## COMPETENCY BASED CURRICULUM

**GRADE 5 TERM 1 2023 – PHE ACTIVITIES**

* 1. What is the name given to the place where athletes run? ( 2 mark)

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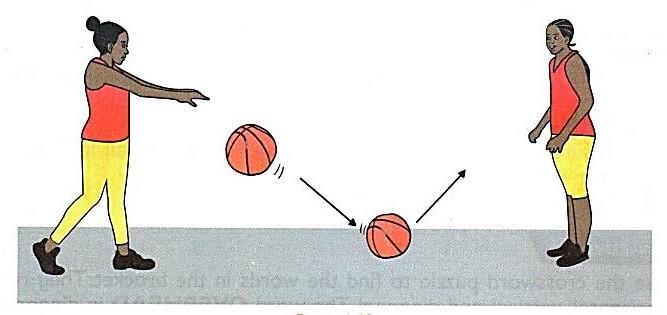
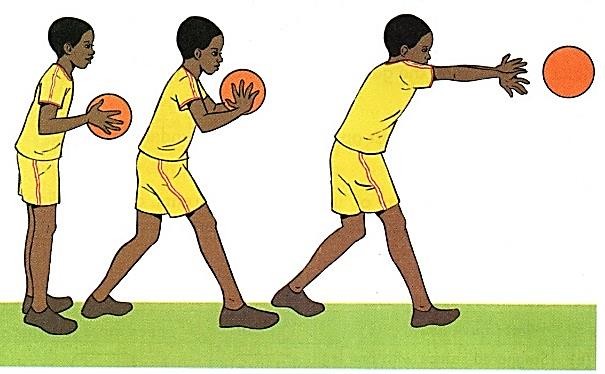
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* 1. State 3 safety measures that you consider when running 100m and 200m ( 3 marks)
  2. List 3 importance’s of Team work during sports activity in school (3 marks)
  3. Name 3 items you can use to improvise balls (3 marks)
  4. What type of catching is shown in the picture below? (1 mark)



* 1. Identify the types of passes shown in the pictures below.

 (1 marks)  (2 marks)

 ( 2 marks)

* 1. Give 1 reason why we should have commitment in sports. (1 mark)
  2. Name the Name the type of game shown below.

