



KENYA EDUCATORS CONSULTANCY EXAMS
P.H.E ACTIVITIES
TERM 2 2023

P.H.E ACTIVITIES ASSESSMENT

NAME _____ DATE _____

SERIES 04/2023

Indicator	Questions	Total marks	Score	Performance Level
Cognitive	1-5,8	17		
Cognitive + psychomotor	6-7,9	11		
ffective	7a	2		
TOTAL		30		

PERFORMANCE LEVEL GUIDELINES

	<u>Strand 2</u>	<u>Strand 3</u>	<u>Strand 1</u>
14-17 scores = level 4	9-11 scores = level 4	2 scores = level 3	
9-13 scores = level 3	6-7 scores = level 3	1 scores = level 2	
6-8 scores = level 2	3-5 scores = level 2	0 score = level 1	
0-5 score = level 1			0-2 score = level 1

- List 3 types of passes in soccer (3 marks)

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- Below is a method used in transporting injured victim. Name the method (2 marks)



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3. Below is picture of a tool used during sports.



- a. What is the name? _____ (1 mark)
- b. Name any three items found inside the tool you have mentioned above. (3 marks)

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- c. Name 2 ailments and injuries that can be treated using the materials in the box. (2 marks)

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4. State three stages of a hurdle (3 marks)

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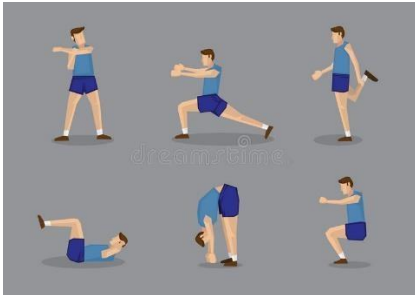
5. Name any two types of field events (2 marks)

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6. Below is a method used to start a race in athletics. How do we call this step? (1 mark)



7. Name the exercise being shown in the picture. (2 mark)



a) _____

b) How important is the exercise you have mentioned (2 marks)?

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8. Name one Equipment used in playing frisbee game (1 mark)

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PRACTICALS

9. You and your classmates are going to be guided by the teacher to demonstrate a handstand balance using a wall within the school. (10 marks)

Score card/Checklist

Activity	Marks	score	Comment on performance
Squat and place hands on the mat shoulder width apart	2		
Hands and the top of the head should form a triangle shape	2		
Raise the knees and extend the legs up	2		
Sit and push backwards to begin roll	2		
Hold the balance for a few minutes	2		