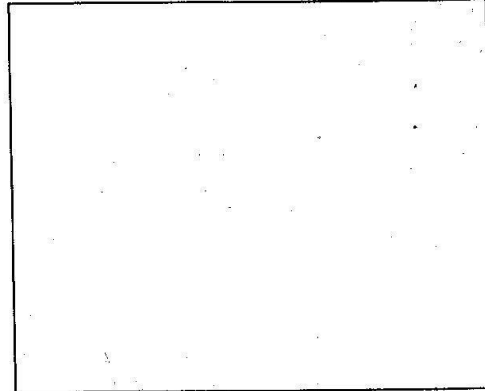


**TISMA 001 GRADE 4 TERM 1 OPENER EXAM  
PHYSICAL & HEALTH EDUCATION**

1. Match the following terms with their meanings. (3mks)

| Terms         | Meaning  |
|---------------|--|
| a) Fair play  | Willingness to give one's time and energy to an activity you believe in. |
| b) Team work  | This is fair competition that has respect for rules and players.         |
| c) Commitment | Working together to achieve the set goals.                               |

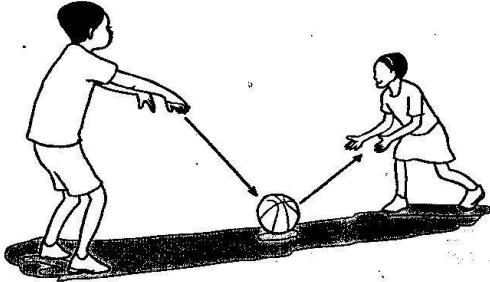
2. Draw and colour a soccer ball. (1mk)



3. List three locally available materials you can use to improvise a soccer ball. (3mks)

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

4. Identify the type of pass shown below. (1mk)



\_\_\_\_\_

5. Name **two** parts of a foot that are used to pass the ball in the game of soccer. (2mks)

- a) \_\_\_\_\_  
b) \_\_\_\_\_

6. Name three equipment that are used to play the game of rounders. (3mks)

- a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_

7. Write **true** or **false** after the statements. (4mks)

- a) Skipping does not make you agile and flexible. \_\_\_\_  
b) Skipping improves mental health. \_\_\_\_\_  
c) Skipping does not make the muscles strong. \_\_\_\_\_  
d) Skipping keeps one fit and healthy. \_\_\_\_\_

8. A field that is oval in shape where athletes run is called \_\_\_\_\_ (1mk)

9. Name **two** locally available materials that can be used to make a skipping rope. (2mks)

- a) \_\_\_\_\_  
b) \_\_\_\_\_