



Grade 07

Health and Physical  
 Education

8. Let us train for  
 athletics

Part I

Select most suitable answer and underline it.

01. Exercise that cannot be used to develop running skills.  
 a) Remain stagnantly  
 b) Slow running motion exercises  
 c) Exercises with skipping  
 d) Exercises while walking
02. This is not a main stage of jumping  
 a) Take off  
 b) Flight  
 c) Spread hands  
 d) Landing
03. A horizontal jump is,  
 a) High jump  
 b) Pole vault  
 c) Skipping  
 d) Long jump
04. What is the category of sport having both running and jumping?  
 a) Basketball  
 b) Athletics  
 c) Foot ball  
 d) Netball
05. Benefit of correct walking is,  
 a) Increase injuries  
 b) Pleasant appearance  
 c) Get caught to infections diseases early  
 d) Always looks worries

(3 x 5 = 15)

Part II

Answer all questions

1. Name 3 organized games which are used jumping. (03)

2. Name the following exercises used to improve jumping techniques. (08)

a)



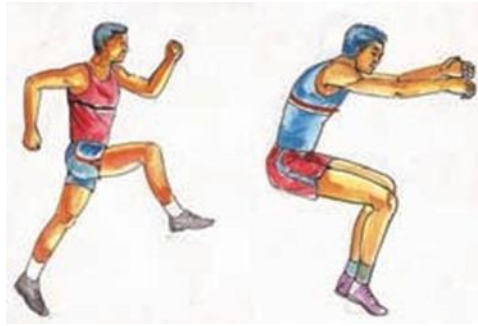
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b)



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c)



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d)



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3. Name 3 throwing events in athletics and draw one of them (05)

4. Explain an exercise that you can do to improve throwing techniques. (05)

5. Fill in the blanks by using suitable answer.

- a) According to distance running events are grouped into ..... distance, ..... distance and ..... distance.
- b) According to each events, the degree of ....., stretching and ..... of the legs change.
- c) When running, at one point ..... are ..... the level of ground.
- d) The javelin is thrown after a .....
- e) When a discus the ..... moves within a ..... (10)

6. Draw a leg movement in running. (04)

(35marks)