

PHYSICAL EDUCATION AND SPORTS MARKING GUIDE FOR P2

- 1) Examples of warm up exercises are Running slowly, jogging, jumping, push ups. **(2 marks)**
- 2) The correct answer is C **(1 mark)**
- 3) Importances of hygiene to our body are:
- Keep the body healthy and clean.
 - Help to prevent a person from spreading diseases to other people
 - Not being isolated in a society. **(2 marks)**
- 4) 2 games that are played by throwing and catching a ball are Basketball, handball, rugby. **(1mark)**
- 5) A _____ ii)
 B _____ iii)
 C _____ i) **(3marks)**
- 6) Games of discovering things by touching are Hide and seek, cat and rat, bandit police **(1mark)**