TARGETER WINGS

MONITORING LEARNER'S PROGRESS

Wings 004

GRADE 4 - 2021

PHYSICAL AND HEALTH EDUCATION

Name .....

School name .....

The teacher to fill the grid below after marking the learner's work.

Total - 25mks			
Assessment Rubric			
Exceeds Expectations (19 - 20)	Meets Expectations (13 - 18)	Approaches Expectations (6 - 12)	Below Expectations (0 - 5)

1. What do we call a ground or a surface where athletes run? **(1mk)**

   _____

2. Name **three** races that pupils can participate in during school athletics events. **(3mks)**

   a) _____

   b) _____

   c) _____

3. The following are stages of a certain field event.

   i) Body positioning.

   ii) Take off on both feet.

   iii) Arm swing and flight.

   iv) Landing on the balls of the feet.

   The stages above are for **(1mk)**

   _____

4. Draw a foot and indicate the ball of the foot. **(2mks)**

5. Define the term improvisation.

   _____

   _____ **(1mk)**