GRADE 4

TERM 2 2023

PHYSICAL HEALTH EDUCATION

Name:_____

School:_____

Grade:_____

Gender: Boy _____ Girl _____

PHYSICAL HEALTH EDUCATION

.1. Physical health is important to old and young people. Write two ways of keeping physical fitness.
(2)

_____

_____

2. What is teamwork? (2)

_____

_____

b. Name three things that help people to make a strong team. (3)

_____

_____

_____

3. How can we avoid injuries during standing long jump? (3)