**PHYSICAL EDUCATION GRADE FIVE TERM 1 2023**

1. The place where athletes run and compete is called \_\_\_\_\_field.(football track, athletic track, running track)
2. Before one starts to run, one must have to (coming up, warming upi eating up)
3. Draw athletic track field.
4. Where people complete using a football, the place is called \_\_\_\_\_pitch. (football, volleyball, handball)

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| **Questions** | **Activity to be done** | **Perfomance** | **Ratings** |
| 5 | Two-handed catching  |   |   |
| 6  | Kneeling, overhead throw |   |   |
| 7  | Geeting set -(On to your marks) |   |   |
| 8  | Stopping a football |   |   |
| 9  | Standing long jump  |   |   |
| 10  | Get - set - go  |   |   |

1. Write three benefits of swimming.
	1. .................................................................
	2. .................................................................
	3. .................................................................
2. Write two rules found in swimming pool
	1. .................................................................
	2. .................................................................
3. Name two parts of the body used to play ball
	1. .................................................................
	2. .................................................................
4. Write two track event in athletics
	1. .................................................................
	2. .................................................................
5. Name three play items in your school
	1. .................................................................
	2. .................................................................
	3. .................................................................
6. Draw the following

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| **a) bat** | **b) bean bag** | **c) frisbee** |

1. In which sports activity do we practice elongated started?
2. The technique shown below is used in Frisbee. Name it.

3. When practising handwalk, which parts of our bodies do we hold high?
4. Why are long jump pits filled with materials?
5. What is the last activity in long jump?
6. Straddle and straddle cross is a common technique in \_\_\_\_\_\_\_\_\_\_\_ work.
7. Draw a volleyball field in the space provided

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1. Write two examples of passes used in soccer.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. How many players are there in one soccer team?
Write two contents of a first aid
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_