

GRADE 6 MID TERM 2 MAY 2022

PHYSICAL AND HEALTH EDUCATION



TARGETER WINGS
MONITORING LEARNER'S PROGRESS
GRADE 6 - 2022



PHYSICAL AND HEALTH EDUCATION

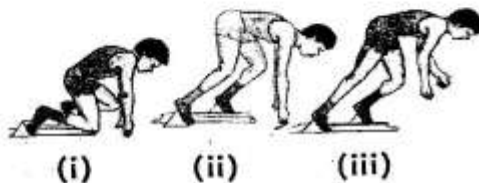
Name

School name

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

| Total - 25mks | | | |
|-----------------------------------|---------------------------------|--------------------------------------|-------------------------------|
| Assessment Rubric | | | |
| Exceeds Expectations (29 - 30) | Meets Expectations (20 - 28) | Approaches Expectations (10 - 19) | Below Expectations (0 - 9) |
| | | | |

1. What is the command on bunch start while at this position. (3mks)



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

2. Fill in the blank with the correct answer(3mks)

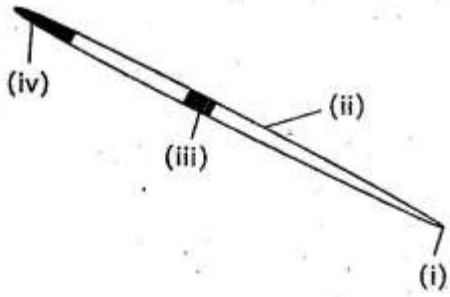
a) _____ is a type of baton exchange where the receiving runner does not see the baton when its placed on their hand.

- b) _____ is the process of treating and handling food to stop or slow down food spoilage for long storage.
- c) _____ is the will to work on achieving goals.

3. What are the four scissor techniques in high jump? (4mks)

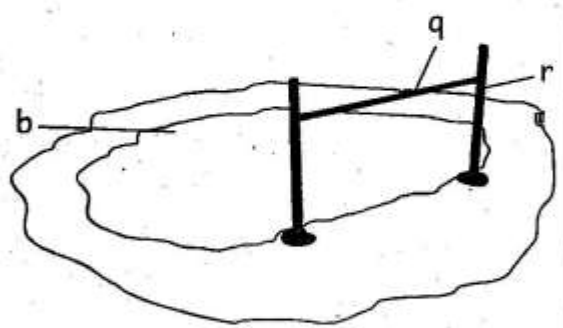
- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

4. Name the following parts of a javeline. (4mks)



- (i) _____
 (ii) _____
 (iii) _____
 (iv) _____

5. Study the diagram and answer the questions that follow.



- (i) Mention the field event that uses the above facility _____ (1mk)
- (ii) Name the following equipment on the diagram (2mks)
- (i) q _____
- (ii) r _____
- (iii) Name one locally available material that can be used to fill section b _____ (1mk)

6. Name four methods used in preserving food. (4mks)

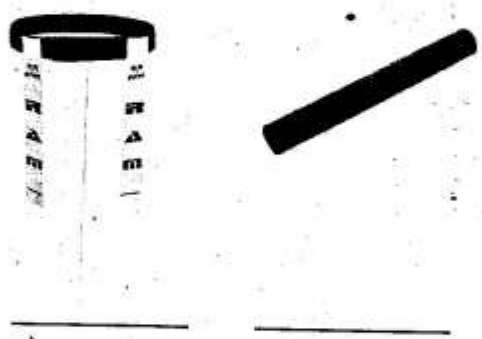
- (i) _____
 (ii) _____
 (iii) _____
 (iv) _____

7. How many players are in the field during the start of the game of soccer from each team? _____ (1mk)

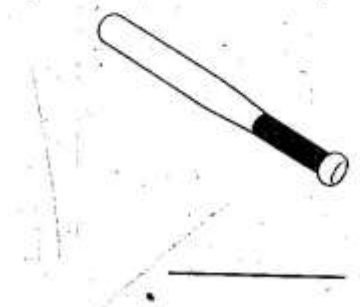
8. List the two race finishing techniques (2mks)

- (i) _____
 (ii) _____

9. What are the names of the following equipment? (3mks)



- a) _____ b) _____



- c) _____

10. Name two equipment used in the game of volleyball. (2mks)

- (i) _____
 (ii) _____