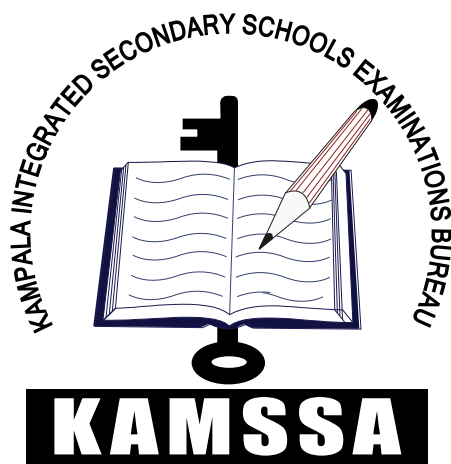


**555/2 Inst. Sch.**  
**PHYSICAL**  
**EDUCATION**  
**Practical**  
**Instructions**  
**July - August 2024**



## **KAMSSA JOINT MOCK EXAMINATIONS**

**Uganda Certificate of Education**

**PHYSICAL EDUCATION PRACTICAL INSTRUCTIONS**

**555/2 Inst. Sch.**

### **CONFIDENTIAL**

- *This information is given only to facilitate preparation of examination.*
- *Great care should be taken that the information given below does not reach*
- *the candidates whether directly or indirectly.*
- *The teacher responsible for preparation must ensure that candidates are provided with sports equipment and other materials for good performance and safety.*

**1. Games, Game situation**

(Net ball / Basketball / Bad Minton / Table Tennis / Rugby)

Prepare play area and equipment for demonstration of skills in any game in the list. Each candidate will be assessed in one game only.

**Note:** A candidate competes in only one game.

**2. Games: (Regular volley ball)**

Prepare play area and equipment for regular volley ball game. Each candidate will be assessed in one game only.

**3. Gymnastic; Prepare a play area and equipment for performing gymnastics.**

**4. Athletics (Running and throws)**

Prepare a play area and equipment for;

- Running; Relays
- Throws : Javelin and shot put

**5. Aerobics / Soccer**

- Prepare a play area and equipment for conducting an aerobic session for atleast 5 people.
- Prepare a play area and equipment for a mini soccer game of 4V4.

**Note:** A learner chooses either aerobic or soccer.

**END**