

**555/1**  
**PHYSICAL**  
**EDUCATION**  
**2024**  
2 ¼ hours



**UGANDA NATIONAL EXAMINATIONS BOARD**

**Uganda Certificate of Education**

**PHYSICAL EDUCATION**

**Paper 1**  
Theory

2 hours 15 minutes

**INSTRUCTIONS TO CANDIDATES:**

*This paper consists of **two** sections; **A** and **B**. It has **four** examination items.*

*Section **A** has **two** compulsory examination items.*

*Answer only **one** item from Section **B**.*

*Answer **three** examination items in all.*

*Any additional item(s) answered will **not** be scored.*

***All** answers **must** be written in the Answer booklet(s) provided.*

## SECTION A

Answer **both** items in this section.

### Item 1

During the interclass volleyball competitions, John a player of S.2 class moved from class which is a few meters from the volleyball court and immediately requested to start playing and he was allowed.

After a few minutes of play, John complained to the umpire of sudden pain at the ankle, and was seen limping off the court.

The play was stopped, the other players observed that there was also swelling at the ankle and John told them that he started playing when he was normal. Everyone had no knowledge on how to help him before referring him to the health centre.

#### Task:

- (a) How is John's conduct responsible for the pain and swelling?
- (b) Make a write up that can be used by S.2 students to help John.

### Item 2

The district has organized a football championship where sub-counties are to be represented. The coach for your team tried out the players through a friendly match to check their preparedness for the competitions. The coach made the following observations;

- (a) A number of players easily got tired and requested for substitution more frequently
- (b) Many players made passes that failed to reach the identified target
- (c) Players easily staggered and at times fell down with even a slight push from the opponents
- (d) In most cases, the opponents could reach the ball first whenever long passes were made.
- (e) Players eat a lot of food and drink water few minutes before training because they need energy during training.

Based on the observations made, the coach has requested you to give support to the team in the area of physical fitness. There are three weeks left to the start of the competitions.

#### Task:

Make a detailed write up that can be used to support the football players for two weeks.

## SECTION B

*Answer only one item from this section.*

### Item 3

Samuel is a wheel chair basketballer who desires to become an international basketball player. He lives in one of the refugee camps in Uganda. He shared some of the challenges in the refugee camps as being limited space, inadequate equipment for women and children to participate in physical activities. He added that he was denied an opportunity to use the available courts (playgrounds) because he is both non-Ugandan and disabled.

He further noticed that athletes were using drugs and becoming violent during play.

A local media house has approached you for an article in the newspaper addressing the challenges in the camp.

#### **Task:**

As a student of physical education, make a write-up of between 300 and 500 words that can be published in a newspaper addressing the challenges in the camp.

### Item 4

Makuru and Pakuru sub counties in Uganda have remained under developed compared to their neighbours. The two areas have problems such as endless fights, quarrels among the residents because of their political, social & religious differences but for the youth, its largely drug abuse. During a radio talk show, the district sports officer said that sports activities can be one of the tools to overcome such problems and further mentioned that media is key in aiding sports for development. However, some officials do not agree with the District sports officer.

#### **Task:**

As a physical education student, **make** a write up in support of the district sports officer.