



**KAMSSA LOWER SECONDARY LEVEL ASSESSMENT
SENIOR FOUR
BEGINNING OF TERM II 2024
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.

Item 1

Lucy Nakyobe Mbonye, Head of Public Service and Secretary to Cabinet in a letter dated March 13, 2024, and addressed to all permanent secretaries, clerk to parliament, executive directors and chief executive officers of agencies asked all government institutions to "institute a 2-hour weekly physical exercise session" for purposes of promoting good health, a news broadcast said last week. However, while listening to the bulletin, Peter Ogwang's grandmother dismissed this off as yet another money siphoning 'empty' projects by government officials.

Task

As a physical education practitioner, make a writeup to Ogwang's grandmother and try to convince her why this project is important health wise, socially and financially.

Item 2

The district has organized a football championship where sub-counties are to be represented. The coach for your team tried out the players through a friendly match to check their preparedness for the competitions. The coach made the following observations;

1. (a) A number of players easily got tired and requested for substitution more frequently

2. (b) Many players made passes that failed to reach the identified target
3. (c) Players easily staggered and at times fell down with even a slight push from the opponents
4. (d) In most cases, the opponents could reach the ball first whenever long passes were made.
5. (e) Players eat a lot of food and drink water few minutes before training because they need energy during training.

Task

Based on the observations made, the coach has requested you to give support to the team in the area of physical fitness. There are three weeks left to the start of the competitions.

SECTION B

Item 3

At the just concluded All Africa Games at BSC Borteyman Sports Complex in Ghana, Uganda secured a fifth-place finish in Women's Handball after defeating the host country 30-28. The Uganda Handball Federation has analysed the team's performance in Ghana and came to the conclusion that whereas Uganda was one of the highest scoring teams, it also conceded very many goals. Starting with grassroots skilling, the Uganda Handball Federation is now calling for applications from Physical Education (PE) students in senior four to help with the defensive tactics of handball among emerging players in senior one and senior two.

Task

Realizing that you have already covered handball in your PE subject, your headteacher has advised you to apply for the handball skilling job.

Item 4

Conjunctivitis commonly known as 'Red Eyes' is a highly contagious infection that affects the white covering of the eyeball and the inside of the eyelid causing a lot of itching, tearing and red eyes. The infection is spreading out fast among students in Kampala based schools and Kampala Capital City Authority is advising students to prevent the spread through frequent hand washing, sharing of personal items such as makeup, eyedrops, towels, bedding, containers, eyeglasses.

Tasks

- (a) Make a write up about the 7 steps of handwashing
- (b) Showcase practically the correct ways of keeping proper personal hygiene to help young people stay healthy.

END