

555/1

Physical
Education

Paper 1

2 $\frac{1}{4}$ hours



Apex Examination Council

MOCK EXAMINATIONS 2025

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 items.

Section B has two items. Answer **ONLY** one item from this section.

Answers **must** be written in the answer booklet (**s**) provided.

Answer three items in all Any additional item answered will **not** be

scored

SECTION A

Answer all items in this section

ITEM 1

During a physical Education class, a group of students is participating in an outdoor athletics session on a community field. The teacher has planned activities such as 200m sprint, discuss throwing and a group relay to prepare the students for their upcoming PE practical exams. However, the session takes place under the following conditions:

- There are small rocks, broken glass, un even patches of ground scattered across the area where the students are running and throwing.
- Several students are participating in the activities while wearing sandals, while others are barefoot.
- One of the equipment used for throwing activity is old and rusted
- Later towards the end of the activity, it started raining, the students were seen to remain playing on the sports ground even though the teacher instructed to stop

As the activity continue, one student is seen bleeding, he complains of pain and the injured part is seen to swell. The teacher examines him and realizes he had his small part of the skin had been scrapped off

Tasks: Using the scenario above, answer the following

- a) Explain how the above incidence could have been prevented.
- b) Using your knowledge of first aid procedures, describe the steps you would take to manage Sarah's condition on the spot.

ITEM 2

In preparation for the upcoming district soccer tournament, the school team coach decided to hold a trial match with the S.6 class to ascertain their readiness for the tournament. The school team won the match; however, the coach made the following observations and these included; -

- Some of the defenders would breathe heavily after being taken on counter attack by the opponent strikers
- The goalkeeper would find difficulty in diving in all directions to save the ball.
- Some of the forward players got tired a few minutes after the start of the game and they were substituted for
- The strikers would reach late for the passes played to them
- He also noticed that the players preferred the canteen Eddibles to the school food served at the kitchen, since they have the ability to sustain such a diet.

Tasks:

- a) Explain how the above observations can be improved
- b) Design a two weeks training program that can be used to improve the above
- c) Explain the nutritional advice you would give to the above students.

SECTION B

Task 3

In Lira Town College, it's quite hard for the school to cater for the various sports needs of the students. This has caused a point of concern on how the students can take care of their right to play. To the school administration, this is not an issue that should not worry the parents and they have constantly requested them to focus on the academics of their learners instead.

However, as a games prefect, you have a different view about the effect of this and you have requested for a meeting with the school administration.

TASK:

Prepare a write-up of how you will advise the school administration in order to improve the situation and include how you will convince the parents to become supportive to their children.

Item 4

The local communities in a given district in Uganda have for long been struggling to find an everlasting solution for the continuous wrangles and conflicts between two neighbouring villages. They have tried out several avenues but they have all ended in vain. One day, an article in the newspaper explained how successfully sports had been used to restore peace in various parts of the world. The chairperson of the district then contacted the sports officer to device means of how they would also use the same to end the conflicts in the two communities.

TASK:

Make a write-up that can be used for the above issue. Include ways in which you create awareness and involve mass participation.

End