



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini Primary Certificate Examination

CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
NUMBER

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HEALTH AND PHYSICAL EDUCATION

642/02

Paper 2

Specimen 2025-2027

12 weeks

READ THESE INSTRUCTIONS FIRST

1. This paper has **three** activities.
2. Candidates must choose **one activity** from the given list.
3. DO NOT use correction fluid (tipp-ex) for erasing.
4. Candidates are expected to write a three-month plan.
5. Candidates will need a record book to record all activities done within the given time.

Active lifestyle

1. Choose **one** activity that can be suitable for you to build upon strength from the following activities:
 - (a) skipping rope
 - (b) running
 - (c) aerobics
2. Give a reason why you have selected this activity.
3. Develop a three-month activity plan for the chosen activity.
4. Make records of the activities you have done through these months.
5. At the end of three months perform a 20-minute demonstration for your class.
6. You are free to use music during your demonstration for fun.

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