

MARKING SCHEME FOR PHYSICAL EDUCATION AND SPORTS FOR P3

1. Equipments used in football are Balls, gloves, football boots, net, goal posts, whistle, watch. **(1mark)**
2. Commands or signals used for starting a running competition are:
 - On your marks
 - Get set
 - Go**(3marks)**
3. The answer is a and b **(1mark)**
4. Football game officials include Referees, assistant referees, team doctor, team captains. **(2marks)**
5. You can prevent diseases caused by poor hygiene by:
 - To wash hands with soap and clean water
 - To Get vaccinated
 - To prepare food safely
 - To not share personal item**(2marks)**
6. Exercises that warm up the body are Jumping jack, Jumping rope, lunges, squats, Push ups, walking, Knee bends, yoga. **(1mark)**