

- A-3 step javelin throw (rhythm 3-step throw)

- shot-put using standing shot, side and gliding put

**TASK**

Prepare the above categories one by one and demonstrate the skills and techniques while considering the rules of each category in a competitive way.

**GAMES**

Your school has organized a Physical Education day where different houses will compete in different games at your school. As a Physical education student. You have been preparing for such inter-house championship. You are expected to display the acquired skis in the following games:

1. Netball. Demonstrate the acquired skills of netball and play the competitive game while observing safety measures.
2. Basketball: Display the basketball acquired skills and techniques in a mini-game situation, play competitively and observe rules of the game.

**GYMNASTICS**

As a student of Physical Education who studied from a different school and acquired various skills in gymnastics demonstrations. Your new PE teacher has identified as a competent gymnast who can guide his learners who are just being introduced to gymnastics in a school to help them improve on the skills. Demonstrate the following skills of the following categories:

1. Rolls:
2. Forward roll, Backward roll, Side roll (Pencil roll), Tank roll and Judo roll
3. Balances: crouch balance, Headstand, shoulder balance, V-balance, swan balance, crab balance, candlestick balance centipede and chains
4. Body shapes: Tuck shape, straddle shape, spit shape and arch shape
5. Skipping: single leg skipping, double leg skipping and alternating le skipping.

**AEROBICS**

In a well prepared space with equipment conduct an aerobics session for at least 6 persons and involve the following movements.

1. Four (4) arm movements synchronized with,
2. Four (4) leg movements.
3. Heel kicks
4. Letter v,z,y

**\*END\***