

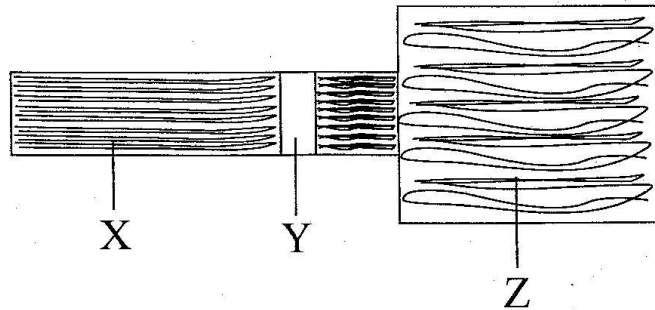
**GRADE 5 MID TERM 3 DECEMBER 2021
PHYSICAL & HEALTH EDUCATION**

1. **Complete the table by filling in the events (4mks)**

Track events	Fields events
a) _____	a) _____
b) _____	b) _____

2. **In hurdling races a person is required to go over barriers called _____ (1mk)**

3. **Study the diagram below and use it to answer the questions**



- a) **What do you call the facility shown above? _____ (1mk)**

b) Name the parts labelled (3mks)

X _____

Y _____

Z _____

c) Fill in the gaps (3mks)

(i) The part labelled _____ is the point you jump from

(ii) The part labelled _____ is where a person lands.

(iii) The part where a person sprints or approaches is _____

4. Name and draw three softball equipment (3mks)

a)

b)

c)

5. Name two squares used in the game of rounders (2mks)

a) _____

b) _____

6. The field of play for frisbee game is divided into _____ courts. (1mk)

7. What is leisure time? (1mk)

8. The use of a substance or technique to illegally improve athletic performance is called _____ (1mk)