

SUBJECT: Physical and Health

1. Throwing of object is a _____ movement a. Creative, b. Manipulative. c. Locomotor
2. The two main types of manipulative movements are _____ and _____
a. Catching and pulling b. Throwing and catching c. Pushing and jumping
3. Pupils can perform manipulative movement in the _____ a. Farm. b. Toilet c. School

Tick True (t) or false (f) in the correct box about the safety rules for moving our body

4. Be kind and gentle with others

T

F

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5. Exercise your body when rest is needed

T

F

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6. Follow rules for playground equipment

T

F

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7. Track events are sporting activities performed on the a. Room b. Tracks c. Kitchen

8. Which of the following is an example of field events a. short put b. Dancing c. Eating

Label the parts of the human body

