

**555/1**

**PHYSICAL  
EDUCATION**

Theory

Paper 1

March/April 2026

**2** hours



**ASK INTEGRATED TEACHER'S EXAMINATIONS BUREAU LTD**

**Uganda Lower Secondary Certificate of Education**

**S.3 MOT 1 ASSESSMENT 2026**

**PHYSICAL EDUCATION**

**(Theory)**

**2 Hours**

**INSTRUCTIONS TO CANDIDATES:**

*This paper consists of two sections; A and B. It has three 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 (COMPULSORY)***

### **Item 1**

The school netball team participated in a recent tournament, but players repeatedly complained of shortness of breath, stitches, and muscle pulls. As the team's coach, you've been tasked with identifying the underlying factors and proposing solutions.

Task:

- (a) Explain the factors contributing to the players' complaints.
- (b) Make a Write up to help the team perform better in the upcoming country schools' netball competitions.

### **Item 2**

The Phresh high school netball team, "The Eagles," is gearing up for their first-ever national netball tournament. With only two weeks to go, they face significant challenges:

- a) Limited access to quality training facilities and equipment
- b) Varied fitness levels among team members
- c) Inadequate access to balanced meals and clean drinking water

**Task**

As the team's coach, make a write up that can be used to support the school netball team for one week.

## **SECTION B**

*Attempt one item from this section*

### **Item 3**

The Maasai people, a community of pastoralists in Tanzania's Ngorongoro district, face significant challenges in sports and physical education. Years of drought and cultural preservation efforts have led to:

- i. Limited access to safe spaces for sports and physical activity
- ii. Lack of sports facilities, such as fields, courts, and equipment
- iii. Negative attitudes towards physical education, prioritizing cattle herding and traditional activities

**Task:**

Write an article (300-500 words) for a local Tanzanian newspaper addressing the challenges in Ngorongoro district.

**Item 4**

At Millennium High School, many learners, particularly those in Senior 1 and Senior 3, have expressed interest in playing handball but lack the necessary knowledge and skills. During a recent Senior 2 handball lesson, a group of curious learners from other classes gathered to observe, citing boredom while waiting for their next teacher.



As a Physical Education student, you aim to design an inclusive and engaging handball introduction for your fellow learners

Task.

Create a 4-day program to introduce basic handball skills to interested learners.

**END**