

Uganda Martyrs University



**FACULTY OF EDUCATION
BACHELOR OF EDUCATION (PRIMARY) YEAR TWO
SEMESTER ONE EXAMINATIONS, 2022/23
PHYSICAL EDUCATION AND SPORTS**

**PAPER ONE: HUMAN GROWTH AND DEVELOPMENT AND METHODS OF
TEACHING PHYSICAL EDUCATION AND SPORT**

DATE: Wed 11/01/2023

3hrs

Time: 9:30 AM-12:30 PM

Instructions:

- Do not write anything on this question paper.
- Attempt FOUR questions, choosing two (2) questions from each section.
- Correctness in spelling, standard and comprehensive academic writing, grammar and aptness of expression will be taken into account when assessing the answers.
- Illustrate appropriately.
- Begin each selected question on a new page in the answer booklet.
- Follow instructions on this question paper and answer booklet carefully.
- Each question carries a total of 25 marks.

SECTION A: HUMAN GROWTH AND DEVELOPMENT

- 1 a. Explain the relevance of peer relationship among learners in execution of Physical Education activities. (13 marks)
b. Examine the phases of human growth in which every human being is supposed to undergo. (12 marks)
- 2 a. Clearly explain how the knowledge of growth and development can assist the physical education teacher to teach physical education activities to primary school learners (13 marks)
b. As a physical education teacher, how will you recognize that your learners (both boys and girls) are undergoing the puberty stage? (12 marks)
3. Physical education and sports teachers are supposed to be keen to realize the physical growth and development levels of their learners.
a. Describe the physical growth and development characteristics at each level of development as categorized below, 5-7 years, 8-10 and 11-14 (13 marks)
b. Explain 12 importances of physical education and sports activities to the growth and development of children (12 marks)
- 4 a. Examine the causes of abnormal growth patterns in children. (14 marks)
b. Which considerations should a Physical education and sports teacher put into practice as he provides activities to the learners at early childhood and middle childhood? (11 marks)

SECTION B: METHODS OF TEACHING PHYSICAL EDUCATION AND SPORTS

5. a. Examine any five styles of teaching Physical education and sports. (10 marks)
b. Choose one style of teaching physical education and sports and state three advantages and disadvantages of using that style. (6 marks)
c. State, draw and explain any six formations of teaching Physical education and sports lessons (9 marks)
- 6 a. Identify and explain the personal skills required of a competent P.E teacher. (15 Marks)
b. Describe the ways in which a Physical education and sports teacher can instill discipline among learners through class management (10 marks)
- 7 a. Explain the relevance of any four different kinds of books a Physical education and sports teacher should always keep in the teaching and learning process. (17 marks)
b. Suggest reasons why some Physical Education teachers do not keep the books you have identified in 7 (a) above. (8 marks)
- 8 a. Explain the importance of lesson planning in the teaching of physical education. (13 marks)
b. Assuming you had schemed previously, extract one lesson and make a plan for the lesson in your class you are going to teach about traditional games. (12 marks)

END