**PHYSICAL HEALTH EDUCATION ACTIVITIES - GRADE 5 TERM 1 EXAM 2023**

**PHYSICAL HEALTH EDUCATION**

1. Name three leisure activities you do at home and school
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2. Who is a casualty?
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3. Describe what is a "headstand balance"
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4. Draw and colour a first aid box

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1. What do we call a player who plays against another player in a game?
2. Identify three kinds of play at home and school
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3. Name the equipment below used when playing the game of football

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4. What kind of material should be used in triple jump pit?(soft, hard)
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**MARKING SCHEME**

**PHE**

1. playing, running, resting
2. someone who is hurt
3. balancing/standing on your head
4. student should draw and colour the first aid box
5. opponent
6. running, skipping, hide and seek
7. ball
8. soft