

COMPETENCE BASED CURRICULUM

D003

MONITORING LEARNER'S PROGRESS

[5]

GRADE 5 - YEAR 2022

HOME SCIENCE & PHYSICAL HEALTH EDUCATION

Learner's Name:

Learner's Number :

Gender: Boy Girl (tick)

School's Name:

TEACHER'S SCORING GUIDE

Exceed Exp	Meets Exp	Approaches Exp	Below Exp

HOME SCIENCE

1. What is pre-adolescence stage? (1mk)

2. Write down three physical changes that occur in boys and girls during the pre-adolescence stage. (3mks)

(a) _____

(b) _____

(c) _____

3. Write down two factors to consider when buying shoes. (2mks)

(a) _____

(b) _____

4. What are communicable diseases? (1mk)

5. Match the following common communicable diseases to their groups. (3mks)

(a) Coughs and colds - Immunisable diseases

(b) Measles and chicken pox - Skin diseases

(c) Ring worms and scabies - Respiratory diseases

6. Draw and name three materials used for cleaning surfaces at home. (3mks)

(a) _____

(b) _____

(c) _____

7. Why should we sprinkle water on the earthen floors before sweeping? (1mk)

8. Name three fragile utensils. (3mks)

- (a) _____
- (b) _____
- (c) _____

9. Write "true" or "false" in the gaps. (3mks)

- (a) Wise buying wastes money _____
- (b) Wise buying helps one save time when shopping _____
- (c) Wise buying makes one buy low-quality goods. _____

PHYSICAL HEALTH EDUCATION

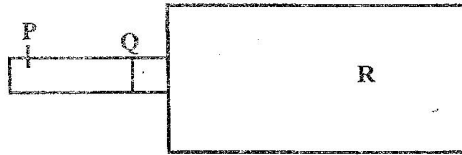
1. Draw and colour a relay baton. (2mks)

2. Write down the stages in a hurdling race in their correct order. (4mks)

- (a) _____
- (b) _____
- (c) _____
- (d) _____

(e) _____

3. The diagram below shows a long jump facility. (3mks)



Name the parts marked;

- (a) P _____
- (b) R _____

4. What is fair play in games? (1mk)

5. Write down two importances of fair play in games and sports. (2mks)

- (a) _____
- (b) _____

6. Name four equipment needed in the game of rounders. (4mks)

- (a) _____
- (b) _____
- (c) _____
- (d) _____

7. Write down two safety measures to be observed when diving. (2mks)

- (a) _____
- (b) _____
- (c) _____

8. What is gymnastics in physical education? (1mk)

9. Name two gymnastic moves. (2mks)

- (a) _____
- (b) _____