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**PHYSICAL
EDUCATION**

Theory

Paper 1

November 2024

2 hours



ASK INTEGRATED TEACHER'S EXAMINATIONS BUREAU LTD

Uganda Lower Secondary Certificate of Education

END OF YEAR ASSESSMENT 2024

PHYSICAL EDUCATION

SENIOR THREE

(Theory)

2 Hours

INSTRUCTIONS TO CANDIDATES:

This paper consists of two sections; A and B. It has three 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 (COMPULSORY)

Item 1

The school netball team participated in a recent tournament, but players repeatedly complained of shortness of breath, stitches, and muscle pulls. As the team's coach, you've been tasked with identifying the underlying factors and proposing solutions.

Task:

- (a) Explain the factors contributing to the players' complaints.
- (b) Make a Write up to help the team perform better in the upcoming country schools' netball competitions.

Item 2

The Phresh high school netball team, "The Eagles," is gearing up for their first-ever national netball tournament. With only two weeks to go, they face significant 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

Task

As the team's coach, make a write up that can be used to support the school netball team for one week.

SECTION B

Attempt one item from this section

Item 3

The Maasai people, a community of pastoralists in Tanzania's Ngorongoro district, face significant challenges in sports and physical education. Years of drought and cultural preservation efforts have led to:

- i. Limited access to safe spaces for sports and physical activity
- ii. Lack of sports facilities, such as fields, courts, and equipment
- iii. Negative attitudes towards physical education, prioritizing cattle herding and traditional activities

Task:

Write an article (300-500 words) for a local Tanzanian newspaper addressing the challenges in Ngorongoro district.

Item 4

At Millennium High School, many learners, particularly those in Senior 1 and Senior 3, have expressed interest in playing handball but lack the necessary knowledge and skills. During a recent Senior 2 handball lesson, a group of curious learners from other classes gathered to observe, citing boredom while waiting for their next teacher.



As a Physical Education student, you aim to design an inclusive and engaging handball introduction for your fellow learners

Task.

Create a 4-day program to introduce basic handball skills to interested learners.

END

MERRY X-MASS and HAPPY NEW YEAR 2025.



Total
scores

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AITEL END OF YEAR ASSESSMENTS

Uganda Certificate of Education

DO NOT WRITE YOUR SCHOOL/ CENTRE NAME OR NUMBER ANYWHERE IN THIS BOOKLET

Candidate's Name.....

Signature.....

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