

Candidates' Name: .....

Signature: .....

Random No.					Personal No.		

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

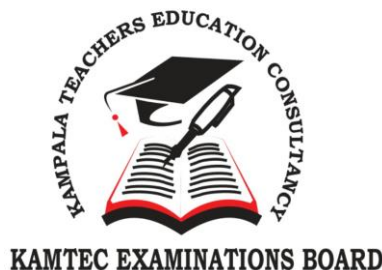
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**PHYSICAL  
EDUCATION**

**Paper 1**

**July / Aug 2024**

**TIME: 2 ¼ hours**



**Uganda Certificate Of Education  
PHYSICAL EDUCATION  
Paper 1  
TIME: 2 Hours: 15 Minutes**

## INSTRUCTIONS TO CANDIDATES

*This paper consists of **two** sections; **A** and **B**. It has **four** examination items.*

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

*Answer only **one** item from Section **B**.*

*Answer **three** examination items in all.*

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

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

**SECTION A**

*Answer both items in this section.*

**Item 1**

During a football game, Jack, a player who has been skipping practice and neglecting his training, collides with an opponent and falls to the ground. He hits his head on the ground and lands awkwardly on his outstretched hand, causing a severe impact. Jack loses consciousness and remains unresponsive. Upon assessment, he is diagnosed with a fractured hand, multiple bruises on his head, arm, and leg, and a potential head injury. To rescue his life and prevent further complications, Jack is immediately removed from the field for urgent injury management and medical attention.

**Task**

- a) Write an emergency response plan to help rescue Jack and save his life.
- b) What steps can Jack and his teammates take to prevent similar problems from happening in the future?

**Item 2**

A football team from a secondary school in Kampala aims to participate in an upcoming national soccer tournament. However, they face several challenges:

- a) Limited access to quality training facilities and equipment.
- b) Varied fitness levels among team members.
- c) Inadequate access to balanced meals and clean drinking water.

This is the team's first time participating in a national tournament. With only three weeks remaining until the tournament, the team has limited training time, with just two hours of practice per day.

**Task**

Make a detailed write up that can be used to support the school football team for one weeks.

## SECTION B

*Answer only **one** item from this section.*

### Item 3

The Karimojong people, a community of pastoralists in Uganda's Karamoja region, face big challenges when it comes to sports and physical education. For a long time, their area has been affected by conflict and violence, which has led to:

- Limited access to safe spaces for sports and physical activity.
- Lack of sports facilities, such as fields, courts, and equipment.
- Negative attitudes towards physical education, with many seeing it as less important than cattle herding and other traditional activities

As a result, the young people in this community are missing out on the benefits of sports and physical education and opportunities for personal growth.

### Task

As a student of physical education, write an article of 300-500 words that can be published by a local newspaper in Uganda addressing the challenges in Karamoja.

### Item 4

Kitgum and Lamwo districts in northern Uganda, recovering from the Lord's Resistance Army (LRA) conflict, face challenges in reviving sports programs. Destroyed infrastructure, limited resources, and trauma among youth hinder sports development. At a community gathering, the District Sports Officer proposed sports programs focused on peace-building and trauma relief. However, local leaders questioned prioritizing sports over pressing needs like healthcare, education, and livelihood support. The debate centres on balancing short-term needs with long-term goals, and whether sports can truly promote peace and trauma relief in post-conflict reconstruction.

### Task:

Write a persuasive newspaper article arguing to local leaders and community members that sports can solve the problems in Kitgum and Lamwo districts.

**END**