**COMPETENCY BASED CURRICULUM PHE ACTIVITIES - GRADE 5 EXAMS TERM 1 2023**

1. Which is the most appropriate shape of an athletic track?.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. square
   2. circle
   3. rectangle
   4. oval
2. The act of working together to achieve a set goal is called. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. teamwork
   2. cooperation
   3. obedience
   4. hardwork
3. Which of the following materials cannot be improvised to make a soccer ball?
   1. glass
   2. newspaper
   3. socks
   4. banana fibres
4. Which is the most appropriate distance when performing the underarm pass?
   1. long
   2. circular
   3. short
   4. medium
5. Which is the best size of a ball for a Grade 4 learner in the game of football? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. size 5
   2. size 4
   3. size 3
   4. size 2
6. Which of the following items is used in the game of rounders? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. bat
   2. net
   3. ring
   4. table
7. The equipment below is called a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   1. string
   2. tape measure
   3. rope
   4. tie
8. The above equipment is used for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. swimming
   2. kicking
   3. juggling
   4. skipping
9. An activity in gymnastic where two or more skills are formed is called
   1. headstand
   2. sequence
   3. task
   4. balance
10. The equipment used to play frisbee is called a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    1. ball
    2. disc
    3. plate
    4. roller
11. Which one of the following is not a safety measure to observe when skipping?
    1. follow given rules
    2. remove sharp objects
    3. wear appropriate shoes
    4. avoid warm ups
12. The normal heart beat of an adult is between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    1. 60 to 100
    2. 70 to 150
    3. 30 to 50
    4. 90 to 200
13. The state in which the body has enough water is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    1. dehydration
    2. thirst
    3. hydration
    4. hunger
14. A meal with all the required nutrients is said to be a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    1. balanced diet
    2. lunch
    3. protective
    4. energy giving
15. The foods that give our bodies energy are referred to as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    1. Proteins
    2. Vitamins
    3. Minerals
    4. Carbohydrates

**MARKING SCHEME**

1. D
2. A
3. A
4. C
5. B
6. A
7. C
8. D
9. B
10. B
11. D
12. B
13. C
14. A
15. A