

GRADE 4 - 2020

PHYSICAL AND HEALTH EDUCATION

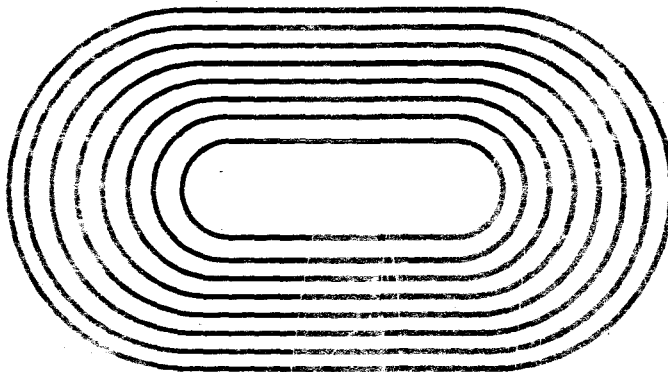
Name

School name

The teacher to fill the grid below after marking the learner's work.

Total - 25mks			
Assessment Rubric			
Exceeds Expectations (25)	Meets Expectations (16 - 24)	Approaches Expectations (8 - 15)	Belw Expectations (0 - 7)

1. Identify the following in the athletic track drawn below. (6mks)
 - a) Starting and finishing points for 100m race.
 - b) Starting and finishing points for 200m race.



2. _____ is working together as a team to achieve a given goal.
(respect, teamwork, trust) (2mks)
3. Draw and colour a ball. (3mks)

4. Which **three** locally available materials that can be used to improvise a soccer ball. (3mks)

a) _____ b) _____

c) _____

5. Which **three** races pupils in your school participate in athletic competitions? (3mks)

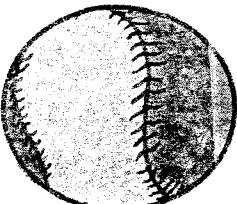
a) _____ b) _____


c) _____

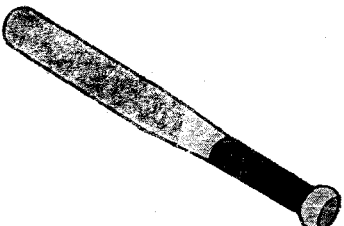
6. How many players are there in one team of soccer? _____ (1mk)
(11, 10, 22)

7. What do we call a person who plays against another person in a game? (1mk)

8. Identify the equipment shown below used when playing the game of rounders? (6mks)

a)  _____

b)  _____

c)  _____

Total = 25 marks