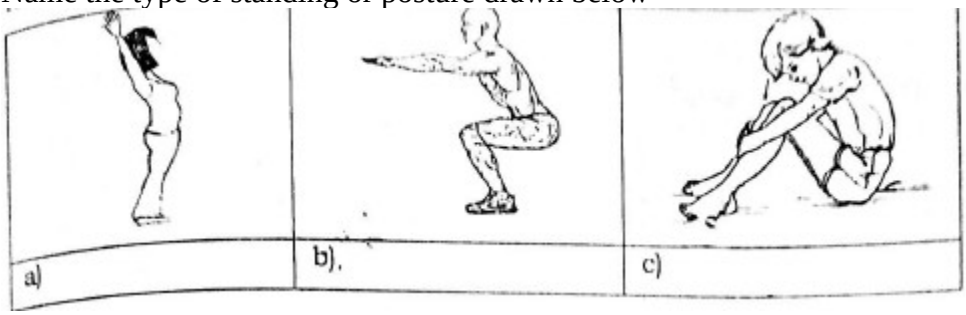
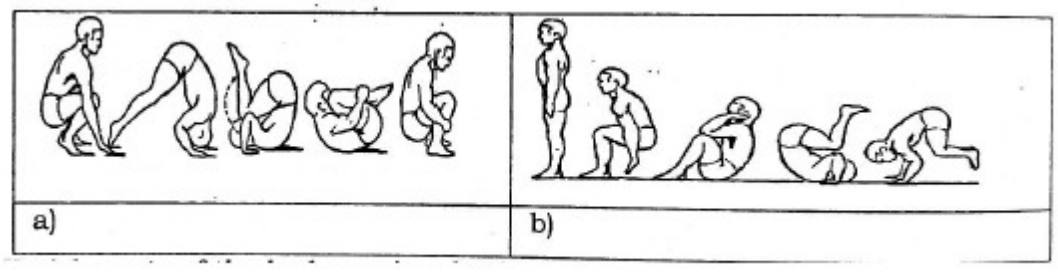
PHYSICAL HEALTH AND EDUCATION GRADE 4 TERM 1 2023

1. Name the type of standing or posture drawn below



2. Write three benefits of swimming.
    a. _____
    b. _____
    c. _____
3. Write two rules found in swimming pool
    a. _____
    b. _____
4. How many players are there in one team of football?_____
5. Score ball is made of _____
6. Name two parts of the body used to play ball
7. Name the below rolls



8. Which parts of the body are involved in the gymnastic roll
    a. _____
    b. _____
    c. _____