



KPSEA ALL STRANDS AND SUBSTRANDS TOPICALS



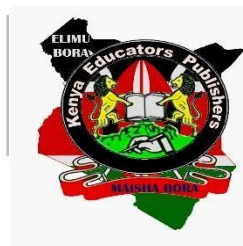
GRADE 6 TOPICAL QUESTIONS

PHYSICAL EDUCATION

VOLUME 1

A Series of Revision Assessment Questions for each and every Strand & Sub-Strand prepared by top KPSEA KNAC Examiners.

Perhaps, The questions are meant to enhance the learners' content mastery and revision purposes as well



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GRADE 6 TOPICAL REVISION QUESTIONS.

PHYSICAL HEALTH EDUCATION.

PHE MODEL TOPICAL TEST PAPERS

MODEL PAPERS

Model Paper 1

1. What is a bunch start position?
2. State two safety precautions to consider while practising bunch start.
 - a
 - b
3. What are the basic rules of bunch start?
 - a)
 - b)
4. State two races you can run while practising bunch start
 - a)
 - b)_
5. What is the initial acceleration for a sprinter practising bunch start?
 - a)
 - b)
6. What is the drop finish technique?
7. Why is it important to observe the body alignment during sprint start?
8. State workouts which sprinters can do?



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9. Name equipment used in bunch start.
10. What are the three phases of a bunch start?
 - a)
 - b)
 - c)
11. What is the shoulder shrug technique?
12. How are you supposed to treat the finish line while practising the shoulder shrug technique?
13. State three health benefits gained while participating in running?
 - a)
 - b)
 - c)
14. What is a non-visual baton exchange
15. Which game can you play using the non Visual relay baton
16. During the non-visual baton exchange where should the outgoing runner face
- 17 State ways one can observe safety while practising non-visual baton exchange?
18. How are the palms of the outgoing runner placed during a non-visual button exchange?

Model Paper 2

Rope Work

1. What is a wounded duck?
2. State the four ways you can practise wounded duck in rope work
3. State how you can observe safety while practising wounded duck.
- 4 What is the meaning of the term swing kick?



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5. How are you supposed to grip the rope while practising swing kicks?
6. Give three ways you can use to practise swing kicks.
7. Give two ways you can observe safety while practising swing kicks
 - a)
 - b)
8. What is the thigh trap in soccer?
 - a)
 - b)
9. Name games you can play using thigh trap?
10. State the steps in the thigh trap in soccer?
11. What is trapping chest in soccer?
 - a)
12. State four ways you can observe safety while playing soccer.
 - b)
 - c)
13. Which part of the body is used for thigh traps in soccer?
14. What is the sole of the foot rap
15. Which fun soccer game do you play
16. Name four soccer rules you can observe while playing soccer.
17. How is the ball trapped with the sole of the foot?
18. Name different types of traps in soccer?
19. How can one improve foot trap technique?
20. How can you achieve teamwork in soccer?



Model Paper 3

1. Name the equipment Used in playing volleyball
2. What are the two safety rules should we observe when playing volleyball
 - a)
 - b)
3. Name the suitable material you can use to improvise volleyball equipment.
4. Give three safety precautions to be observed when playing volleyball.
 - a)
 - b)
5. What is a single-hand dig pass?
6. Explain the stance during the dig pass?
7. How are the knees supposed to be when you are expecting to dig?
8. State the three steps you can follow while making the overarm serve
9. What are the types of over-arm serve.
- 10 Name two types of serves in volleyball.
 - a)
 - b)
11. What is the difference between underarm and overarm serve in volleyball?
- 12 What are the basic rules of volleyball?
 - a)
 - b)
 - c)



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13. Name the drill you can use to practise the following.

Toss

14 Where should your shoulder be when getting position to dig?

15. What is handball?

16. Where are free throws taken?

17. Handball game has how many players on each side.

18. When is a free throw awarded.

19. What is a player in possession of the ball allowed to do?

20. How long does a handball game last?

Model Paper 4

1. What is the equipment used in netball?

2. Name three positions in the game of netball.

a).

b)

c)

3.0 Outline the three netball rules.

a

b)

c)

4 What are the safety precautions used when playing netball?

5. How many players are on one netball team?

6. Which player starts with the ball at the beginning of a game?



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7. Name 3 passes in netball

8. Which 2 positions can shoot in netball?

9. What is a lob pass?

10. How is a shoulder pass in performed?

11. Write true or false

Are you allowed to be moving with the ball?

Are you allowed to dribble with the ball in netball?

12. Explain 2 rules in netball

13. State the equipment used in the game of softball

b)

14 State any three parts of the softball

b)

15. State the responsibilities of figure and in softball

a)

b)

c)

16. What are the softball rules on the pitch?

17. What is a bent knee slide.

18. Explain the importance of sliding in softball

19. State 3 ways you can slide in softball

a

b)

20. Name 2 other games which are played almost the same way as softball



Model Paper 5

1. What are the attacking skills in Kabaddi
2. Which kick is used by an attacker in Kabaddi?
- 3 Name 2 types of skills in Kabaddi.
4. How many types of touch are there in Kabaddi?
5. What is the role of Kabaddi?
6. How many officials are in a Kabaddi game?
7. Name the equipment you can use when practising inverted breaststroke
8. How is inverted breaststroke performed?
9. Outline inverted breaststroke techniques
- 10.Name 3 water games
11. Explain leg movement in inverted breaststroke
12. How is the body streamlined in inverted breaststroke.
13. What is tuck dive?
14. What is the position of the body during tuck dive?
15. From which position should the tuck dive be done?



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Model Paper 6

1. What is a pancake catch?
2. Explain how one can catch a Frisbee
3. Outline 2 rules in Frisbee game.
 - a
 - b).
4. What are the 2 types of catches in a Frisbee game?
 - a
5. What is a hammer throw?
6. How can I throw a hammer throw
7. How long is a Frisbee game
8. How do you score in a Frisbee game
9. How can I practise an elbow stand?
10. Define the term elbow stand
11. Give safety precautions observed in the elbow stand.
12. What is a dive roll in gymnastics?
13. What are the rules required for skill acquisition in the dive forward roll?
14. Give safety precautions observed in the dive forward roll
15. What is the importance of gymnastics?

It helps in
16. State 3 skills you can use to practise fence vault.
17. How can you observe safety while practising fence vault?
18. State 6 actions you can perform in sequence



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19. Name 1 warm-up activity you can use when practising sequence.
20. Name 4 positions you can perform balance.

Model Paper 7

1. What is the meaning of the term 'speed' in health and fitness?
2. State 2 sports which require speed.
 - a)
 - b)
3. Name 3 exercises you can perform to develop speed
 - a
 - b)
4. Define the term 'power' as used in skills related to fitness
5. Why do you need 'power in sports?
6. Define the term coordination in sports
7. Which are the 3 activities, which develop coordination?
 - a)
 - b)
 - c)
8. How is coordination beneficial in our daily lives?
9. What is leadership in outdoor activities?
10. What are the different types of leadership?
11. What is a campfire?
12. How do we light a campfire?



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13. How do we choose shelter during outdoor activities?
14. How do you treat an insect bite or sting?
15. What is snakebite?
16. What is the first aid treatment for snakebites?
17. What is the difference between a splint and a splint?
18. What creates the seat in the two-person support method?
19. Explain the two-person support method technique.
 - a)
 - b)_
20. Describe how you can dress a wound.