

555/2

Physical Education

Paper 2

2025



MATIGO EXAMINATIONS BOARD

Uganda Certificate of Education

PHYSICAL EDUCATION

555/2

Paper 2

(Performance)

INSTRUCTIONS TO CANDIDATES:

*This paper consists of **two** sections: **A** and **B**.*

*Section **A** has **one** compulsory item.*

*Section **B** has **five** items. Choose **one** item.*

Answer **two** items in all.

SECTION A (*Gymnastics*)

(Compulsory)

Item 1

Your school is hosting its annual Science and Art Fair, with the theme "The Beauty of Nature Through Movement." As part of the interdisciplinary presentations, your PE teacher has chosen your class to demonstrate natural patterns and shapes using educational gymnastics.

You have been selected by the class captain to lead and choreograph a 5-minute group gymnastics display that creatively shows how natural elements (e.g., animals, trees, waves, mountains) can be represented through body shapes, balances, rolls, and weight transfer patterns. You are required to show how the human body can mimic natural forms and movements. It should tell a story or convey a journey through nature and it is safe, coordinated, and visually appealing.

Categories include;

- a) **Body Shapes:** arch, straddle, hollow, X- shape, Y - shape
- b) **Balances:** V-balance, hand stand, head stand, crab balance, crouch balance
- c) **Weight transfer:** Judo roll, egg roll, pencil roll, forward roll, tank roll
- d) **Manipulation of equipment:** Swing a ribbon in figure-8 or circles, circle a hoop around your waist, arm, and foot, skipping in partner or group skipping exercises.

Task:

- (a) Perform at least two exercises from each category above, with consideration of safety.
- (b) Design and perform a beautiful group display for five minutes.

SECTION B

Item 2

Your school is preparing to launch a new Peer Athletics Mentorship Program aimed at helping new students learn and develop athletic skills. To identify suitable student-athlete mentors, the head of Physical Education has organized an Inter-House Track & Field Skills Challenge during the second term. You have been nominated by your house captain to represent your house. All participants are required to demonstrate their skills competitively and correctly in each of the following categories,

- a) **Running Activities:** 4×100 m OR 100m/110m Hurdles
- b) **Jumping Activities:** Long Jump OR High Jump

Task:

Perform one event from each category competitively

Item 3

There is an upcoming inter-regional handball tournament. Your school is hosting a Skills Assessment and Team Selection Camp. The camp is designed to identify the most skilled and team-ready players to form the school's final tournament squad.

The games teacher has nominated you to lead one of the small squads during the camp, and you are expected to demonstrate excellence in key handball skills, particularly: Shooting, Passing, Dribbling

Task:

Take part in a competitive mini-game of 4 by 4 players while applying the rules of the game.

Item 4 (Game)

The Ministry of Education and the National Sports Federations have launched a **“Play for Progress”** campaign to promote sports among youth. They are looking for student ambassadors in every school to help introduce and grow interest in different games such as netball, table tennis, football, basketball, athletics, and others. Your school has been selected to participate in this campaign, and you are to represent the game of your choice. As a game ambassador, your responsibilities include: introducing the game to your classmates, show casing skills in the game that others are enticed to join you and organizing simple training.

Task:

Select one game of your choice from the table below and play competitively using indicated skills plus other skills of the game in a game situation.

	GAMES					
	Cricket	Basketball	Badminton	Rugby	Hockey	Table tennis
SKILL	Running between the wickets	Dribbling; low and high	Smash shot	Ruck	Dribbling	Net play
	Bowling	Passing; shoulder and over head	Drive shot (overhead-forehand)	Scrum	Shooting (drive shot)	Smash
	Fielding	Shooting; lay-up and jump shots	Serve	Line-in	Goal keeping	Serve

Item 5 (Aerobics)

The Ministry of Health has launched a national fitness campaign titled “**Fit for Life: Move Your Body, Move Your Mind**” aimed at improving workplace wellness and reducing sedentary lifestyles. As part of the initiative, your school has been chosen to pilot this program which encourages regular group aerobics during school and work hours. The goal is to showcase how students can take ownership of their own health and also inspire others by confidently leading fun, dynamic, and health-boosting aerobics routines. The aerobics steps to be incorporated in the session include: shoulder punches, grapevine, heel taps, arm circles, marching wide, V-step, diagonal, hop turn, basic right / basic left, hammer curls, shoulder presses, straddle step, X-step, Y-step, overhead pull, triceps kickbacks and frontal raises.

Task:

Plan and perform a 10-minutes aerobics dance session that will be used during this pilot. In this session you will lead for two minutes each.

Item 6 (Swimming)

The Uganda Swimming Federation (USF) together with your school administration have organised a swimming gala at your school this term. This is part of the school’s ongoing effort to promote swimming and overcome fear of water among students. This campaign has been code named “**Be the Wave**” and has a student-led event to demonstrate swimming skills and promote confidence in water. Your class has skilled and confident swimmers and you have been selected to perform a swim exhibition at the event in front of fellow learners, teachers, and invited community members.

Task:

You are required to demonstrate your competence for this task by;

- (a) Diving into the pool and treading for at least 3 minutes.
- (b) Performing either the front crawl or the breast strokes over a distance of 50M competitively.

END