

GRADE 4 MID TERM 2 OCTOBER 2020

PHYSICAL HEALTH EDUCATION

1. An athletic track is _____ in shape
Name three games you play for fun
2. _____
3. _____
4. _____
5. It is good to perform _____ activities before participating in 100m race. (warm - up, sitting)
6. When running you should not _____ in front of each other. (cross, run)
7. Objects like _____ should be removed before running on the track. (P.E kits, stones)

Draw parts of the body used in standing start

8. leg	9. hand

10. "On your marks" and "Go" are commands used in _____ (football, athletics)
11. During games and sports pupils should work as a _____ (individual, team)

Name three materials used to improvise a ball

12. _____
13. _____
14. _____
15. The act of grasping a ball is called _____ (chasing, catching)
16. _____ should always focus on the ball when catching. (Eyes, Ears)

Draw parts of the body used in kneeling overhead throw.

17. _____	18. _____

Name two pathways for catching the ball.

19. _____
20. _____ (circular, soft, linear)