



# THE KENYA NATIONAL EXAMINATIONS COUNCIL

## SCHOOL BASED ASSESSMENT

### Physical and Health Education

### Grade 4 – 2023

(Regular)

LEARNER'S NAME: \_\_\_\_\_

ASSESSMENT No. \_\_\_\_\_ GRADE: \_\_\_\_\_

DATE: \_\_\_\_\_

#### INSTRUCTIONS TO LEARNERS

1. This is written assessment on PHE skills and concepts.
2. The assessment carries a total of 15 marks.
3. Answer **all the questions** in the spaces provided.
4. The assessment is allocated **45 Minutes**.

#### FOR OFFICIAL USE ONLY

**Marks Grid** (*Indicate 1 for correct response and a dash for the incorrect response*)

| Q. No.                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | Total Marks |
|-----------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|-------------|
| Mark (s)                    |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |             |
| Learner's Performance Level |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |             |

*This paper consists of 4 pages.*

**Written task: Physical and Health Education skills and concepts (15 Marks)**

**Answer all the questions in the spaces provided at the end of each question.**

1. During athletics competition, athletes used the Standing start technique of starting a race. What was the first command that was given to start the race?

\_\_\_\_\_

2. Grade four learners from Imani primary school were asked by the teacher to mark the rounders pitch so that they can play. How many rounders posts did they use to mark the rounders pitch?

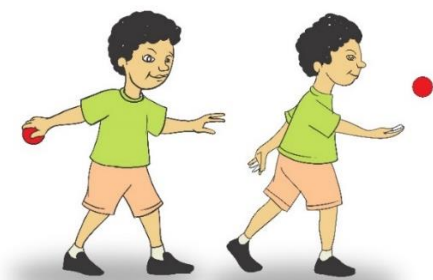
\_\_\_\_\_

3. A Football game is played on a soccer pitch, while 200 meters race is run on a \_\_\_\_\_

4. During break, grade 4 learners were practising the following steps of a standing long jump: **Landing, Flight, Stance, Take-off**. Arrange the steps in the correct order that should be followed when performing a standing long jump.

\_\_\_\_\_

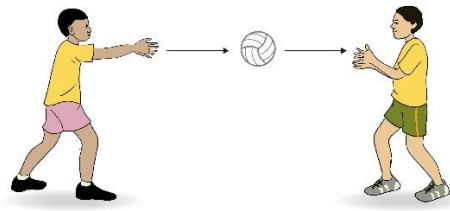
5. Two players were passing a ball to one another using the pass shown in the following diagram:



What is the name of the type of pass that these learners were using?

\_\_\_\_\_

6. The teacher told players to practice the method of catching shown in the following diagram:



Which method of catching were these players practising?

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7. A friend asked you to take the challenge of performing the rope jumping technique shown in the diagram.



This rope jumping technique is called \_\_\_\_\_

8. During games, gymnastics club members were practising a gymnastic sequence where forward roll was followed by backward roll. What type of sequence were they practicing? \_\_\_\_\_
9. Picture **A**, **B**, **C** and **D** shows different stages of a learner performing the headstand balance.



In the spaces provided below, arrange the pictures in the correct order that is followed when performing the headstand balance.

\_\_\_\_\_ **First stage**

\_\_\_\_\_ **Second stage**

\_\_\_\_\_ **Third stage**

\_\_\_\_\_ **Fourth stage**

10. Grade four learners were discussing the functions of a human heart. Give **one** function of the human heart that the learners may have discussed.

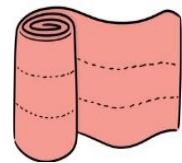
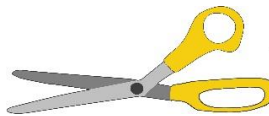
\_\_\_\_\_

11. After running around the school athletics field five times, an athlete was very tired, his mouth was dry and complained of headache. The athlete's body was showing signs of \_\_\_\_\_

12. When two players were playing, one got injured and started bleeding from the leg. The first aider came to control the bleeding. What safety equipment should the first aider have worn before helping the injured player?

\_\_\_\_\_

13. Learners in grade four were shown the following first aid items by the teacher:



Where should these first aid items be kept? \_\_\_\_\_

14. Grade four learners went out for a picnic at a community park. They were given sweets, bananas, milk, and bread for lunch by the teacher. What should the learners do to keep the picnic site clean?

\_\_\_\_\_  
\_\_\_\_\_

15. At the end of the lesson, learners were asked to perform the last activity which involved walking very slowly on their toes with arms raised. What was the purpose of walking slowly? \_\_\_\_\_

\_\_\_\_\_