



MIRROR SERIES MONITORING LEARNER'S ASSESSMENT

CREATIVE ARTS & PHYSICAL AND HEALTH EDUCATION

GRADE 7 - TERM 1 - 2024

Time: 2 Hours

Name: _____

Date: _____

SECTION A: ART AND CRAFT (20mks)

1. In the space provided below, draw a boy kicking a football ball. On it colour the picture to create tonal value on the face, clothes and ball. (5mks)

2. State two methods of creating tonal value. (2mks)

i) _____

ii) _____

3. State any two factors that should be considered when painting. (2mks)

i) _____

ii) _____

4. State any three factors that should be considered when drawing forms (3mks)

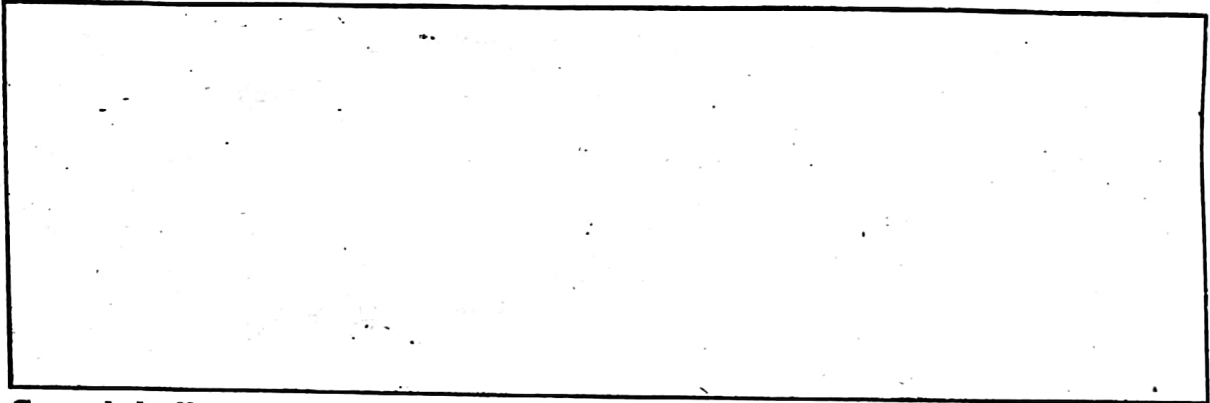
i) _____

ii) _____

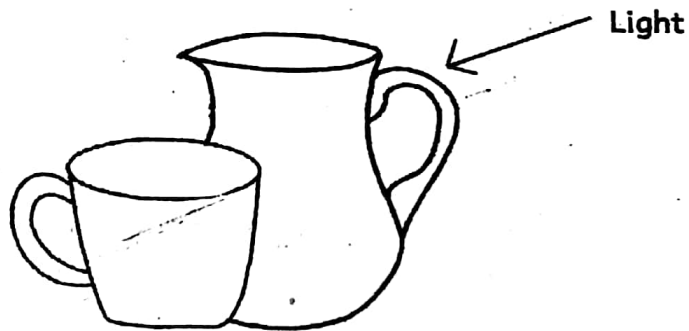
iii) _____

5. Draw an imaginative composition of a house between two trees. Let there be

- a) Balance - (1mk)
- b) Textual effects - (1mk)
- c) Proportion - (1mk)
- d) Tonal variation - (2mks)



6. Create dark effect on the drawing below. (3mks)



SECTION B: MUSIC (20mks)

1. List down two economic importances of songs. (2mks)

- i) _____
- ii) _____

2. Name three types of folk songs. (3mks)

- i) _____
- ii) _____
- iii) _____

3. What is a trio? _____

4. A two-part song performed by two people each singing a different voice part is called _____ (1mk)

_____ (1mk)

5. Singing with a unified sound is called _____ (1mk)

_____ (1mk)

6. Directions given to the performer to guide their performance is called _____ (1mk)
7. When performing Western art song you can show moods through (3mks)
 i) _____
 ii) _____
 iii) _____
8. African folk songs or songs that are written and performed in an African style is called _____ (1mk)
9. What is a musical sentence? _____ (1mk)
10. List two social importance of songs. (2mks)
 i) _____
 ii) _____
11. Individually sing the song below

Are you sleeping
Are you sleeping
Are you sleeping
Brother John
Brother John
Morning bells are ringing
Morning bells are ringing
Ding! Dang! Dong!
Ding! Dang! Dong!

- a) Name the mood of the song. _____ (1mk)
- b) What is the message in the song? _____ (1mk)
- c) Correct mood as you sing. (2mks)

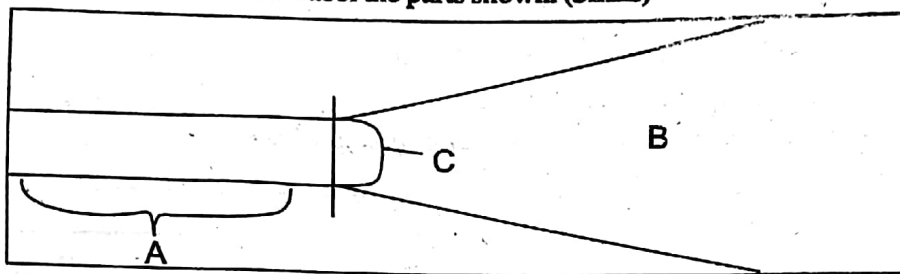
SECTION C: PHYSICAL & HEALTH EDUCATION (20mks)

1. Match the following equipment with the events they are used to play (4mks)

Shot	High jump
Javelin	Shot put
Baton	Javelin
Crossbar	Non-visual baton exchange race

2. What is the shape of an athletic track? _____ (1mk)
3. The area where a shot is put is called a _____ (1mk)

4. Below is a javelin sector. Label the parts shown. (3mks)



A _____
B _____
C _____

5. A technique in High jump where legs make a criss-crossing action over the crossbar during a flight is called _____ (1mk)
6. List down any equipment used in High jump. (1mk)

7. The type of baton exchange where the out going runner receives the baton without seeing it being placed onto the hand is called _____ (1mk)
8. State one safety precaution that one should observe as he/she throws javelin? (1mk)

9. The type of rope skipping technique that involves rope skipping with toes touching and heels apart, then heels touching and toes apart is called _____ (1mk)
10. During the performance of standing shot put, the steps below are followed. Fill in the missing steps. (2mks)
Stance, _____, Release, _____
11. Individually perform in the javelin field standing javelin. Follow the steps below.
- a) Correct stance (1mk)
 - b) Correct grip (1mk)
 - c) Correct carriage (1mk)
 - d) Correct release (1mk)