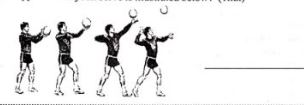
**PHYSICAL EDUCATION - GRADE 7 EXAMS TERM 1 2023**

**QUESTIONS;**

1. Outline the commands given during a standing start of a race. (2mks)
2. Which styles can one perform under the crouch position start? (2mks)
3. Outline three styles of finishing a race. (3mks)
4. John wanted to participate in a running activity. Which safety precautions must John observe? (2mks)
5. List two athletics events that can be performed in the field. (2mks)
6. Draw an anthletics track and label; starting line for 100 and 200m races as well as the finishing line. (4mks)
7. A game of soccer lasts for———————minutes. It consists of——————— halves with a———————minutes half time break. (3mks)
8. Which type of pass is used to throw the ball back to the field in a game of soccer? (1mk)
9. Identify each of the following passes. (3mks)  
   
10. Outline 2 types of traps in a game of soccer. (2mks)
11. List two types of serves in a game of volleyball. (2mks)
12. Which type of volleyball serve is illustrated below? (1mk)  
    
13. List 2 equipments necessary in a game of tag rugby. (2mks)
14. A score in the game of tag rugby is called a———————and is awarded——————points. (2mks)
15.   
    The above activity is a———————sequence which involves———————activities. (2mks)
16. Name two types of landing in the game of netball. (2mks)
17. Name two types of leadership in sports. (2mks)

Define the following terms in relation to PE and sports. (2mks)

1. Speed
2. Power
3. Grade seven student from a certain school went for a camp. Name two most appropriate materials they needed to light a camp fire (2mks)
4. State two sports related injuries. (2mks)
5. During games, Wafula developed the following signs. (1mk)
   1. dizziness
   2. his vision changes
   3. cold skin and sweating
   4. Breathing faster and deeply.  
      From which sports related injuries was Wafula most likely suffering from?
6. Name two types of snakes found in the locality. (2mks)
7. State two signs and symptoms of snake bites. (2mks)
8. The picture below shows an injured person. The triangular bandage has been used to (2mks)  
   

**MARKING SCHEME;**

1. 1. On to your mark.
   2. Go (Sound ofthe gun)
2. 1. Bullet start/Bunch start
   2. Medium start
   3. Elongated starts
3. 1. Run through technique
   2. Shoulder shrug technique
   3. Drop finish technique
4. 1. Wear the correct attire kit
   2. Do not run on a sippery ground
   3. Ensure there are no sharp objects on the ground
   4. Run on a leveled ground
5. 1. Long Jump
   2. high jump
   3. javelling
   4. discus
   5. shortput
6. A game of soccer lasts for 90 minutes. It consists of 2 halves with a 15 minutes half timebreak
7. Overhead
8. Outside of the foot inside of the foot instep
9. 1. Chest trip
   2. Sole of the foot trap
   3. High trap
10. 1. Underarm serve
    2. Overarm serve
11. Overhead serve
12. 1. Tag belt
    2. Rugby ball
    3. Tracing cones
13. Ascore in the game of rugby is called a try and is awarded one point
14. One action (single action) sequence which involves one activity
15. 1. pivoting
    2. one-foot landing
    3. double-feet landing
16. 1. Automatic leadership
    2. Democratic leadership
    3. Coaching leadership
    4. Transformational leadership
    5. Deligative leadership
17. Speed-The ability to move all or part of the body as quickly as possible.
18. Power-The ability to exert force in the shortest period of time
19. Materials needed to light a camp fire are Firewood, twigs, dry leaves, match box Tinder, kindling and fuel.
20. Sports related injuries
    1. Fainting
    2. Insects bites and stings
    3. Snake bites
    4. Fractures
    5. Cuts
    6. Muscle pulls
    7. Strains
    8. Sprains
    9. Dislocation
21. Fainting
22. 1. Python
    2. Black mamba
    3. Boomslang
    4. Cobra
    5. Green mamba
    6. Puffadder
23. Signs and symptoms of snake bites
    1. pain in the affected area
    2. Skin redness
    3. swelling
    4. fast heartbeat
    5. Bruising of skin
    6. anxiety
    7. Dizziness
24. Triangular bandage is used to support a limbor secure dressing in place.