

PHYSICAL AND HEALTH EDUCATION

GRADE 4 - 2020

Name

Gender: Boy

Girl

School name

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

Total marks	
Marks scored	

1. In the space provided draw an athletic track showing the common starting point and finishing points of 200metres and 100metre.

2. Write down **four** importance of honesty in games competition.

(i) _____

(ii) _____

(iii) _____

(iv) _____

3.(a) Name **three** locally available materials used to improvise balls

- (i) _____
- (ii) _____
- (iii) _____

(b) List down 4 safety measures to be observed when improvising balls

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

4. Draw and name parts of the foot used for passing the ball.

5. Learners were playing and the teacher advised them: For them to win the game fairly they should be committed. List down **four** importance of commitment to a team.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

