

GRADE 5 MID TERM 2 MAY 2022

PHYSICAL AND HEALTH EDUCATION



TARGETER WINGS
MONITORING LEARNER'S PROGRESS



GRADE 5 - 2022

PHYSICAL AND 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)

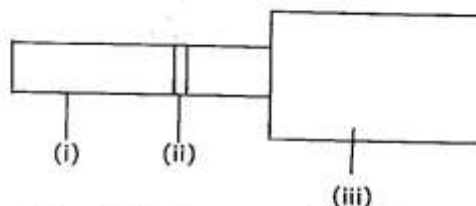
1. Arrange the following stages used in hurdling in their correct order.

(5mks)

- i) Take off
- ii) Hurdle clearance
- iii) Flight
- iv) Approach
- v) Landing

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

2. Use the diagram below to answer questions



a) Which event takes place in the facility shown above?

(1mk)

b) Is the event mentioned a track event or a field event?

(1mk)

c) Write down the functions of the parts of the facility labelled. (3mks)

- i) _____
- ii) _____
- iii) _____

3. Study the picture shown below and use it to answer the questions.



a) What physical activity is taking place in the picture shown above? (1mk)

b) Identify the skill being used in the picture. (1mk)

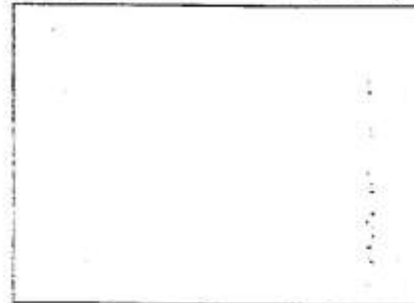
4. Name two swimming techniques that a person can use when swimming. (2mks)

- a) _____
- b) _____

5. Frisbee game is played by people throwing and catching a _____ (1mk)

6. Name the method that can be used to help an injured person who is conscious to come out of the sporting activity. (1mk)

7. Name and draw one rounders equipment. (2mks)



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



9. The attacking team in the game of softball is known as (1mk)
