

COMPETENCY BASED CURRICULUM

GRADE 4 -YEAR 2020

HOMESCIENCE AND

PHYSICAL HEALTH EDUCATION



002

4

Name _____

Learners Number

Gender Boy ☐ Girl ☐

County Name _____ County code

Sub -County Name _____ Sub-county code

School Name _____ School code

- | | |
|---|---|
| <p>1. Name two needs of a child for healthy development.</p> <p>(a) _____</p> <p>(b) _____</p> | <p>6. What causes illness?</p> <p>_____</p> |
| <p>2. List down any three types of food cooked at home.</p> <p>(a) _____</p> <p>(b) _____</p> <p>(c) _____</p> | <p>7. When buying items used to cook at home in the supermarket one is required to have a _____ to guide him.</p> |
| <p>3. How can one take care during play?</p> <p>(a) _____</p> <p>(b) _____</p> <p>(c) _____</p> | <p>8. We need _____ and _____ to clean our homes.</p> |
| <p>4. How is the ball supposed to be taken care of?</p> <p>_____</p> | <p>9. How can you tell that your deskmate is unwell?</p> <p>_____</p> |
| <p>5. Name two games played at home?</p> <p>(a) _____</p> <p>(b) _____</p> | <p>10. To prevent illness, a person should</p> <p>_____</p> |
| | <p>11. Name two importances of having a shopping list as a consumer?</p> <p>(a) _____</p> <p>(b) _____</p> |

12. We require _____ and _____
to make a shopping list.

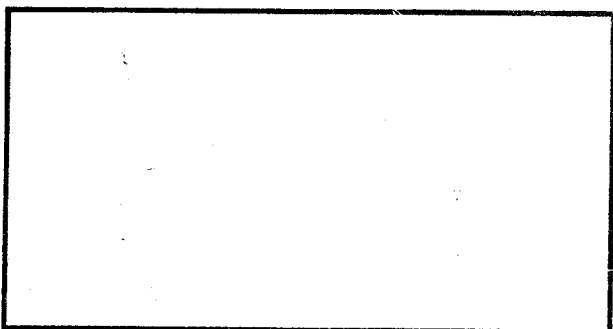
13. Name **two** safety ways we should
observe when making improvised
materials and tools for cleaning
(a) _____
(b) _____

PHYSICAL HEALTH EDUCATION

1. Name **three** games that you play
for fun and enjoyment.
(a) _____
(b) _____
(c) _____

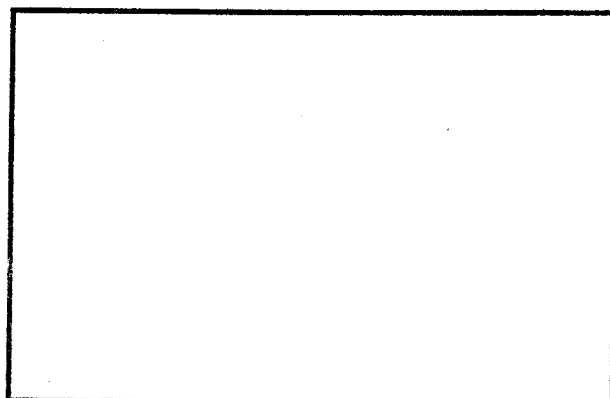
2. The ground or surface that is oval in
shape used by athlete is called

3. Draw goal post in space below



4. How many teams are required in a
soccer game? _____
(1, 2, 11, 12)

5. In the space below draw an
athletics track with 6 lanes.



6. Which command in a fair play
means start in a race? _____
(on your mark, start, Go)

3. State **three** qualities of a fair play in
sports and games.
(a) _____
(b) _____
(c) _____

8. We kick the balls using _____
when playing soccer game.

9. The **best** soft ball is made from
materials like _____

10. The passing of the ball that you
perform from a kneeling position is
called _____

Teacher's scoring guide:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
SECTION A HOMESCIENCE (1 - 13)				
SECTION B PHYSICAL HEALTH EDUCATION (1- 10)				