

555/2 Inst.
PHYSICAL
EDUCATION
Practical
Instructions
July / Aug 2024



KAMTEC EXAMINATIONS BOARD

Uganda Certificate Of Education

PHYSICAL EDUCATION PRACTICAL INSTRUCTIONS

555/2 Inst.

CONFIDENTIAL

This information is given to facilitate the preparation of PE Practical

Teachers and school administrators should ensure that information stipulated below is not shared to candidates before the paper whether directly or indirectly.

Physical education teachers must ensure that all necessary equipment needed during the practical paper are availed to candidates to avoid inconveniences.

The equipment to use must be standard and of good working condition

1. Athletics

Prepare 100m track with the exchange zone of 30m and another one to be used for hurdle race

Prepare at least **four batons** and six hurdles

Prepare the following implements:

1. Shotput of 2.5kg for girls and 3kg for boys
2. Discus of 1 kg for girls and 1.5 for boys
3. Javelin of 600g and 800g for boys

Prepare the throwing areas of either shotput, discus or javelin but the learner will choose one event among the three events

Prepare a **jumping pit** with sand in it and **landing mattress** for high jump

Choose **one jumping** events among the three events

2. Games: mini game situation (Rounders)

Prepare the play area of 30by90m and at least 6 bats, tennis ball and posts with six players each side.

3. Games: Game situation

(Table tennis, badminton, rugby, hockey, cricket and basketball.

Prepare a safe playing area and equipment needed for display of each game stated above.

Keynote:

A candidate is required to choose only one game of his/her choice.

4. Gymnastics

Prepare a safe activity area and equipment such as skipping ropes, taupoline and music system for 5 people/learners

5. Aerobics and swimming

- (a) Prepare a safe activity area and equipment for an aerobics session of 8 learners
- (b) Secure and prepare a safe swimming pool with required equipment for displaying swimming skills.

Keynote: A candidate chooses either aerobics or swimming