

GRADE 4
END TERM ASSESSMENT
TERM I 2023
PHYSICAL HEALTH EDUCATION

Name: _____

School: _____

Grade: _____

Gender: Boy _____ Girl _____

For official use only

TASK	Exceeding Expectation	Meeting Expectation	Approaching Expectation	Below Expectation
	23-25	20-22	19-15	0-15
P. H. E				

PHYSICAL HEALTH EDUCATION

1. Physical health is important to old and young people. Write two ways of keeping physical fitness. (2)

2. What is teamwork? (2)

b. Name three things that help people to make a strong team. (3)

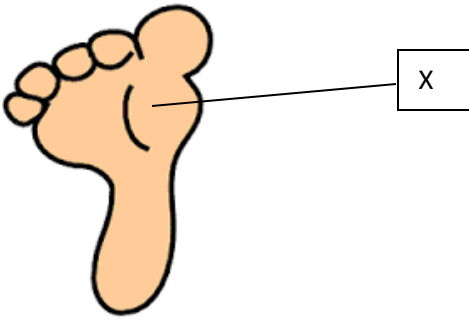
3. How can we avoid injuries during standing long jump? (3)

4. Why should players do warm up activities before any competition? (2)

5. Write down three types of passes in ball games. (3)

6. Name 3 games where a ball is played using hands. (3)

7. Name the part labelled X.



8. Write down 3 reasons why we improvise things at home and in school. (3)

9. Write down 3 passes used in soccer. (3)
