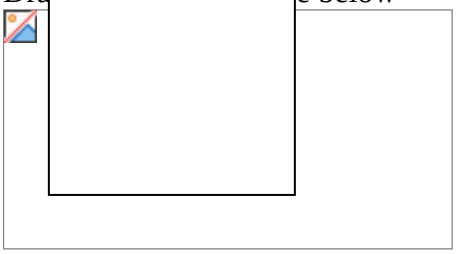
EXAMINATION TERM 1 2023

GRADE 4

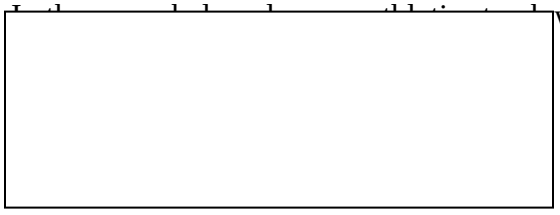
PHYSICAL HEALTH EDUCATION ACTIVITIES

1. Name **three** games that you play for fun and enjoyment.
   a. _____
   b. _____
   c. _____

2. The ground or surface that is oval in shape used by athletes is called _____
3. Draw goal post in space below



4. How many teams are required in a soccer game? _____ **(1, 2, 11, 12)**
5. In the [illegible] athletics track with 6 lanes.



6. Which command in a fair play means start in a race? _____ **(on your mark, start, go)**
7. State **three** qualities of a fair play in sports and games.
   a. _____
   b. _____
   c. _____
8. We kick the balls using _____ when playing soccer game.
9. The **best** soft ball is made from materials like _____
10. The passing of the ball that you perform from a kneeling position is called _____