



**KAMSSA LOWER SECONDARY LEVEL ASSESSMENT
SENIOR FOUR
BEGINNING OF TERM II 2024
PHYSICAL EDUCATION 555/2**

Answer all questions

1. Mini Game: Prepare and demarcate using any available items and equipment the play area for a mini football game of 5 players each (25 minutes)

2. Choose one game from these (Cricket/ Basketball/ Badminton/ Rugby/ Hockey/ Table tennis) and showcase at least 5 offensive and defensive tactics/skills (20 minutes)

3. Gymnastics

Demonstrate any of 5 gymnastics skills from these.

Look out for physical and mental warmup, safety reset and recovery between skills.

1. Pike jump (Jump into the air while keeping the legs straight and together and in front of them)
2. Split jump (Jump in air with legs split)
3. Cartwheel (sideways rotation of the gymnast's hand as they touch the ground)
4. Bridge – (Gymnast supports the body weight on their hands and feet while keeping their body arched)
5. Headstand balance
6. Handstand balance
7. Partner balance (can use the backside, hold hands, feet touch)

4. Athletics

Look out for the proper attire, warm up take off, the proper strides

- Demonstrate triple jump and high jump
- Demonstrate javelin and shot-put throws