



TARGETER WINGS

MONITORING LEARNER'S PROGRESS

GRADE 5 - 2021



PHYSICAL AND HEALTH EDUCATION

Name

School name

The teacher to fill the grid below after marking the learner's work.

Total - 20mks			
Assessment Rubric			
Exceeds Expectations (19 - 20)	Meets Expectations (13 - 18)	Approaches Expectations (6 - 12)	Below Expectations (0 - 5)

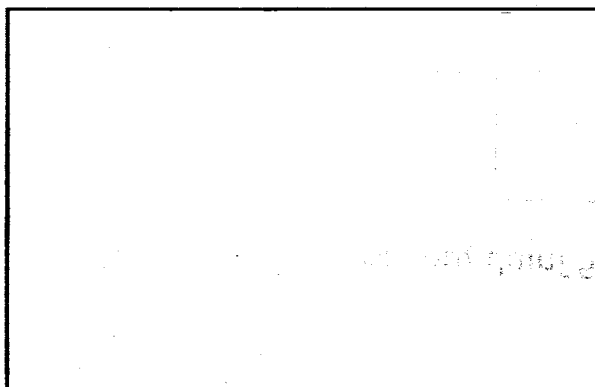
1. Name three rounders equipment. **(3mks)**

- a) _____
- b) _____
- c) _____

2. List down two field events. **(2mks)**

- a) _____
- b) _____

3. Draw and colour a relay baton. **(1mk)**



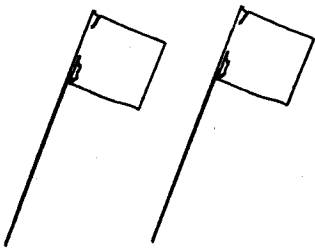
4. Arrange the following hurdling stages in their correct order (5mks)

- (i) Flight
- (ii) Landing
- (iii) Approach
- (iv) Take off
- (v) Hurdle clearance

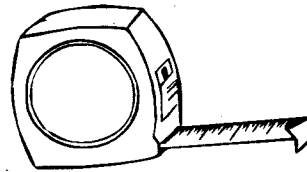
_____ , _____ , _____ , _____ , _____

5. Name the following equipment used in standing discus (3mks)

a)



b)



c)



6. The frisbee game is played by throwing a _____ (1mk)

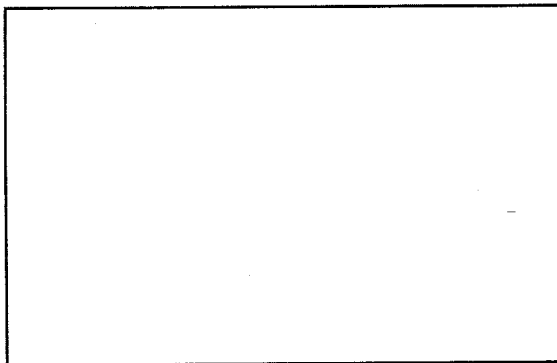
7. Name two common injuries in games and sports (2mks)

a) _____

b) _____

8. Draw and colour one floating device that can be used when swimming.

(1mk)



9. Name any two parts of a long jump facility.

(2mks)

a) _____

b) _____