


# SK Catholic English (M) Kuching

## Pentaksiran Sumatif 2021

## Pendidikan Jasmani dan Kesihatan

## Tahun 1

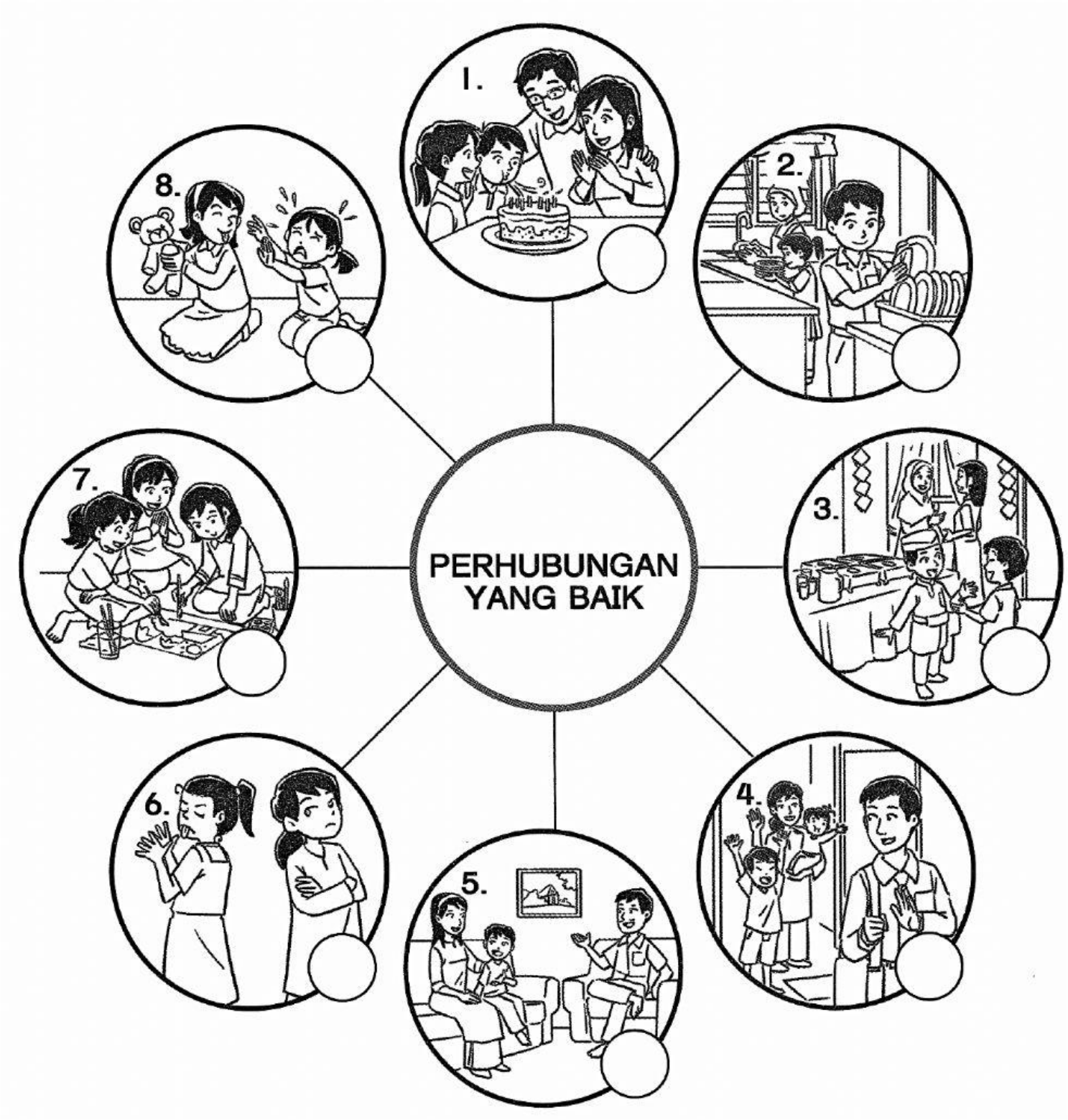
# PdPR Minggu 40

## Jumaat 26hb November 2021

Disediakan oleh Cikgu Hamisah

LIVEWORKSHEETS

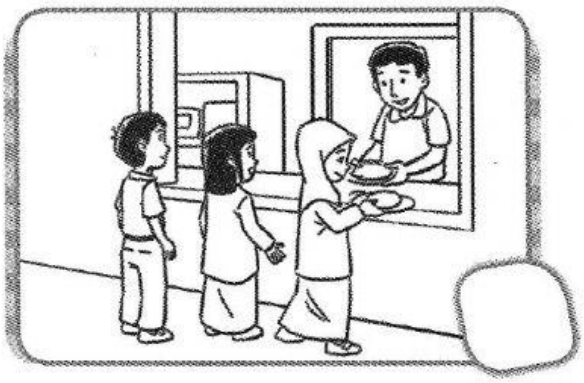
Tandakan (✓) pada gambar rajah yang menunjukkan hubungan yang baik.




LIVEWORKSHEETS

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

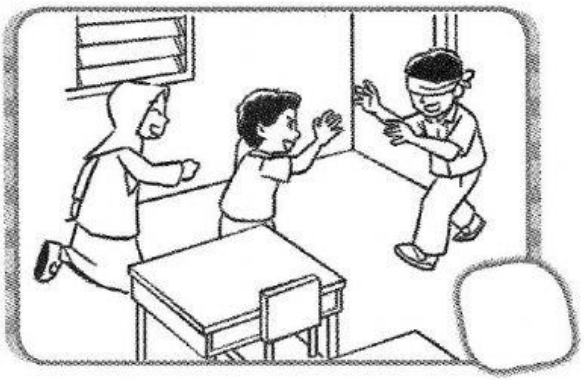
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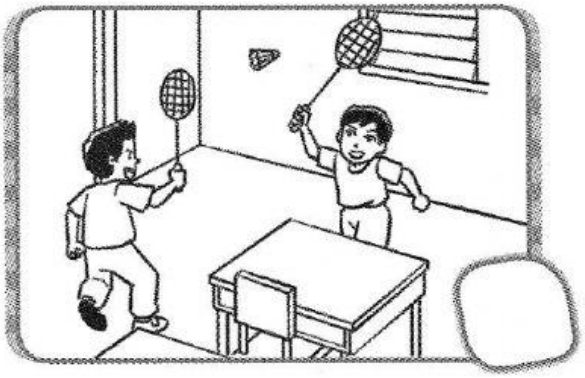
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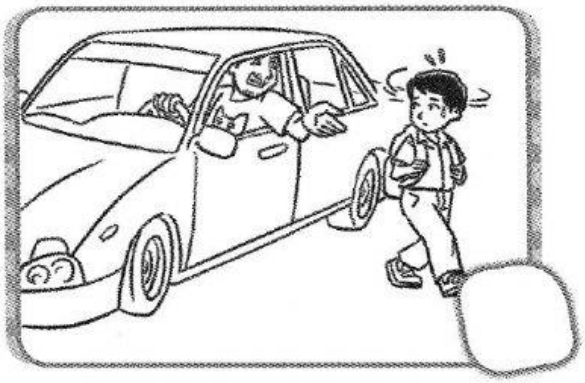
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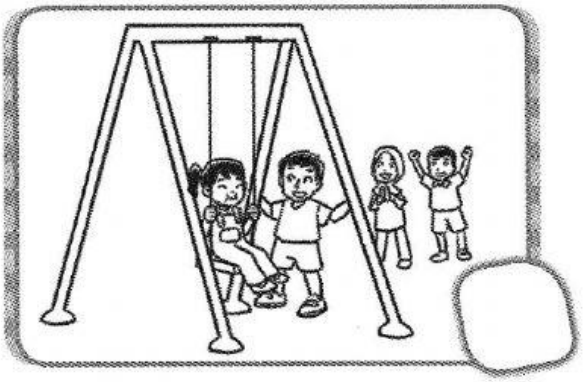
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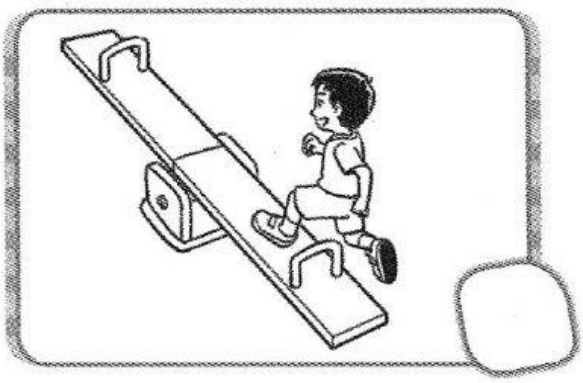
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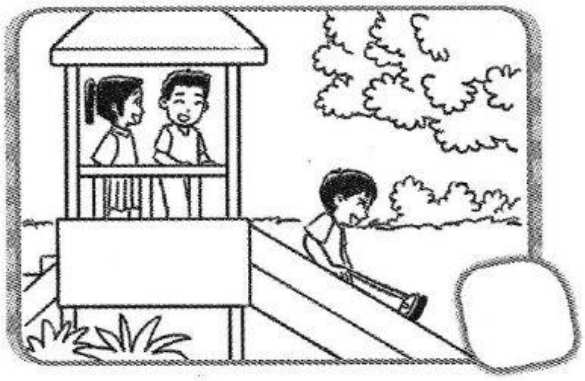
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7.

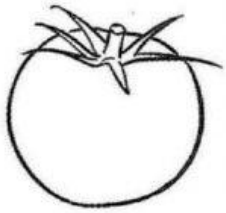


8.



LIVEWORKSHEETS

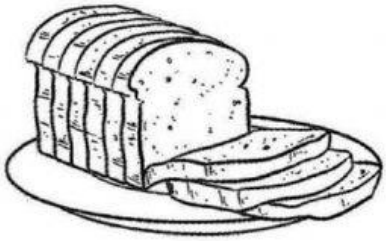
# Pilih makanan yang berkhasiat.



sayur-sayuran



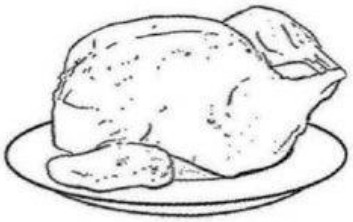
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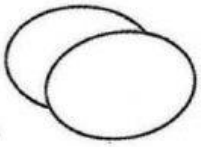
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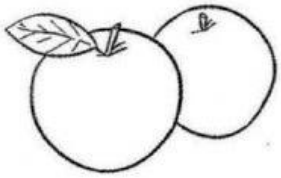
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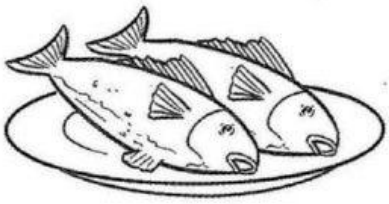
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telur



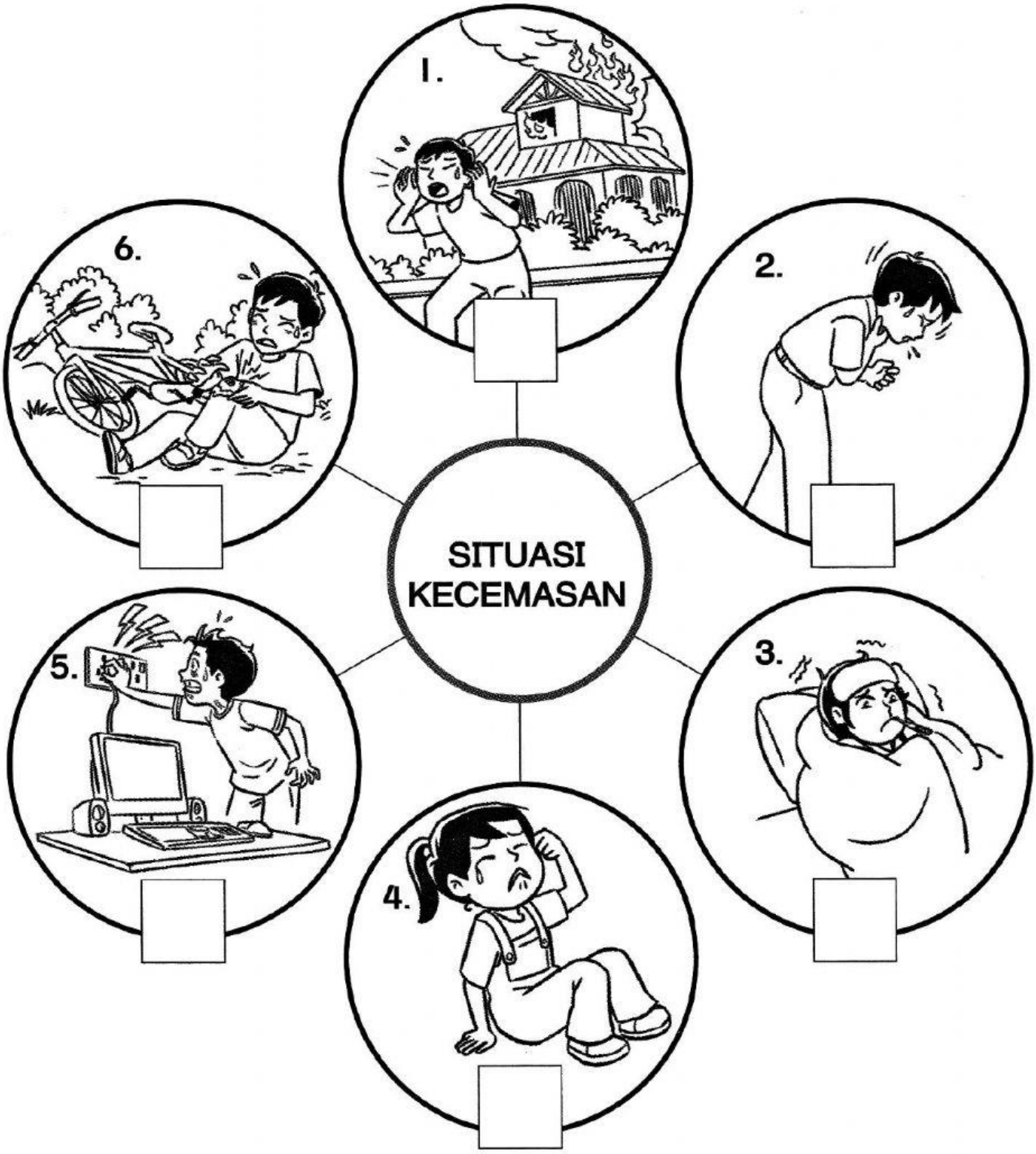
buah-buahan



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.

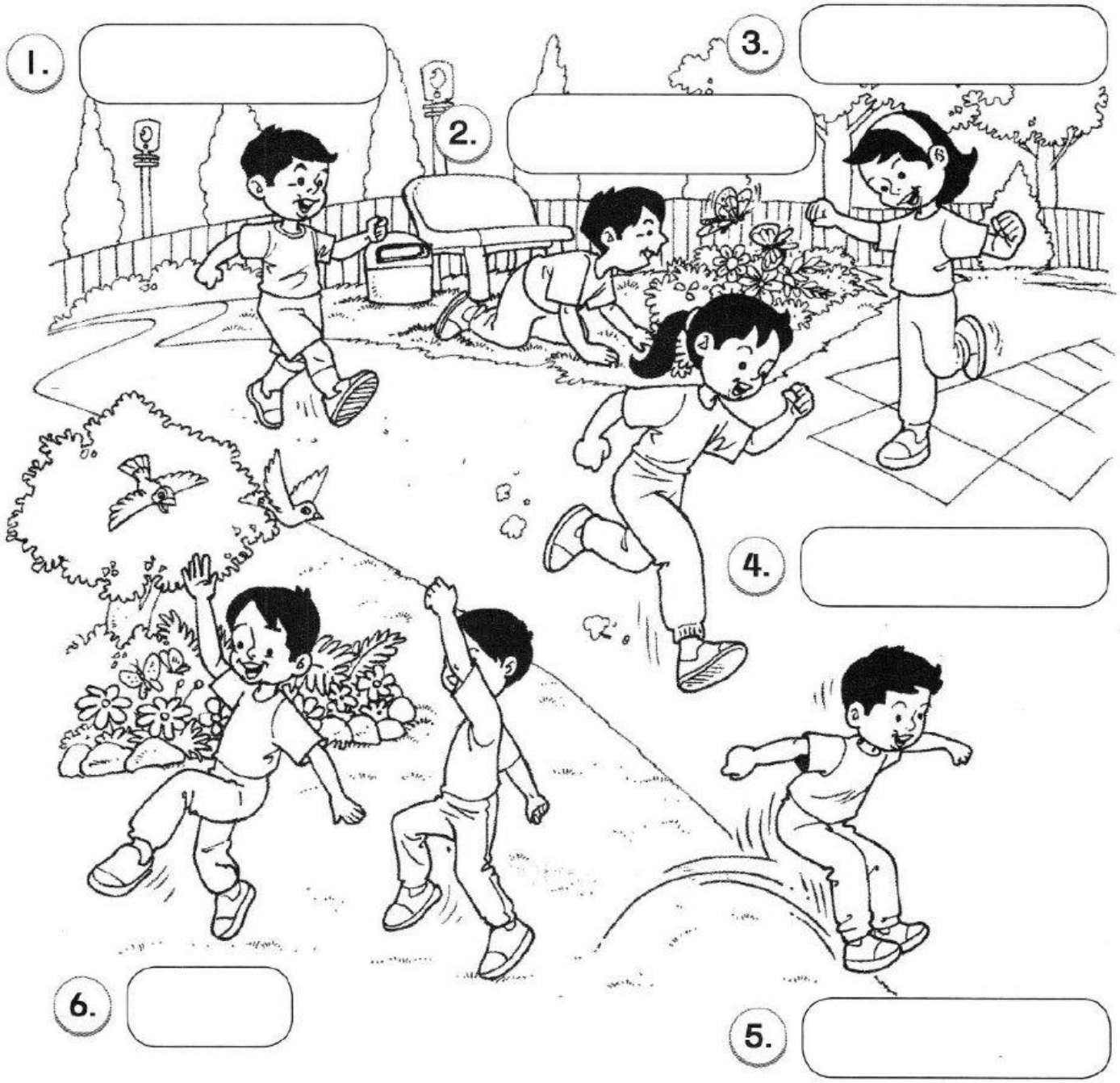


LIVEWORKSHEETS

Pilih pergerakan yang betul berdasarkan gambar.

ketingting | berlari | berjalan

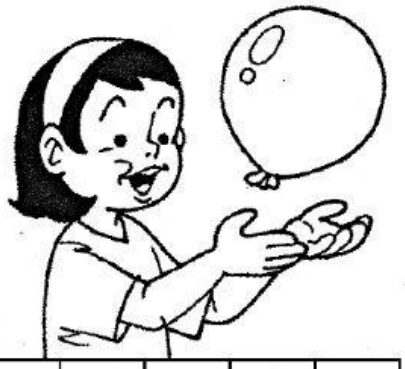
melompat | merangkak | skip




LIVEWORKSHEETS

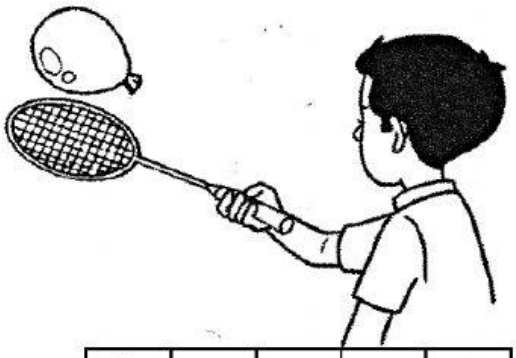
Namakan anggota badan dan alatan yang digunakan untuk memukul belon.

1.



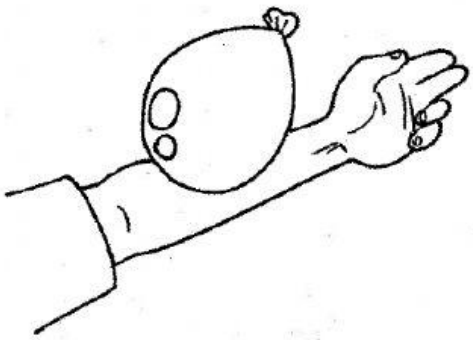
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2.



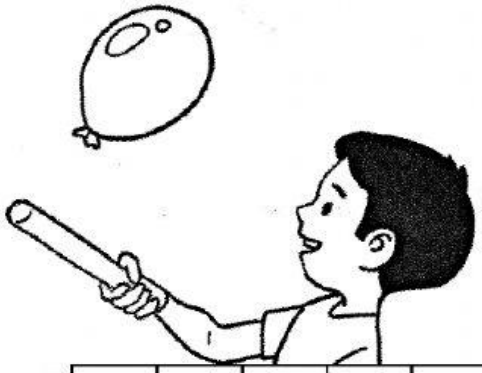
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3.



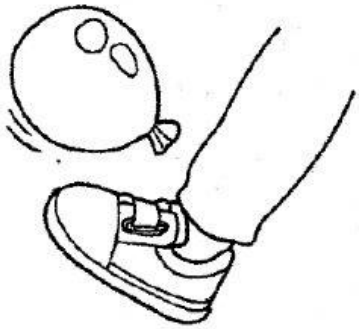
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4.



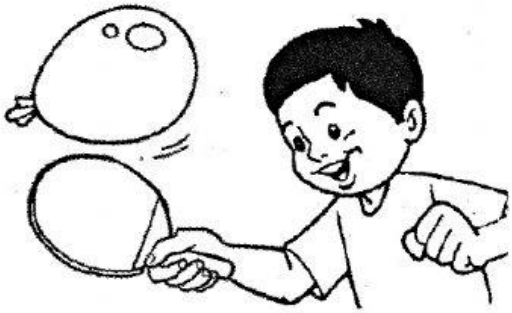
| b | o | n | a | t |
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5.



| k | i | k | a |
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6.



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LIVEWORKSHEETS