

**Physical Education and Sports**

**Date: Friday, 08 July 2022**

**Period: 8H:30AM to 10:30AM**



## **END OF TERM III EXAMINATIONS**

**GRADE :** PRIMARY ONE (P1)  
**COMBINATION:** LOWER PRIMARY

**DURATION:** 1HOUR

**MARKS:**

...../10

### **INSTRUCTIONS**

- 1) Write your names on this question paper and answer from it
- 2) Do not open this question paper until you are told to do so.
- 3) Answer all questions
- 4) Avoid any rubbing
- 5) Use only a **blue** or **black** pen

### ANSWER ALL QUESTIONS

- 1) Choose the correct option from the lettered options.  
.....is a kind of warm up exercise.  
A. Shouting in class  
B. Dusting the chairs and tables  
C. Fighting with our friends  
D. Jogging

**(1mark )**

- 2) Give 2 diseases caused by lack of hygiene.

**(2 marks)**

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.....

- 3) Propose 2 cards used by football officials.

**(2marks)**

.....  
.....

- 4) Choose the correct answer.

Group exercise helps learners to grow

- A. Mentally  
B. Spiritually  
C. Sick  
D. Tall

**(1 mark)**

- 5)List 2 jumping exercises.

**(2marks)**

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- 6)Select games that are played with hands.

a) Football    b) Karate

c)Volleyball    d) Athletics

**(2 marks)**

END