



SEC 32 PHYSICAL EDUCATION: 2012 SESSION – CHOICE OF ACTIVITIES

You are kindly requested to fill in this form and attach it to the SEC Examinations Registration form.

Name of candidate: _____

Address: _____

School: _____ Tel No: _____

Assessment of Practical Skills

You are to select the **THREE (3) different Areas** and, in each Area, the Activities in which you would like to be assessed. Please tick () the Areas and the Activities of your choice **as indicated below**.

AREA 1: GAMES

Choose **ONE Activity** from:

- Basketball
- Handball
- Football
- Netball

AREA 2: GYMNASTICS AND DANCE ACTIVITIES

Choose **ONE Activity** from:

- Artistic Gym - **two** different vaults and **one** floor sequence
- Educational Dance - **two** contrasting dances

AREA 3: ATHLETICS

Choose **ONE** running activity, **ONE** jumping activity and **ONE** throwing activity:

Section A: Running

- 1. Sprinting (100m)
- 2. Middle Distance (800m)

SECTION B: JUMPING

- 1. High Jump
- 2. Long Jump

SECTION C: THROWING

- 1. Shot Put
- 2. Discus

AREA 4: SWIMMING

Choose any **THREE** strokes:

- Breaststroke
- Butterfly
- Backstroke
- Front Crawl

Signature of candidate: _____

Date: _____