TARGETER WINGS

MONITORING LEARNER'S PROGRESS

GRADE 4 - 2021

Wings 006

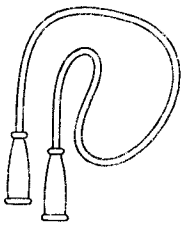
PHYSICAL AND HEALTH EDUCATION

Name .....

School name .....

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

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

1. 

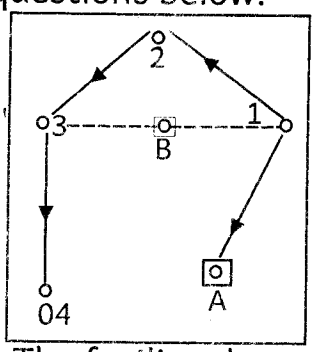
_____ is a tool that is used in the sport of skipping. **(1mk)**

2. Draw and colour any floating device that can be used when one is swimming. **(1mk)**

3. When performing a standing long jump the participant should take off on _____ and land on the _____ of feet. **(2mks)**

4. An _____ is a person who is against another person in an activity or in a game. **(1mk)**

5. Use the picture below to answer the questions below.



a) The facility shown above is used when playing the game of _____ **(1mk)**