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

**PHYSICAL HEALTH EDUCATION**

1. Name three leisure activities you do at home and school  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Who is a casualty?  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Describe what is a "headstand balance"  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Name the equipment below used when playing the game of football  
   C:\Users\RABBI\Downloads\langg1et121q8ball.jpg  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. What kind of material should be used in triple jump pit?(soft, hard)  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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