

SK Catholic English (M) Kuching

Pentaksiran Sumatif 2021

Pendidikan Jasmani dan Kesihatan

Tahun 1

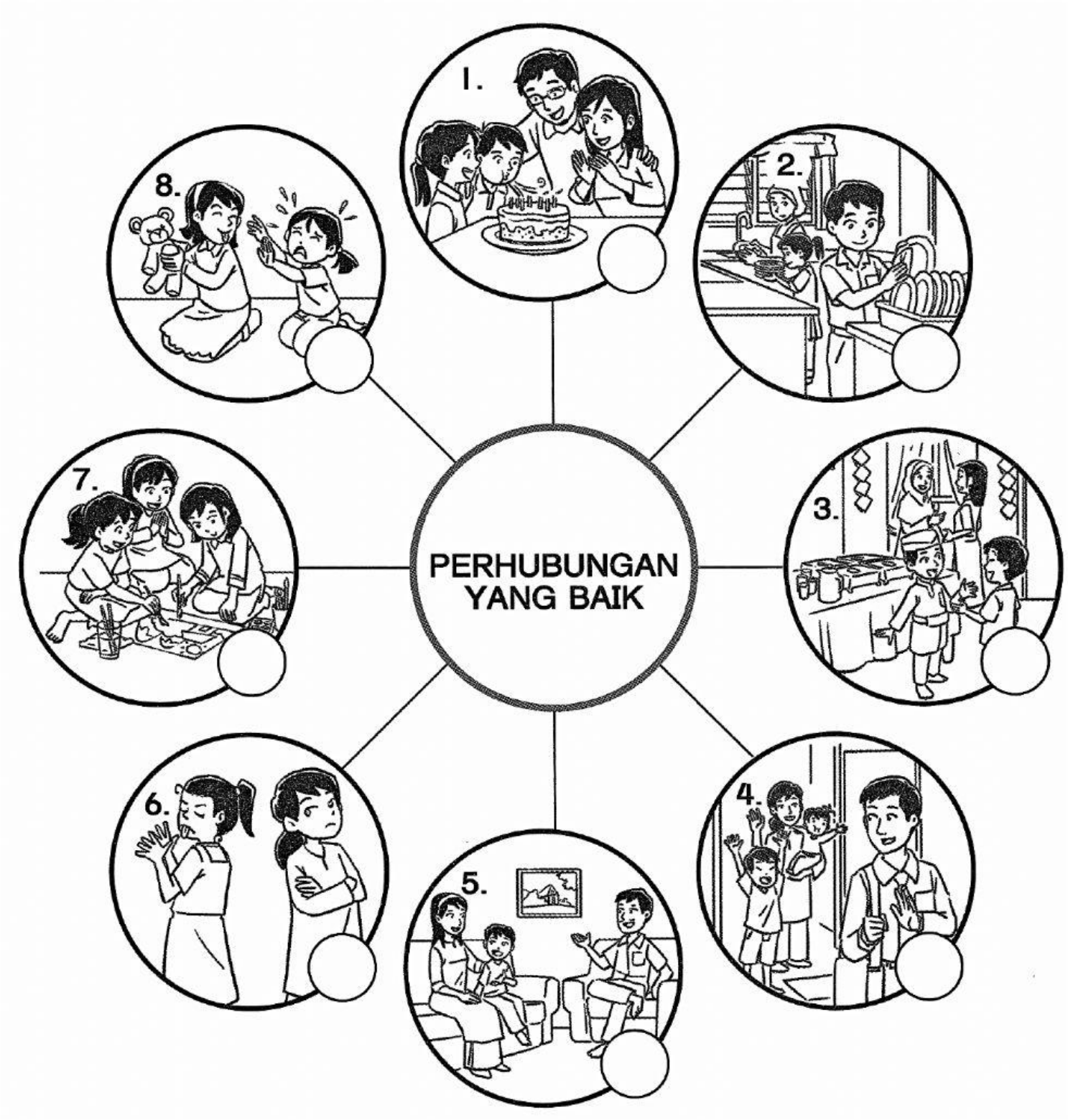
PdPR Minggu 40

Jumaat 26hb November 2021

Disediakan oleh Cikgu Hamisah

LIVEWORKSHEETS

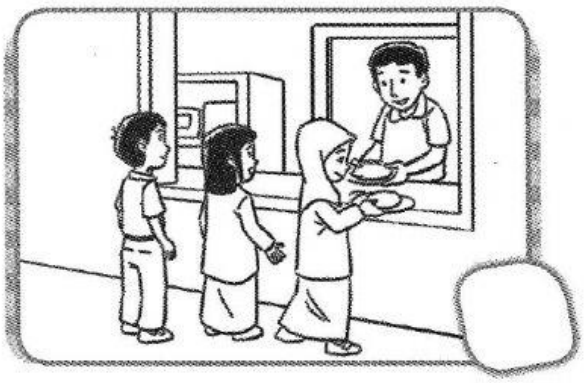
Tandakan (✓) pada gambar rajah yang menunjukkan hubungan yang baik.



LIVEWORKSHEETS

Tandakan (✓) pada gambar rajah yang menunjukkan situasi yang selamat.

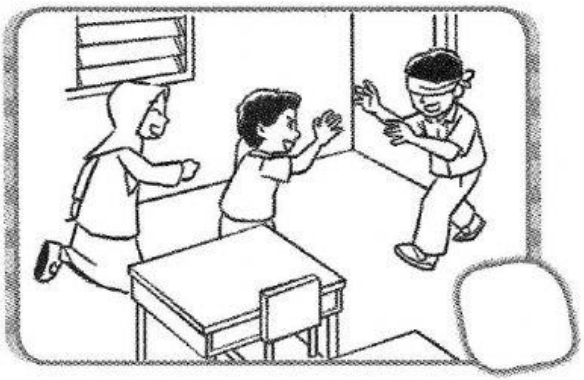
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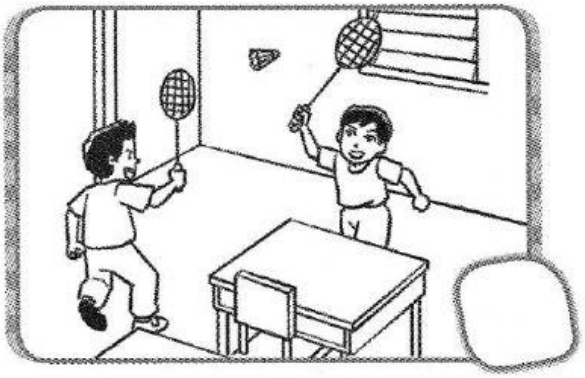
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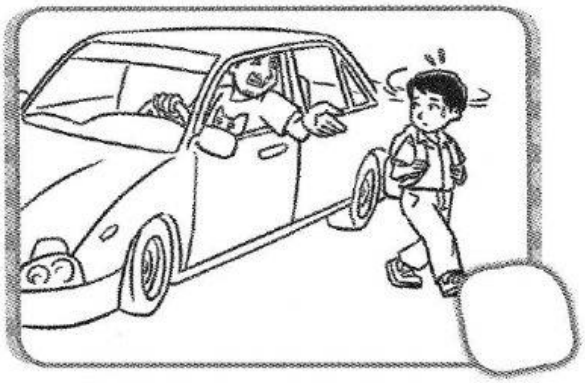
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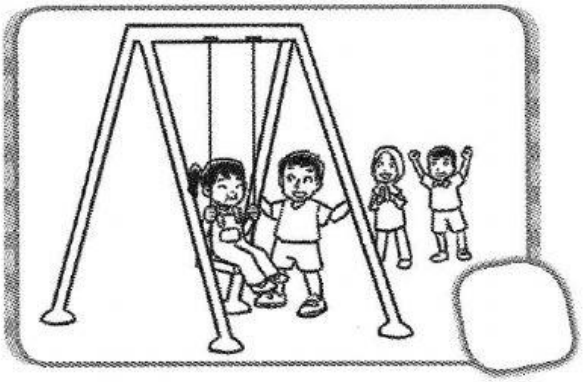
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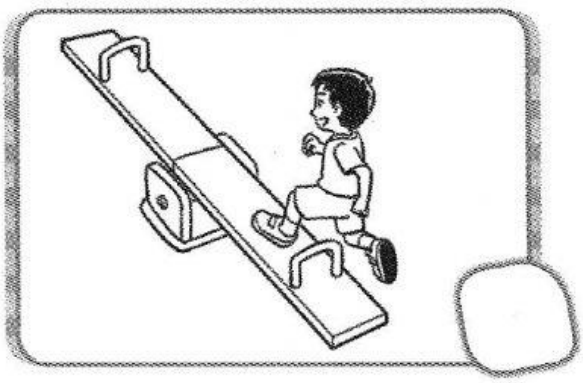
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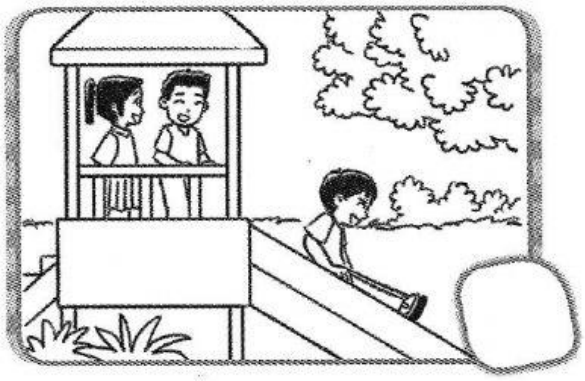
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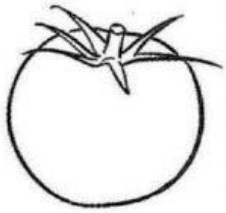


8.



LIVEWORKSHEETS

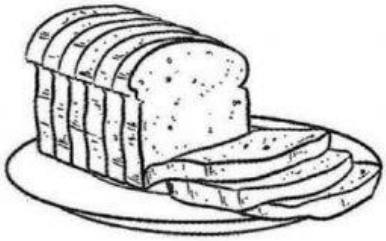
Pilih makanan yang berkhasiat.



sayur-sayuran



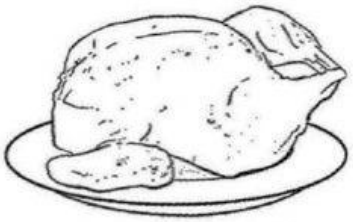
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roti



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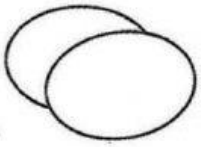
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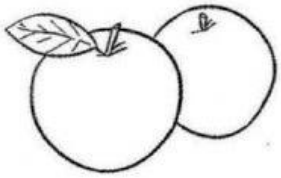
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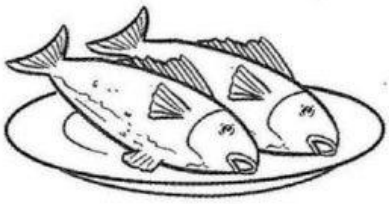
coklat



telur



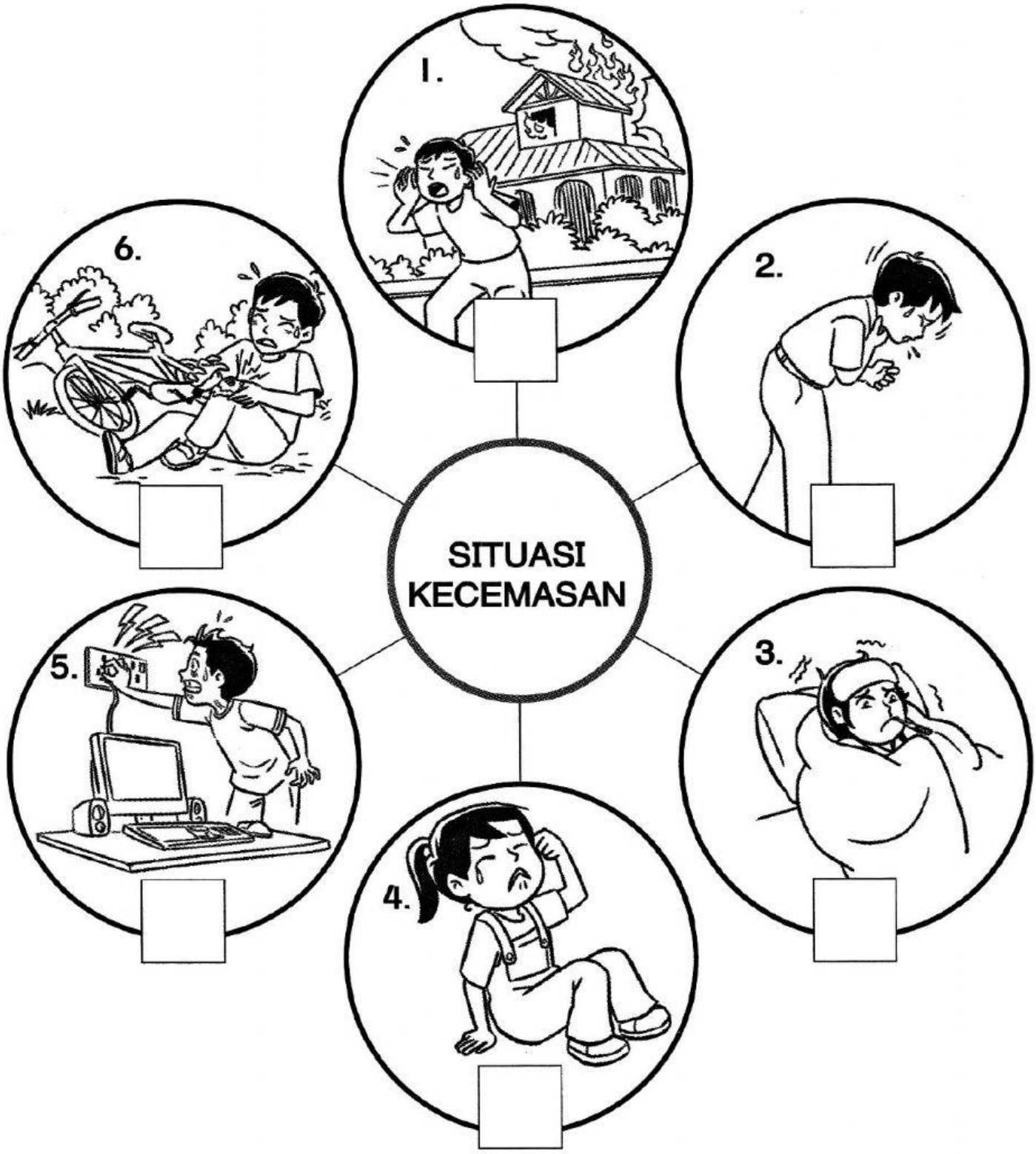
buah-buahan



ikan

LIVEWORKSHEETS

Tandakan (✓) pada gambar rajah yang menunjukkan situasi kecemasan.



LIVEWORKSHEETS

Tuliskan huruf yang sesuai mengikut bentuk badan semasa imbangan.

T X K L Y V

1.



2.



3.



4.



5.



6.

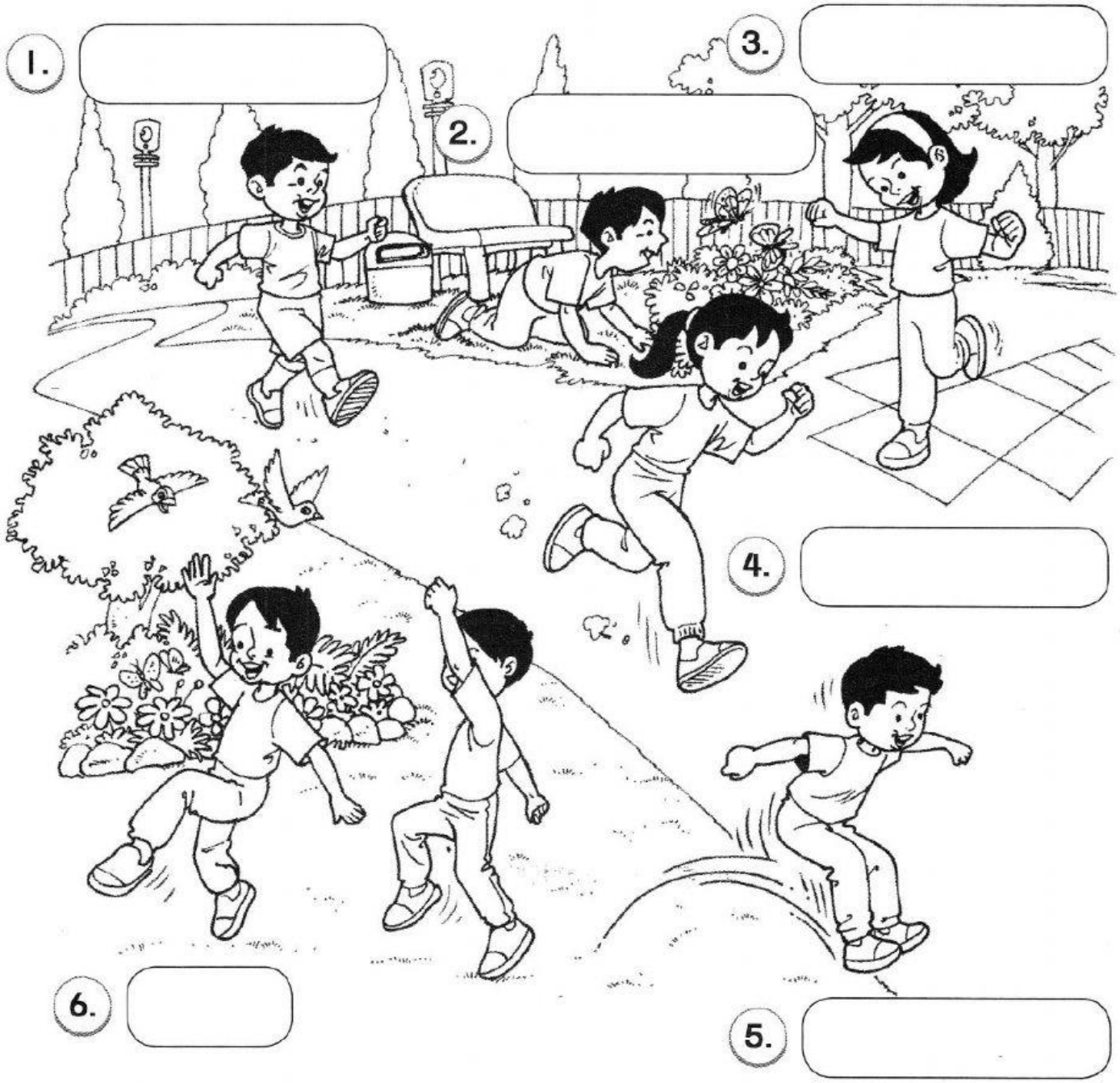


LIVEWORKSHEETS

Pilih pergerakan yang betul berdasarkan gambar.

ketingting | berlari | berjalan

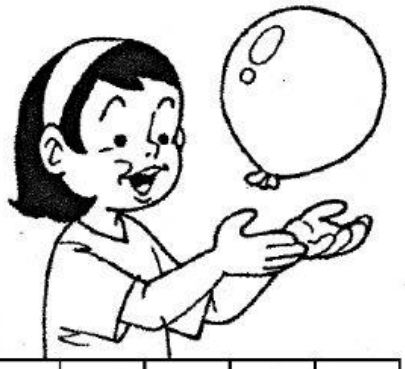
melompat | merangkak | skip



LIVEWORKSHEETS

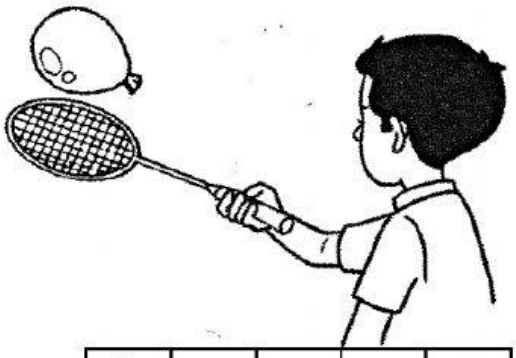
Namakan anggota badan dan alatan yang digunakan untuk memukul belon.

1.



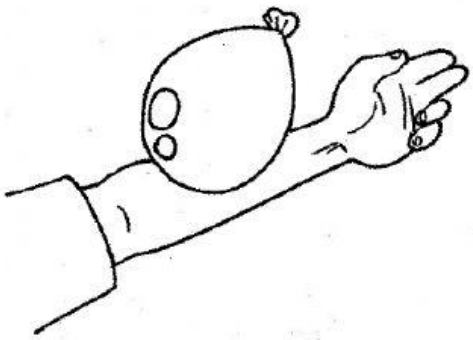
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2.



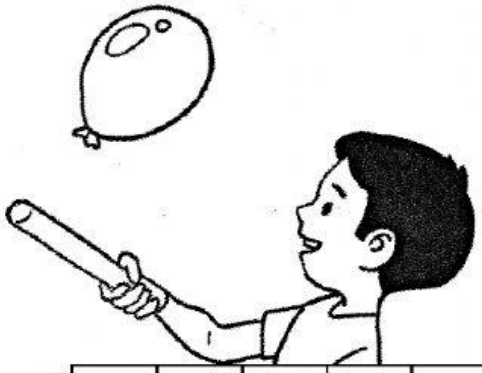
k	e	r	a	t

3.



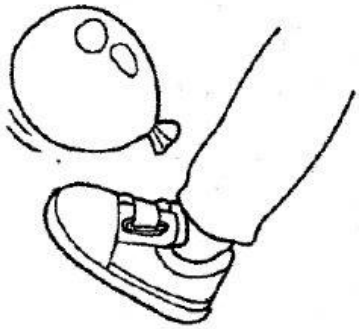
g	a	n	n	l	e

4.



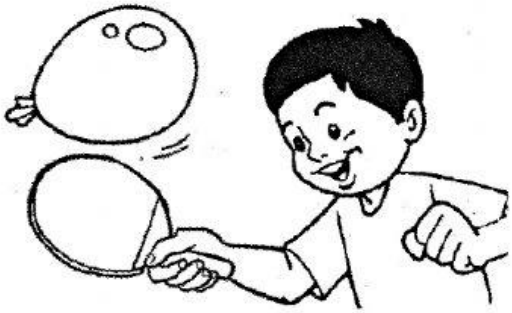
b	o	n	a	t

5.



k	i	k	a

6.



t	e	b

LIVEWORKSHEETS