

GRADE 4 END TERM 3 DECEMBER 2021

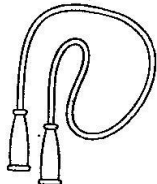
PHYSICAL & HEALTH EDUCATION

Name

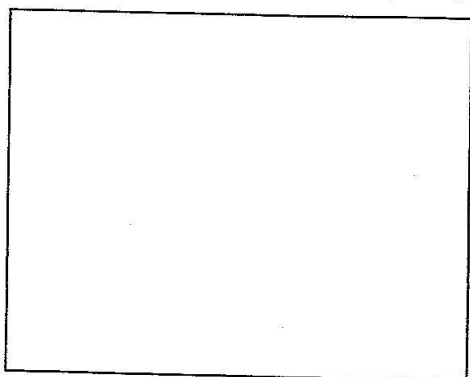
School name

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

Total - 20mks			
Assessment Rubric			
Exceeds Expectations (19 - 20)	Meets Expectations (13 - 18)	Approaches Expectations (6 - 12)	Below Expectations (0 - 5)

1. 
_____ is a tool that is used
in the sport of skipping. (1mk)

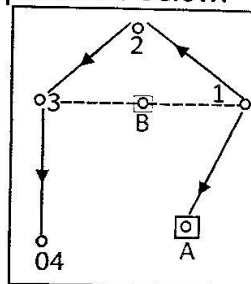
2. Draw and colour any floating
device that can be used when one
is swimming. (1mk)



3. When performing a standing long
jump the participant should take
off on _____ and land on
the _____ of feet. (2mks)

4. An _____ is a person
who is against another person in
an activity or in a game. (1mk)

5. Use the picture below to answer
the questions below.



a) The facility shown above is
used when playing the
game of _____ (1mk)

TW 006

b) Name the squares labelled.

A _____

B _____

(2mks)

c) 1, 2, 3 and 4 indicate the posts used by the _____ (1mk)

6. Write down **two** importance of skipping rope in everyday life.

(2mks)

a) _____

b) _____

7. List **three** types of passes that are used when passing a ball from one person to another. (3mks)

a) _____

b) _____

c) _____

8. The frisbee field of play is divided into _____ courts. (1mk)

(3, 4, 5)

9. Name **three** rounders equipment used when playing the game of rounders. (3mks)

a) _____

b) _____

c) _____

10. _____ is a ground or surface used by athletes when running. (1mk)

11. What do you call the quality of being truthful, not lying or not cheating? _____ (1mk)