



REVEALED NATIONAL EXAMINATIONS
JUNIOR SECONDARY SCHOOL
GRADE SEVEN **SERIES 001**

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| Name: | |
| Grade: | |
| School: | |
| Ass. No | |

Grade 7 Examination
2023

PHYSICAL EDUCATION & SPORTS

Time: 1 hour 20 minutes plus 10 minutes for reading.

INSTRUCTION TO CANDIDATE:

- Write your name, candidate number, class and school in the boxes above.
- Do not open this booklet until you are told to do so.
- You are given 10 minutes to read through the questions. Do not start writing until you are told to do so.
- Read each question carefully.
- Answer ALL questions
- Write your answers, in either blue or black ink, in the spaces provided in the booklet.

FOR THE USE OF MARKERS ONLY

| MARKS | |
|-------------|----|
| Total Score | |
| Out of | 50 |
| Percentage | |



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TURN OVER

1. Outline the commands given during a standing start of a race. (2mks)

- i) _____
- ii) _____

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)

- i) _____
- ii) _____

5. List two athletics events that can be performed in the field. (2mks)

- i) _____
- ii) _____

6. Draw an athletics 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)

- i) _____
- ii) _____

12. Which type of volleyball serve is illustrated below? (1mk)



13. List 2 equipments necessary in a game of tag rugby. (2mks)

- i) _____
- ii) _____

14. A score in the game of tag rugby is called a _____ and is awarded _____ points. (2mks)



The above activity is a _____ sequence which involves _____ activities. (2mks)

16. Name two types of landing in the game of netball. (2mks)

- i) _____
- ii) _____

17. Name two types of leadership in sports. (2mks)

- i) _____
- ii) _____

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

18. Speed _____

19. Power _____

20. Grade seven student from a certain school went for a camp. Name two most appropriate materials they needed to light a camp fire. (2mks)

- i) _____
- ii) _____

21. State two sports related injuries. (2mks)

- i) _____
- ii) _____

22. During games, Wafula developed the following signs. (1mk)

- i) *dizziness*
- ii) *his vision changes*
- iii) *cold skin and sweating*
- iv) *breathing faster and deeply.*

From which sports related injuries was Wafula most likely suffering from? _____

23. Name two types of snakes found in the locality. (2mks)

- i) _____
- ii) _____

24. State two signs and symptoms of snake bites. (2mks)

- i) _____
- ii) _____

25. The picture below shows an injured person. The triangular bandage has been used to (2mks)


