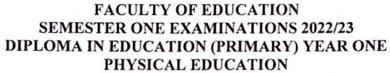
## Uganda Marcyrs University





DATE: 12/01/2023

3hrs

Time:2:00 pm- 05:00 pm

## Instructions:

- Read the instructions on the answer booklet carefully.
- Attempt FOUR questions; choosing at least Two question from each section
- Start each question on a fresh page in the answer booklet provided.
- · Clearly indicate the section and question number you attempt.
- Write your essays clearly, using illustrations in pencil where applicable.
- · Do not write on this question paper

## SECTION A: ATHLETICS FOR LOWER AND UPPER PRIMARY (RUNNING)

- 1. a) What is an athletic event? (4 marks)
  - b) Discus reasons as to why athletics in lower primary has been included in the primary school syllabus. (13 marks)
  - c) What are some of the principles that must be put into consideration when planning activities for athletics in lower primary? (8 marks)
- 2. a) What are sprint events?(3 marks)
  - b) Explain five rules that govern the sprint events.(10 marks)
  - Describe how a sprint is started, clearly stating teaching points for each command.(12 marks)
- a) Describe the following basic jumps that are known to help develop leg muscle strength and endurance; (2 marks each)
  - i) Rabbit jumps
  - ii) Kangaroo jumps
  - iii) Hare jumps
  - iv) Wallaby jumps
  - v) Hopping



b) Explain how you can promote safety practice during an athletic Physical Education lesson. (15 marks)

## SECTION B: GYMNASTICS

- 4. a) Give reasons why gymnastic is one area of Physical Education that Physical Education and Sports teachers are most unwilling to teach.(13 marks)
  - b) Explain any four situations where gymnastics help in daily life activities. (12 marks)
- 5. a) Clearly explain the following kinds of gymnastics; (3 marks each)
  - i) Basic gymnastics
  - ii) Sportive gymnastics
  - iii) Auxiliary gymnastics
  - b) What are the safety measures that a Physical Education and Sports teacher should put under consideration when conducting a gymnastic lesson?(16 marks)
- a) Differentiate between back position and front position as used in gymnastics positioning. (5 marks)
  - b) What are some of the factors that hinder effective performance of a gymnastic skill? (10 marks)
  - c) Explain any five objectives of gymnastic to a performer. (10 marks)

**END**