

COMPETENCY BASED CURRICULUM

GRADE 4 -YEAR 2020

HOME SCIENCE AND

PHYSICAL HEALTH EDUCATION

TIME: 1 hour 40 min

Name _____

Learners Number

Gender Boy Girl

County Name _____ County code

Sub.-County Name _____ Sub-county code

School Name _____ School code

1. For a good health we need the following
 - (a) _____
 - (b) _____
 - (c) _____
 - (d) _____
 - (e) _____

(car, food, shelter, play, uniform, rest, clothing, train, books, sleep, swimming)
2. In school when do you play games?

3. Write **four** games you play at school
 - (a) _____
 - (b) _____
 - (c) _____
 - (d) _____

4. Draw the following play items

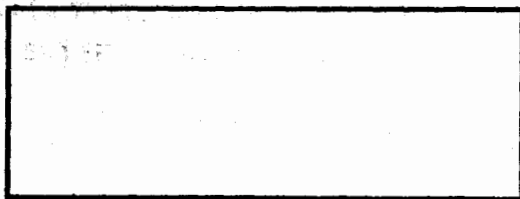
rope	ball

5. A playing item must be _____
(clean, dirty, rough)
6. A boy collected old papers and an old sock which play item was he making? _____
(car, wheel, ball)
7. Write **two** things we should think of when buying a toy.
 - (a) _____
 - (b) _____
8. Drinking dirty water can cause _____
(common cold, diarrhoea, earache)

9. We clean our ears using _____
(needles, sticks, earbuc.s)
10. We clean our noses using _____
11. We should always wash our hands with _____ and _____
12. Where did you feel pain when you were sick? _____
13. Write some illnesses that you know
 - (a) _____
 - (b) _____
 - (c) _____
 - (d) _____

PHYSICAL HEALTH EDUCATION

1. Working together to achieve set goals is called _____
(team work, fairplay, hit target)
2. Members of a team should have all the following **except** _____
(love, respect, selfishness)
3. A grade 4 pupil carried old socks, papers, cellotape and rubber bands, what did he improvise with the material? _____
4. **Draw a soccer ball**

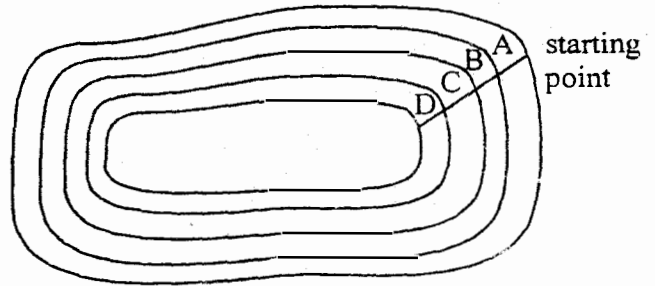


Teacher's scoring guide:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
SECTION A HOMESCIENCE (1 - 13)				
SECTION B PHYSICAL HEALTH EDUCATION (1 - 10)				

5. The person or a team against another person or a team in a game is called _____
(team mates, opponent, spectator)

The diagram below shows an athletic track.



6. Which letter shows the outer lane?

7. Which letter shows the inner lane in the track? _____
8. The game played by two of nine players by hitting the ball thrown to them and running around four points is called _____
(soccer, rounder, basketball)
9. In a soccer game a referee uses _____ to control the game. (whistle, bell, stones)
10. Swimming sport is **best** done in a _____
(pool, tank, field track)
11. The people who go to watch and be entertained during games are called _____
(spectators, referee, players)