JUNIOR SECONDARY SCHOOL MID-TERM 1 ASSESSMENT 2023

GRADE 7

PHYSICAL EDUCATION AND SPORTS

NAME:

# Instructions To the learner

1. Answer all questions in the space provided.
2. Keep the sheet as clean as possible.

# FOR OFFICIALS USE ONLY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Exceeding Expectations 27-30** | **Meeting Expectations 21-26** | **Approaching Expectations 11-20** | **Below Expectations 0-10** |
| Learners score |  |  |  |  |
| Performance level |  |  |  |  |

## SECTION A

1. Give three advantages of participating in sports to the body? (3mrks).
2. State any two advantages of warm up before starting a game. (2mrks).
3. Suggest the safety measures that must be observed to avoid injuries when playing netball. (5mrks).
4. Explain the following steps of performing a chest pass: (6mrks).
   1. Stance
   2. Grip
   3. Release
5. During grip, hold the ball with hands. (single, both). (2mrks).
6. During stance, keep your feet shoulder-width apart and your knees slightly. (bend, straighten). (2mrks).

## SECTION B

1. Practical: using a netball, demonstrate the steps of performing a chest pass including stance, grip, release and follow through. (10mrks).

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| **SKILL** | **MARKS** | **SCORE** |
| Stance | 2 |  |
| Grip | 2 |  |
| Release | 2 |  |
| Follow through | 2 |  |
| Overall | 2 |  |
| **TOTAL** | **10** |  |