GRADE 4 MID TERM 2 OCTOBER 2020

PHYSICAL HEALTH EDUCATION

1.	An athletic track is	in shape
	Nume three games you play for	Fun
2.		
3.		
4.		
5.	It is good to perform	activities before
	" Toom race. (waith - up. sitting)	
6.	When running you should not	in front of each other.
	TUOSS TIME	
7.	Objects like shou	ild be removed before running on the
	Objects like should be removed before running on the track. (P.E kits, stones)	
	Draw parts of the body used in s	anding start
27		
		,
× 1		
	×	
	*	
8.	leg	9. hand
10.	"On your marks" and "Go" are commands used in	
8. 10	(football, athletics)	
11.		
×	(individual, team)	
8	Name three materials used to improvise a ball	
12.		inprovise a batt
13.		-
14.		
15.	The act of grasping a ball is called	d (chasing, catching)
16.	should always focus	on the ball when catching. (Eyes, Ears)
	Draw parts of the body used in	(nealing every end of the part
	, and souly used in	rieeung overnead throw.
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0.0	*	
	1	
		· ·
	*	a
	-	"
17.		
	Name two pathways for satelli	18.
19.	Name two pathways for catching the ball.	
20.		
		(circular, soft, linear)
DACE	MANED ACCURATION	

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