

GRADE 5 END TERM 3 DECEMBER 2021

PHYSICAL & HEALTH EDUCATION

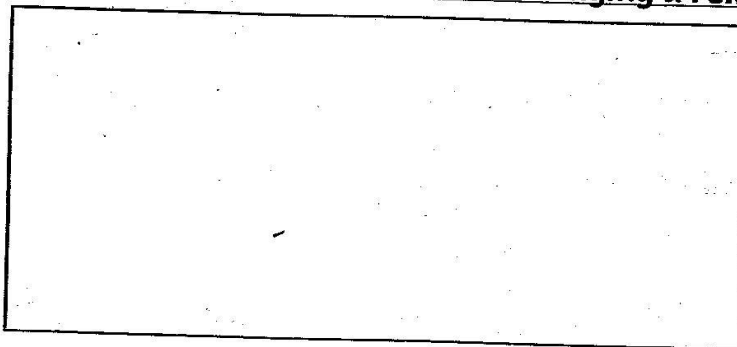
Name

School name

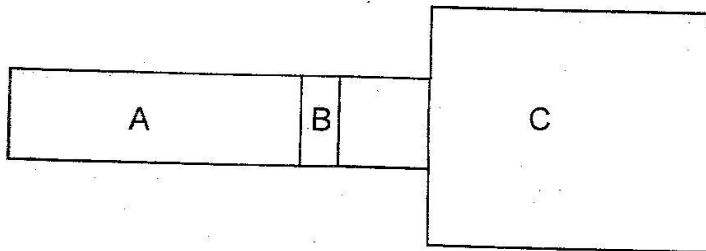
The teacher to fill the grid below after marking the learner's work.

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

1. Draw and colour two runners exchanging a relay baton (1mk)



2. Use the diagram below to answer questions that follow



a) The above facility is used when playing a _____ event called _____ (2marks)

b) Name the parts labelled (3mks)

A _____

B _____

C _____

3. List two rope skipping skills (2marks)

a) _____

b) _____

4. Write down two importance of sliding when playing softball (2mks)

a) _____

b) _____

5. What do you call the players that play the game of rounders? (2mks)

_____ and _____

6. List three basic equipment that are used in volleyball. (3mks)

a) _____

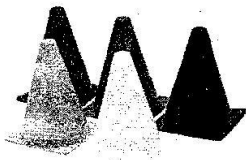
b) _____

c) _____

7. Each team in the game of Kabaddi has _____ players at the start of the game (1mk)

8. Name the following equipment used in tag rugby game (3mks)

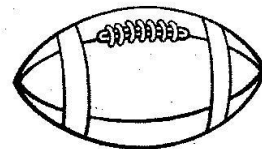
a)



b)



c)



9. There are _____ phases used when performing standing discus technique. (3, 4, 6) (1mk)