**PHYSICAL AND HEALTH EDUCATION ACTIVITIES - CBC GRADE 4 TERM 1 2023**

1. Below is 100 and 200metrcs athletic track. Draw the starting and finishing points

2. What is an intercommunity sport .................................................................
3. ................................................................. is respect for teammates and rules in games and sports.
4. The sport drawn below is a .................................................................

5. Write two games that are played by a team.
	1. .................................................................
	2. .................................................................
6. Name four material that can be used to improvise a ball
	1. .................................................................
	2. .................................................................
	3. .................................................................
	4. .................................................................
7. Below are methods of throwing a ball. Name them

8. Name three parts of the foot used to pass a score ball.
	1. .................................................................
	2. .................................................................
	3. .................................................................
9. Rounder game is played by how many team .................................................................
10. The team that is throwing the ball in a rounder game is called .................................................................
11. Name three main items used in a rounder game
	1. .................................................................
	2. .................................................................
	3. .................................................................
12. Which parts of the body are involved in the gymnastic roll
	1. .................................................................
	2. .................................................................
	3. .................................................................
13. How many players are there in one team of football? .................................................................
14. Score ball is made of .................................................................
15. Name two parts of the body used to play ball
	1. .................................................................
	2. .................................................................
16. Write two track event in athletics
	1. .................................................................
	2. .................................................................
17. Name three play items in your school
	1. .................................................................
	2. .................................................................
	3. .................................................................