

555/1
S3 PHYSICAL
EDUCATION
Nov, 2024
2 hrs : 15 minutes



BEXHILL HIGH SCHOOL-KAMUTUUZA

Uganda Certificate of Lower Secondary Education

END OF YEAR ASSESSEMENT 2024

SENIOR THREE

PHYSICAL EDUCATION

2 hrs. : 15 minutes

Name.....Stream.....

INSTRUCTIONS:

- *Attempt all items in section A and one item from section B*
- *Answers must be written in the spaces and papers provided.*

SECTION A

Item 1

Handball Players in School X entered the court and started playing the game minus engaging in preparatory exercises. When the game became intense, some players were unable to cope up with the demands of the game. In the due course of the game, they sustained injuries that made them to feel a lot of pain some were unable to move the shoulders and wrist.

Task:

- (a) Prepare a write up you will use to address the players on how to avoid such incidences that has happened. (10 scores)
- (b) How would you help the players of school X on the injuries that they sustained? (10 scores)

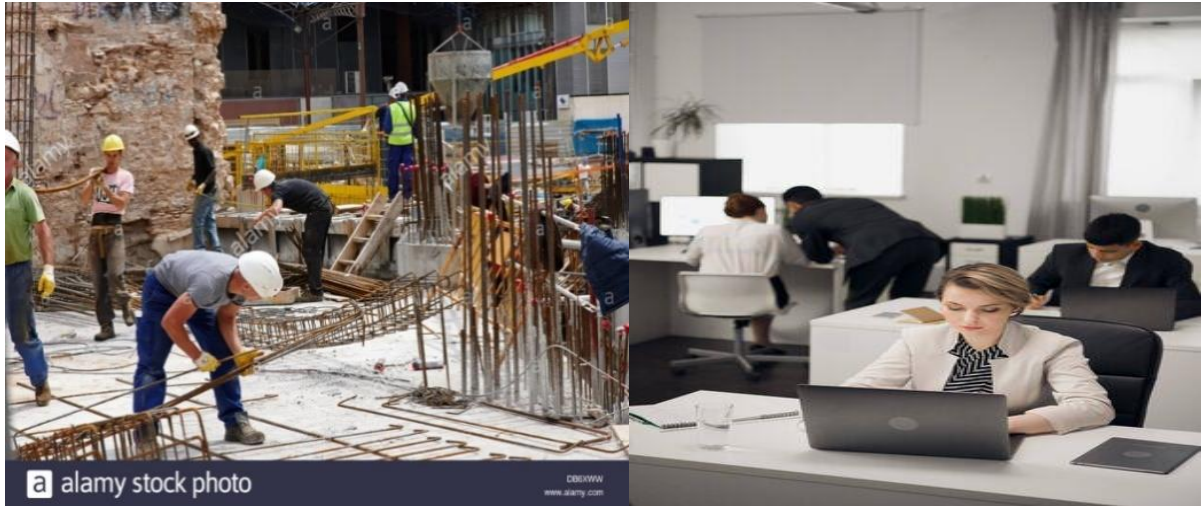
Item 2

ABC Construction Company has several employees. These include casual laborers, foremen, site engineers, cashiers, internal auditors and company managers. They work from 8am to 5pm. Due to the long day of different active

HEALTHY MIND NEEDS EXERCISE BY DANIEL OLEKE

engagement by employees; the company administration has reserved time from 5pm to 6pm for sporting leisure activities by the employees.

SUPPORT



TASK:

- a). As a student Physical Education, develop a leisure program for a month to show how those different workers of the company shall use very well that time from 5pm to 6pm. (10scores)
- b). Identify and explain the benefits of the leisure program to those workers of the company. (10scores)

SECTION B

Item 3

In one of the village in Uganda, the women and people with disabilities wrote a letter to the District Sports Officer claiming that they are not allowed to take part in various Sports Activities. They also mentioned that some of female athletes qualified for Paralympics Games to be held in Paris 2024. In the same letter, they complained that people with disabilities are not allowed to participate in sports stating that there are no equipment and facilities to use during training and competition; he also said that they have no abilities to participate due to their impairments. They also talked to him to organize various Sports Competitions in the Village but he claimed they are wastage of time, to the extent that he gave out all the sports facilities to investors for buildings factories and shopping malls. Due to your knowledge on Physical

Education, the District Sports officer has appointed you to help educate the village chief on matters at hand.

Task:

Prepare a write up that you will use to educate the Village chief. (20 scores)

Item 4

In a bid to improve on the life style for the people living in slum areas of Kampala, Two Non-government organizations have decided to use sports development programs for slum areas with the goals of promoting sportsmanship, hygiene and reduction in non-communicable diseases. However, the athletes are facing sport related challenges in the slums that include drug abuse especially among the youth athletes, limited space, gender inequality during training sessions, and inadequate equipment for women and children to participate in all physical activities and discrimination basing tribe. Your school has been invited to the meeting about slum sports development and you are part of the team going for the meeting.

Task

As a student of physical education, make a write-up that can be delivered by the school while addressing the sports related challenges faced in the slums areas of Kampala. (20 scores)

END

Merry Christmas and Prosperous New Year 2025

THERE IS NO LIMIT TO SUCCESS

HARDWORK +DETERMINATION_LAZINESS =SUCCESS

.....Olekedaniel2@gmail.com.....