

555/2 Inst. Sch.
PHYSICAL
EDUCATION
Practical
Instructions
2024



UGANDA NATIONAL EXAMINATIONS BOARD

Uganda Certificate of Education

PHYSICAL EDUCATION PRACTICAL INSTRUCTIONS

555/2 Inst. Sch.

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CONFIDENTIAL

This information is given only to facilitate preparation of examination.

Great care should be taken that the information given below does not reach the candidates whether directly or indirectly.

The teacher responsible for preparation **must** ensure that candidates are provided with sports equipment and other materials for good performance and safety.

1. Games: Mini Game Situation

(Volleyball)

Prepare play area and equipment for a mini game of 5 players per side. Each candidate will be assessed in one mini-game only.

Note: A candidate chooses only one game to play.

2. Games: Game Situation

(Cricket/ Basketball/ Badminton/ Rugby/ Hockey/ Table tennis)

Prepare play area and equipment for demonstration of skills in any game in the list. Each candidate will be assessed in one game only.

Note: A candidate competes in only one game.

3. Gymnastics

Prepare a play area and equipment for performing gymnastics.

4. Athletics

(Running Jumping and Throws)

Prepare play area and equipment for:

- Jumping: Long Jump and High Jump.
- Throws: Javelin and Shot-put.

5. Aerobics/Swimming

(a) Prepare a play area and equipment for conducting an aerobic session for at least 6 persons.

(b) Prepare a play area and equipment for demonstrating water skills e.g. swimming.

Note: A learner chooses either swimming or aerobics