

# Uganda Martyrs University



FACULTY OF EDUCATION  
SEMESTER ONE EXAMINATIONS 2022/23  
DIPLOMA IN EDUCATION (PRIMARY) YEAR ONE  
PHYSICAL EDUCATION

PAPER II: ATHLETICS FOR LOWER AND UPPER PRI. (RUNNING) &  
GYMNASTICS

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) Discuss 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)**  
c) Describe how a sprint is started, clearly stating teaching points for each command. **(12 marks)**
3. 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)
6. 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