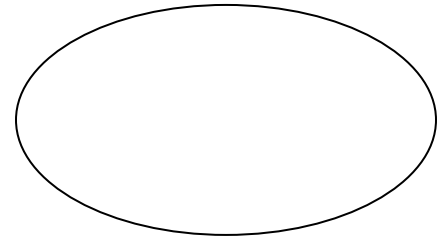


PHYSICAL EDUCATION & SPORTS - GRADE 7 ENDTERM 1 2023 HOLIDAY ASSIGNMENT

Name.....Adm No.....Class.....

School

GRAND TOTAL



Instructions:

-Learners to attempt the questions in the spaces provided in this booklet during this holiday and use the marking schemes provided by Mr Machuki (0724333200) for marking and revision purposes.

1. Name two players in the game of netball who can score for their team. (2mks)

2. The dodge in the game of netball that involves faking in two directions before turning to receive the ball is known as _____
(1mk)

3. The skill in the game of netball shown below is known as _____
(1mk)
4. The description below shows a procedure of performing a certain skill in the game of handball
 - i. *Hold the ball with one hand*
 - ii. *Stand with feet shoulder width apart*
 - iii. *Make a step back shifting the body weight to the back*
 - iv. *Swing the hand with the ball*

- v. *Release the ball from the side*
- vi. *Follow through*

The above statements describes a _____ pass. (1mk)

5. A player in possession of the ball in the game of handball should take a maximum of _____ steps. (1mk)

6. Name the two types of dribbling in the game of handball. (2mks)

7. List any two types of shots in the game of handball. (2mks)

8. How long can a player in possession of the ball hold on to it before passing in the game of handball? (1mk)

9. The method of landing in the game of netball shown below is known as _____ (1mk)



10. The following are the four stages of long jump (**take-off, approach, landing, flight**) Arrange them in order from the first to the last. (2mks)

11. The type of pass a handball can use when heavily guarded is the _____(1mk)
12. Kipkocch was representing his school in the interschool 100 metres racing event. List any two methods he would have used to finish the race (2mks)
13. Ms. Hellen was discussing with her class the safety measures they should observe when performing races. List any three measures she would have talked about. (4mks)
14. During sports, a player can get a fracture. Name any two signs of a fracture. (2mks)
15. Wanjiru splints run 10 laps and sprints at the end in her school field every other school day. Which any two components of skill is she likely to develop? (2mks)
16. Which two methods that can be used in baton exchange during relays (2mks)

17. Fill in the following with the correct answer. (3mks)

	DESCRIPTION	ANSWER
a)	The type of pass used in handball during a penalty throw	
b)	A type of dribble where the ball bounces closer to the ground	
c)	Small games that help practice skills in various games	