

**GAYAZA HIGH SCHOOL TERM ONE HOLIDAY WORK
SENIOR ONE**

Instructions

*Attempt all the numbers in all the sections
Answers should be in the spaces provided*

Section A

From number 1-12 write **T for true** and **F for false** in the spaces provided above.

1. Only the goal shooter is allowed to shoot in netball.
2. Field events in athletics are timed.
3. Warming up is required in swimming.
4. No single player is allowed to catch the ball in the game of soccer.
5. Tennis service is one of the services used in volleyball.
6. While performing a triple jump one is not supposed to jump a distance he/she cannot manage as a safety precaution.
7. In netball the chest pass is used to beat up tall defenders.
8. Warming up in the game of hockey is both a rule and a safety precaution.
9. Cross country is a field event because it is not performed round the tracks
10. Warming up has three main phases
11. In athletics 400m require more endurance than 100m by 4 relays.
12. As a safety precaution, the javelin when not in use should be placed on the ground.

From numbers from 13 to 20 circle the letter with the correct answer

13. Which one of the following is true about soccer?
 - a) It is an indoor game
 - b) It has the same rules like for hockey
 - c) It is a non contact game
 - d) All the players are allowed to score goals.
14. The following games are timed except,
 - a) Hockey and netball
 - b) Football and Netball
 - c) Hockey and football
 - d) Badminton and field events
15. Which of the following best explains what safety precautions are,
 - a) Rules put forward to prevent injuries during play
 - b) Measures put forward to prevent occurrence of injuries before playing, during play and after play.
 - c) Rules put forward to prevent occurrence of injuries before playing, during play and after play.
 - d) Guidelines put forward to prevent occurrence of injuries before playing and during playing.
16. Which of the following is not a field event activity in athletics
 - a) Hammer
 - b) Javelin
 - c) Cross country

- d) Shot put
17. Who of the following players in netball does more movements than any other player on court?
- a) Goal attack b) Goal keeper
c) Centre player d) Goal shooter
18. Which one of the following is the least importance of games and sports to an individual?
- a) It improves on ones circulatory system
b) It is a means of socializing with other people
c) It speeds up the rate of digestion in the body
d) Sports releases ones stress and anxiety
19. Which one of the following players in netball plays the greatest part in the game?
- a) GK b) GS c) WA d) C
20. Which one of the following is an odd man out?
- A. 100M B. Javelin C. Discus D. High jump

Section B

21. (a) list the field events and track events in athletics

Field events

Track events

(b) Give the differences between field events and tract events

(c) Draw a javelin throwing area and label all the parts

(d) Give the rules and safety precautions in javelin

PE for a healthy living.

Be physically active this Holiday. Eat less carbs do more physical exercise (at least for 30 minutes daily) watch less of TV.