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PHYSICAL  
EDUCATION  
2024  
2 ¼ hours



## MEPSA RESOURCEFUL ASSESSMENT 2024

Uganda Certificate of Education

PHYSICAL EDUCATION

Paper 1

Theory

2 hours 15 minutes

### **INSTRUCTIONS TO CANDIDATES:**

*This paper consists of **two** sections: A and B.*

*Answer only **two** items from section B.*

*Section A has **two** compulsory items.*

*Answer **four** examination items in all.*

*Any additional item (s) will **not** be scored*

*All answers **must** be written in the answer booklet(s) provided.*

*A good handwriting is **recommendable**.*

**Turn Over**

## **SECTION A:**

Answer **both** items in this section.

### **Item 1**

Peter is a good footballer in Kacwamba SS. Many stakeholders including villagers wish to see him on the pitch. Although local media broadcasts many times the matches, peter does not appreciate it and seems not to see any opportunity in his engagement in sports. Since Mr. Savio the sports teacher refuted to include peter on a bursary scheme, Peter no longer sees any advantage in engaging in sports. He has even taken an extra mile to assert that apart from wining the friendly games of the school, there is no other competitions of benefit to him.

**Task:** Address Peter's issues in a letter.

### **Item 2**

Physical Education and Sports (PES) advocates for a healthy body and mind. In your class, John is considered to be the most disorganized student. During the interclass football competitions, he moved from the dormitory to the pitch early in the morning with long finger nails, dirty clothing and was smelling because he had taken a considerable number of days without bathing, this made everyone around the pitch to look at him like a confused person. He considers this as a trending lifestyle among the boys of his age yet this is unhealthy. He then just rushed to the pitch and started playing after substituting someone, he played the game bare footed and all spectators were cheering and laughing at him. After a few minutes of play, he complained of pain around the hamstring muscle, and swelling, increased temperature, bleeding around the ankle and knee. This restricted his entire body movement and could not continue with play and no one had knowledge on how to help him.

**Task:**

Sensitize John about his conduct and address his problems.

## **SECTION B:**

Answer only **two** items from this section.

### **Item 3**

The Ministry Of Health Officials came to a nearby school in your village and reported that there is an increase in the number of students with Body Mass Index (BMI) of 29 and above from 2.3% to 10.4% (by MOH) and others weigh over 120kg, because of this, it

has been identified that the health of students is deteriorating due to a sedentary lifestyle. This has left them with weaker bodies, muscle and joint pain, and are always sleeping on the school compound. However, the sports teacher of the school took a step and trained them for one day and then organized a Galla for a number of games and sports to check for their preparedness and made the following observations;

Many students could not catch the ball thrown them by their teammates, Many failed to make passes reach the identified target, Many could get tired easily and asked for substitutions, They could take a lot of time to reach the ball and others totally failed to reach it, They could easily fall down when dodged by a colleague.

The ministry also identified that students are always seen eating biscuits, yoghurt, chapattis, and other sugary foods which cannot sustain them, promote a health living and promote proper functioning of the whole body.

Based on the above issues, the ministry is worried and concerned. As a selected physical education pioneer of your village.

**Task:**

Make an article/letter that will be used by the ministry to change attitudes of such students and improve their performance in a number of physical activities.

**Item 4**

In your school neighboring community, the special interest groups have reported to the Ministry Of Education and Sports (MOES) that it is mostly the high school boys that participate in sports especially during holidays denying them an opportunity to use the available sports facilities and equipment based on various reasons. In order to fully promote talents in the area, one needs to address these issues so as to make everyone comfortable. They also reported that this community is under developed with problems such as pick pocketing, quarrels, theft, drug abuse and fights among youths, and these are due to their political, social and religious differences. This made the Ministry officials to secure 40 million shillings to curb down such problems so that harmony is brought among the youths without any disruptions. Though the youths did not have knowledge on how to end such, as one of the physical education scholars in the area, you disagreed with what the officials did and said that engaging in sports activities is the only motive to end this.

This made the minister scared, worried and concerned about the above issues and; Requested you as a physical education scholar in the community to,

**Task:**

Make a write up that she will use to change ways of the youths and develop talents of the special interest groups and the community as a whole.

**Item 5**

Mukono District Sports Officer organized ‘**Mukono District Rounders Game Festival**’ that took place on 19<sup>th</sup> May, 2024 where youths from 14 villages participated in the game. He however called for a brief meeting with all players a day before sports event and encouraged them to have the force that could drive them to perform any physical activity, he further staked shs.1, 000, 000 as a prize and promised the winners of the competition to take them to **Collines hotel** for a dinner. The L.C.1 Chairpersons of the villages together with the District Sports Officer (DSO) worked closely with Sanyuka television to broadcast the competitions. With this, players from your village (Kabalagala village) performed well up to semi-finals where they were beaten hands down in favour of Nabukone village. At the end of this match, the youths of Kabalagala village complained to their L.C.1 chairman that they would perform better up to the finals but they lacked knowledge on the various guiding principles of training and how they would develop them days before their competitions. After the loss of the match, the youths could not congratulate opponents, started abusing and fighting them on the way back to their homes yet this is unethical in performance of sports. The District Sports Officer was touched because of what took place before, during and after the festival and requested; Any physical education giant who witnessed all what took place to,

**Task:**

Write an article that he (DSO) shall put in the newspapers to address the above issues.

**END**