

Candidates' Name: .....

Signature: .....

Random No.					Personal No.		

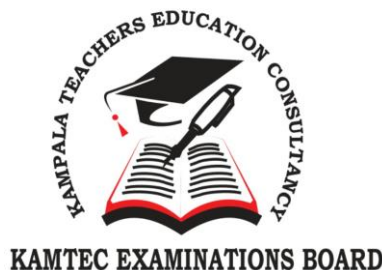
(Do not write your school / Center name or Number anywhere on this booklet)

555/2

**PHYSICAL  
EDUCATION**

**Paper 2**

**July / Aug 2024**



**Uganda Certificate Of Education  
PHYSICAL EDUCATION  
Paper 2**

**INSTRUCTIONS TO CANDIDATES**

*This paper consist of **three** sections: **A**, **B** and **C**. It has **six** examination items.*

*Section **A** has **one** compulsory examination item.*

*Perform **two** games from section **B***

*Section **C** has two parts: **II** and **I**. Part **I** is compulsory. Answer only **one** item from part **II***

*Answer **five** examination items in all*

## SECTION A

*Answer **all** the items in this section in the spaces provided.*

### ATHLETICS

#### (Compulsory)

#### Items 1

Your school is one of the sporting school that produces the best sprinters and jumpers. It has been invited to participate in in the inter-district athletics championship due to take place next month. To hit the qualification mark, your school will be expected to hold a school-based competition where successful participants will be selected. You have been training hard for the upcoming trials and you will be competing in the following skills sets. You are required to select only one from each set.

1. **Sprints:** Either Non visual baton exchange of 100m or 100m hurdle race
2. **Jumps:** Either high jump or long jump

#### Task

Perform the required athletics skills as needed for your qualification to the district championship

## SECTION B

### GAMES

*Attempt both items: Perform item 2 and 1 game from item 3*

#### Item 2

Your school is selected to host inter- regional rounders tournament. Due to the great opportunity granted to the school, your games teacher has spotted you as one of the potential players to captain the school rounders team that will represent your school in a friendly match that is intended to prepare the team for the tournament.

#### Task

In a team of 6 by 6 players, play the game competitively while applying the rules of the game.

#### Item 3

In attempt use sports as a tool for marketing the school, your school has embarked on the identifying promising talents to join the school team in specific games. Your game of choice is among the games to be competed at the school level where coaches will select their best players to train for the future competitions. Your school has scheduled the weekend of the mid-October as appropriate time for the competition.

**Table 1**

		<b>SKILLS</b>				
<b>GAMES</b>	<b>Table tennis</b>	Service	Smash	Drop	Spin	
	<b>Badminton</b>	Service	Clear stroke (overhead and under arm)	Smash shot	Net shot	
	<b>Hockey</b>	Dodging and tackling	Dribbling	Shooting	Goal keeping	
	<b>Cricket</b>	Batting	Bowling	Fielding	Wicket keeping	
	<b>Rugby</b>	Lineout	Scrum	Maul	Ruck	
	<b>Basketball</b>	Passing	Dribbling	Shooting	Rebounding	

### **Task**

Choose one comfortable game from table 1 above and play it in a competitive way following the rules governing it.

## **SECTION C (AESTHETICS)**

This section consists of **two** parts; **I** and **II**

### **PART I: Gymnastics**

#### **(Compulsory)**

#### **Item 4**

Your class has been selected by your PE teacher to entertain guests in at the annual sports day slated to take place in second term. Gymnastics is one of the items to be displayed before the guest. Your class captain has selected you to lead the whole class during the session in the following category of skills.

**Body shapes.** Tuck, T-shape, Hollow and Wide

**Balances:** swan, crouch, V-balance and shoulder

**Rolls:** forward, judo and side

**Skipping:** Alternate legs, double legs, single

#### **Task**

Prepare artistic gymnastics display of 5 minutes for the guests

### **PART II (Swimming & Aerobics)**

Answer only **one** item in this part

#### **Item 5**

The head teacher of your school has issued a directive to all teachers in your school to engage in aerobics session because of the increasing concerns of non-communicable diseases especially diabetes and high blood pressure. Following the head teacher's directive, your PE teacher has approached you as competent learner to instruct his fellow staff. To accommodate every staff, your teacher has selected the following exercises, match wide, mambo cha-cha, grapevine, repeaters, heel tap, bicep curls, frontal raises, arm circling, hammer curls, basic right and left, V-step, T-step, X-step and jumping jacks.

#### **Task**

Plan and perform a 8 minutes aerobics session.

### **Item 6**

Your school has been invited to participate in inter- secondary schools' aquatic competitions at Green hill Academy. Your PE teacher has recommended you to participate in the one-day trial that is intended to select the best swimmers who will represent the school at swimming gala. The coach has tasked you to perform the following skills:

### **Task**

You are required to dive and perform three swimming strokes of **breaststroke, freestyle and breast strokes** in 50m swimming pool in 5 minutes

**END**