

555/2

PHYSICAL EDUCATION

(Performance)

PAPER 2

July/August, 2026

3 hours



**TESO SECONDARY SCHOOLS MOCK EXAMINATIONS
ASSOCIATION (TESSMEA)**

Uganda Certificate of Education

PHYSICAL EDUCATION

(Performance)

PAPER 1

Time: 3 Hours

INSTRUCTIONS TO CANDIDATES:

*This paper consists of **one** compulsory item(s).*

COMPULSORY ITEM

Item 1

Physical Education is compulsory in Lower Secondary Education Classes (S.1 and S.2) under the Competence Based Curriculum.

In an attempt to make it more popular in Secondary Education, you have been tasked to organize for class level competitions involving these classes where participants are required to show skills for fun. The activities include; aerobics, athletics and gymnastics.

a) Aerobics

Perform an aerobic session involving **4-leg** and **4-arm** movements of your choice.

b) Athletics

Sprint from the start line to finish line for a distance of 30m as shown in Fig.1.

Before sprinting, demonstrate the correct crouch start technique.

c) Gymnastics

Perform the following activities; swan balance, crab balance, shoulder balance, tree pose, child pose, tank roll, forward roll, side roll and transit to rope skipping demonstrating appropriate skills and techniques throughout.

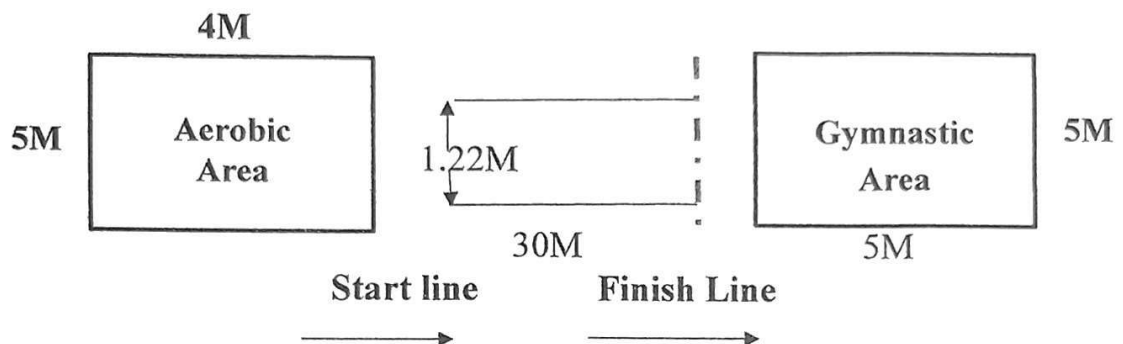


FIG 1.

Task:

Perform aerobics, followed by athletics and then gymnastics as required by the competition applying the correct techniques and observing all safety precautions throughout the competition.

END