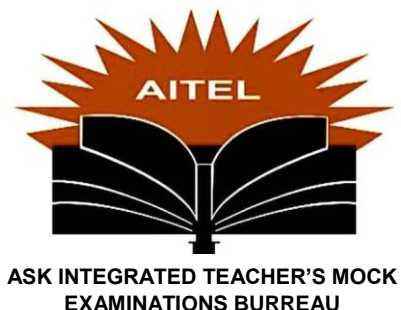


**555/2
PHYSICAL
EDUCATION
PAPER 2
JULY/AUG
2024**



AITEL JOINT MOCK EXAMINATIONS.

Uganda Certificate of Education

PHYSICAL EDUCATION

PAPER 2

Performance

INSTRUCTIONS TO CANDIDATES:

This paper consists of three sections; A, B and C. It has six examination items.

Section A has one compulsory examination item.

Perform two games from section B.

*Section C has two Parts; I and II. Part I is compulsory. Answer only one item from part II
Answer five examination items in all.*

SECTION A (ATHLETICS)
(COMPULSORY)

Item 1

Your coach has organized an athletics event to select competent students to help introduce athletics skills to the new students in the school. All athletes will be required to exhibit skills in one event in each skill set as indicated in the skills sets of;

- a) **SKILL SET 1: Jumping:** *Non visual down sweep baton exchange*
- b) **SKILL SET 2: Throws:** *shot put and javelin.*

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

Task

Perform the skills in the skill sets 1 and 2 above competitively following rules of play.

SECTION B (GAMES)

Answer **both** items: perform item 2 and 1 game from item 3.

Item 2.

You are a member of a school sports team preparing for an upcoming tournament. Your Head teacher has asked you to demonstrate your proficiency in three different skills in your chosen sport in any one of the following games.

Games: *Cricket, Basketball, Badminton, Rugby, Hockey, Table Tennis*

Skills:

Skill 1: *Throwing/Catching (accurately throwing and catching a ball or shuttlecock)*

Skill 2: *Dribbling/Control (dribbling a ball or controlling a shuttlecock with a racket)*

Skill 3: *Basic Movement (moving safely and efficiently on the court or field)*

Demonstrate your proficiency in three basic skills in your chosen sport. Your coach will assess your technique, execution, and consistency.

Item 3.

The national sports federation of the sport of your choice wishes to start a grassroots development of the sport starting with schools. They have organized a motivational match to individuals who wish to join the table tennis sport.

TASK.

Play competitively the sport of table tennis using the skills you acquired

SECTION C

Answer only one (1) item in this section.

Item 4

You have acquired some gymnastic skills and your Physical Education teacher intends to involve the whole school in gymnastics. You are required to use at least one skill from each of the gymnastic skill categories to display an artistic performance by combining skills

The gymnastic skills,

- a) Category 1: **Body shapes**; - narrow shape, curled shape, wide shape, hollow shape, V-shape.
- b) Category 2: **Balances**; - crouch balance, crab balance, head stand, hand stand, swan balance.
- c) Category 3: **Rolls**; - forward roll, backward roll, side 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

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 movements in aerobics like; shoulder punches, triceps kickbacks, Y-steps, 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:

Plan and perform a 15-minutes aerobics dance session that will be used to fully address the needs of the workers in the organization.

Item 6

Gombe primary school has added swimming as lesson on their timetable. 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