



THE KENYA NATIONAL EXAMINATIONS COUNCIL

SCHOOL BASED ASSESSMENT

Physical and Health Education

Grade 5 – 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**.
- 5.

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

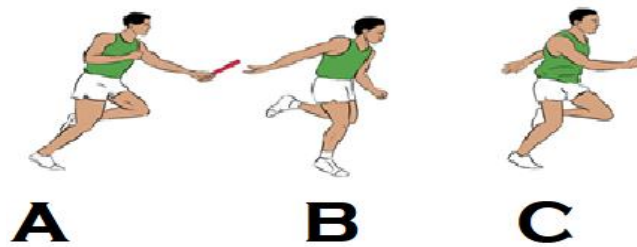
Q. No.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Total Marks
Mark (s)																
Learner's performance level																

This paper consists of 5 printed pages.

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

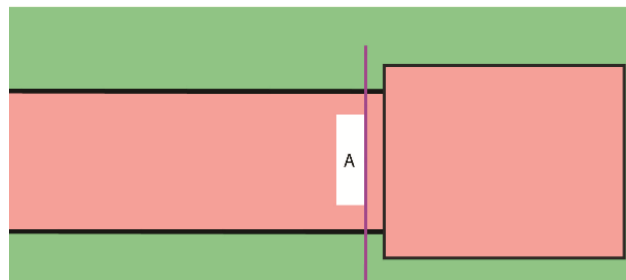
Answer ALL the questions.

1. In preparation for inter-class athletics competitions, Grade 5 learners were practicing visual baton exchange as shown in the following diagram.



State the hand that runner “B” will use to pass the baton to runner “C”.

2. The teacher displayed a layout of a long jump area shown in the diagram below.



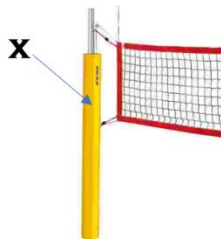
What is the purpose of the part marked “A” in the diagram? _____

3. Learners observed the performance of rope jumping technique shown in the diagram.



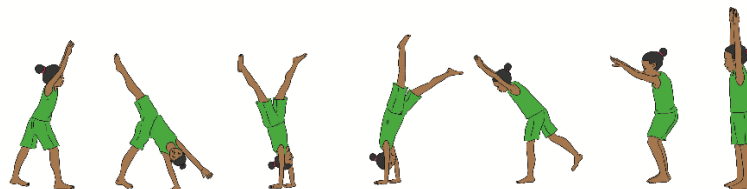
What is the name of the rope jumping technique? _____

4. Grade five learners watched a video clip on rounders match. They observed that one way of removing a batsman from the game is by _____ the post where the batsman is running to.
5. During a soccer match, a player passed the ball to a teammate, ran past an opponent, and received the ball again from the teammate. What is the name of the pass that the teammates used? _____
6. Grade five learners from Masomo primary school visited the community volleyball court and observed the equipment marked **X**. What is the name of the equipment?

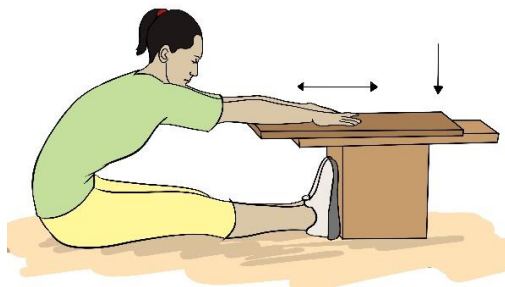


7. Twelve players were selected to represent the school during Kabaddi competitions. How many of the 12 players took positions in the field of play at the start of the game?
8. A learner demonstrated a handstand balance to the rest of class members. Describe the position of the learner's legs during the performance.

9. During break, your friend was practicing the gymnastic skill shown in the following diagram. What is the name of the gymnastic skill that your friend was practicing?



10. Grade five learners performed the fitness test shown in the diagram.



This fitness test is known as _____

11. When starting a sprint race, athletes responded swiftly to the starter's command. Which component of physical fitness did the athletes apply when responding to the starter's command at the start of the sprint race?

12. While playing soccer, a player sustained a sprain in the lower leg. Name the part of the lower leg where the sprain occurred.

13. A player got injured in the field during games and was assisted by two people as shown in the diagram.



What is the name of the method used in assisting the injured player?

14. During an outdoor activity, one group came across the tracking sign shown in the following diagram.



What is the meaning of the tracking sign? _____

15. Learners were preserving fish for use during an outdoor activity as shown in the diagram.



The method of preservation shown is called _____