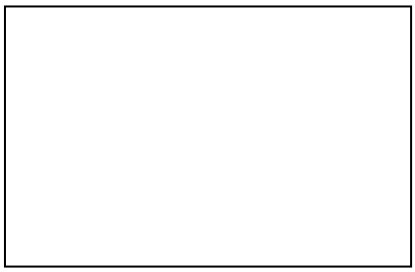
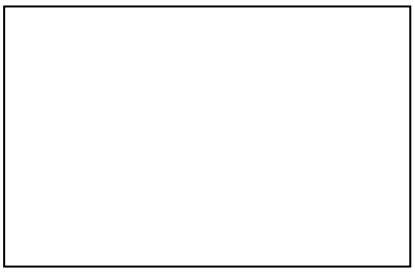
GRADE 5 -YEAR 2022
EXAMINATION
PHYSICAL HEALTH EDUCATION

1. Draw the following(5mks)

Beanbag



A ball



2 .Name three types of bounce in skipping rope

a._____

b._____

c._____

3.Give three importance of skipping rope in everyday life.

a._____

b._____

c._____

4. What is the meaning of skipping rope

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5. When starting a race we wait for the gun
(sound, shout, voice)

6. It is wrong to run _____round the athletics Tracks. a + +
(clockwise, anticlockwise)