

555/2
PEAS UG NETWORK
UCE PRE MOCK EXAM 2024
PHYSICAL EDUCATION
Performance
Paper 2
2¹/₄ HOURS

INSTRUCTIONS TO CANDIDATES

- This paper consists of three sections **A**, **B** and **C**, it has six examination items.
- Section **A** has one compulsory examination items
- Perform two games from section **B**.
- Section **C** has parts; **I** and **II**. Part **1** is compulsory. Answer only **one** question from part **11**
- Answer five examination items in total
- Any additional items answered will not be scored.
- All answers must be written in the answer booklets provided.

SECTION A (ATHLETICS)
(Compulsory)

Item 1

Your Area MP has organized athletics event to select competent individuals to help introduce athletics skills to other developing athletes in hard to reach areas. All athletes will be required to exhibit skills in one event in each skills of

1. triple jump
2. High jump using scissor technique.

You have been selected to compete with fellow athletes in the event.
Personnel have been tasked to assess your performance

Task

Perform the skills above competitively following rules of play.

SECTION B (GAMES)

Answer **both** items: perform item **2** and one game from item **3**.

Item 2

Your class is preparing for the prestigious annual class competitions at your school. You are required to use the acquired skills in volleyball and use them in a mini-game situation. The game should be five players against five.

Task:

Play the game competitively following safety precautions and demonstrating rotation, tennis service, volley pass.

Item 3:

The national sports federation of the game of your choice wishes to start a grass root development of the game starting with schools. They have organized a motivational match to individuals who would wish to join the game. You have been identified as one of the players in the team to play in that match.

Task:

Select **one** game from the table 1 below and play competitively using indicated skills plus other skills of the game in game situation.

Table 1

	Cricket	Basketball	Badminton	Rugby	Hockey	Table tennis
	Batting	Dribbling	Smash shot	Ruck	Dribbling	Spin
	Bowling	Shooting	Clear shot (overhead, forehand)	Scrum	Shooting (drive shot)	smash
	Fielding	Rebounding	Serve	Maul	Goal keeping	Serve

SECTION C (AESTHETICS)

This section consists of **two** parts; **1** and **11**

Part 1: gymnastics

(Compulsory)

Item 4

Your school intends to organize a physical education open day to sensitize parents and the whole school in skills of gymnastics. Your physical education teacher has appointed you to demonstrate **at least one** skill from each of the **gymnastic skill** categories to display to the whole community.

The gymnastic skills,

- (a) Category 1: Body shapes; - hollow, huge, bridge, straight stand.
- (b) Category 2: balance; - swan balance, V- balance, crouch balance.
- (c) Category 3: rolls; - backward roll, side roll, judo roll.
- (d) Category 4: skipping; - double leg, single leg.

Task:

Plan an artistic performance, and in **3-5** minutes, display the artistic performance to the whole school in order to encourage other learners to join gymnastics.

*(Your performance should include any skills you have learnt but also include **at least one** skill from each of the four categories)*

PART II: (Swimming & Aerobics)

Answer only **one** item in this part.

Item 5.

Most formal workers in Uganda spend most of their time working on computers. One of the organizations started aerobics sessions twice a week.

The workers are familiar with the few moves they have been performing and it has become boring. Others have gone ahead to read about dance heel-taps, A-step, arm circles, matching wide, v-step, diagonal, hop turn, basic right, basic left; but do not know how to perform them.

The manager of the organization has requested you to head the workers' team in the identified steps.

Task:

Perform a **5**-minutes aerobics dance session that will be used to fully address the needs of the workers in the organization.

Item 6:

A nearby primary school has constructed a swimming pool. The school needs someone who can perform the swimming skills before the learners.

Your PE teacher has chosen you to go and perform a given set of skills; mushroom float, frontal float, back float and frontal glide as you swim any stroke of your choice.

Task:

Dive and perform the following strokes for 100 m in **not** more than **3** minutes:

- (i) Front crawl
- (ii) Breast stroke

END