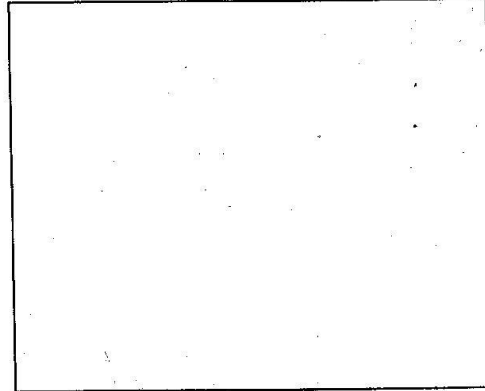


GRADE 4 MID TERM 3 DECEMBER 2021
PHYSICAL & HEALTH EDUCATION

1. Match the following terms with their meanings. (3mks)

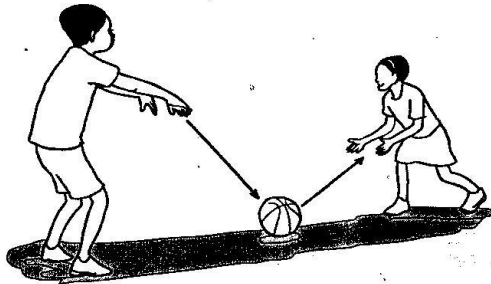
Terms	Meaning
a) Fair play	Willingness to give one's time and energy to an activity you believe in.
b) Team work	This is fair competition that has respect for rules and players.
c) Commitment	Working together to achieve the set goals.

2. Draw and colour a soccer ball. (1mk)



3. List **three** locally available materials you can use to improvise a soccer ball. (3mks)
- a) _____
- b) _____
- c) _____

4. Identify the type of pass shown below. (1mk)



5. Name **two** parts of a foot that are used to pass the ball in the game of soccer. (2mks)

a) _____
b) _____

6. Name three equipment that are used to play the game of rounders. (3mks)

a) _____
b) _____
c) _____

7. Write **true** or **false** after the statements. (4mks)

- a) Skipping does not make you agile and flexible. ____
b) Skipping improves mental health. _____
c) Skipping does not make the muscles strong. _____
d) Skipping keeps one fit and healthy. _____

8. A field that is oval in shape where athletes run is called _____ (1mk)

9. Name **two** locally available materials that can be used to make a skipping rope. (2mks)

a) _____
b) _____