

KENYA JUNIOR SCHOOL EDUCATION ASSESSMENT

GRADE 7

DECEMBER ASSIGNMENT

LEARNER'S DETAILS

CREATIVE ARTS AND SPORTS



Name: _____.

School: _____.

Assessment Number: _____. Date: _____.

School Code: _____. Signature: _____.

INSTRUCTIONS TO LEARNERS

1. Write your name and class on the answer sheet provided.
2. Answer **ALL** questions in **Section A** and **Section B**.
3. Ensure your work is neat and clear, Answer in English.

QUESTIONS

1. I am an activity that involves physical effort combined with skills, in which an individual or a team competes against another individual or team for entertainment. **Who am I? (2 marks)**

2. How do sports benefit society? **(2 marks)**

i. _____

ii. _____

3. Differentiate between a **single feint** and a **double feint** in handball. **(2 marks)**

4. Name the **two types of shots** used in handball. **(2 marks)**

i. _____

ii. _____

5. State **two safety measures** that should be observed when performing dodging and marking in handball. **(2 marks)**

i. _____

ii. _____

6. State the **two phases of the javelin throw** in the correct order. **(2 marks)**

i. _____

ii. _____

7. Draw a simple, well-labelled **javelin throwing field** and show a learner performing a javelin throw. Indicate all the necessary distances on the field. **(4 marks)**

8. Give **two reasons** why it is important to observe safety measures when performing a javelin throw. **(2 marks)**

i. _____

ii. _____

9. Name **two types of shots used in football**. **(2 marks)**

i. _____

ii. _____

10. I am a term used to describe the expression of creative human skills, feelings and imagination. **Who am I?** **(1 mark)**

11. Give **two ways** in which visual arts have impacted society economically. **(2 marks)**

i. _____

ii. _____

12. Give **three examples of three-dimensional (3D) artwork**. **(3 marks)**

i. _____

ii. _____

iii. _____

13. Identify the **types of stencils** shown in the illustration below. (3 marks)



i. _____

ii. _____

14. What are the **two common types of patterns** used in stencil printing? (2 marks)

i. _____

ii. _____

15. Define **picture transition**. (2 marks)

16. Give **three career opportunities** available to a student studying Visual Arts. (3 marks)

i. _____

ii. _____

iii. _____

17. I am a written work that tells a story through action on a stage. **Who am I?** (1 mark)

18. I am the movement of the body in a rhythmic way. **Who am I?** (1 mark)

19. I am a collection of coordinated sounds. **Who am I?** (1 mark)

20. Give **two elements of music**. (2 marks)

i. _____

ii. _____

21. State **two social roles of performing arts in society**. (2 marks)

i. _____

ii. _____

22. Define the following elements of a play:

a) Plot (1 mark)

b) Setting (1 mark)

23. Give **two career opportunities** available to a student studying Performing Arts. **(2 marks)**

i. _____

ii. _____

24. State **two techniques used when playing a descant recorder**. **(2 marks)**

i. _____

ii. _____

25. Name **two main materials** used in a painting activity. **(2 marks)**

i. _____

ii. _____

26. State **two factors** to consider when drawing forms. **(2 marks)**

i. _____

ii. _____

27. Name the **two categories of Visual Arts**. **(2 marks)**

i. _____

ii. _____

28. List **two factors** to be considered when carrying out a painting activity. **(2 marks)**

i. _____

ii. _____

29. Visual Arts are forms of art appreciated through the sense of sight for their emotional power and beauty.
Give **two examples of Visual Arts**. **(2 marks)**

i. _____

ii. _____

30. During a painting competition at a Comprehensive School in Bidii Zone, learners were asked to display the tools and materials they had used. List **four tools and materials** they were likely to have displayed. **(4 marks)**

i. _____

ii. _____

iii. _____

iv. _____

31. Grade 7 learners were preparing to attend a presentation at the Bomas of Kenya in Nairobi. List **four elements of a presentation** they should consider. **(4 marks)**

i. _____

ii. _____

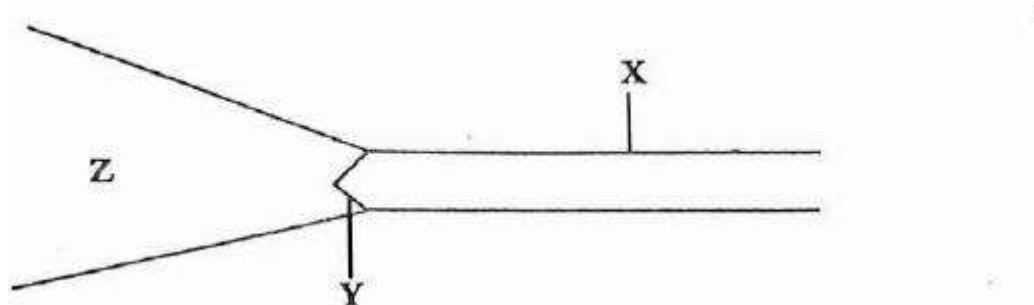
iii. _____

iv. _____

32. A Grade 7 teacher asked learners to explain what a **colour wheel** is. Explain. **(2 marks)**

33. In pottery, what is the **slab technique**? **(2 marks)**

34. Study the diagram below showing perspective and identify **X, Y and Z**. **(3 marks)**



X: _____

Y: _____

Z: _____

35. When preparing materials to be used to make an item using the **coil and stitch technique**, different methods may be used. Name **three** of them. **(3 marks)**

i. _____

ii. _____

iii. _____

36. During a group discussion, Stano's group was asked by the teacher to list materials they would use in painting. List **five possible materials** they could give. **(5 marks)**

i. _____

ii. _____

iii. _____

iv. _____

v. _____

37. Visual Arts can be classified as either **two-dimensional (2D)** or **three-dimensional (3D)**. List **five examples of 2D artworks**. **(5 marks)**

i. _____

ii. _____

iii. _____

iv. _____

v. _____

38. Explain the function of each of the following **hockey equipment** used by players. **(3 marks)**

a) Headgear

b) Shin guards

c) Kickers

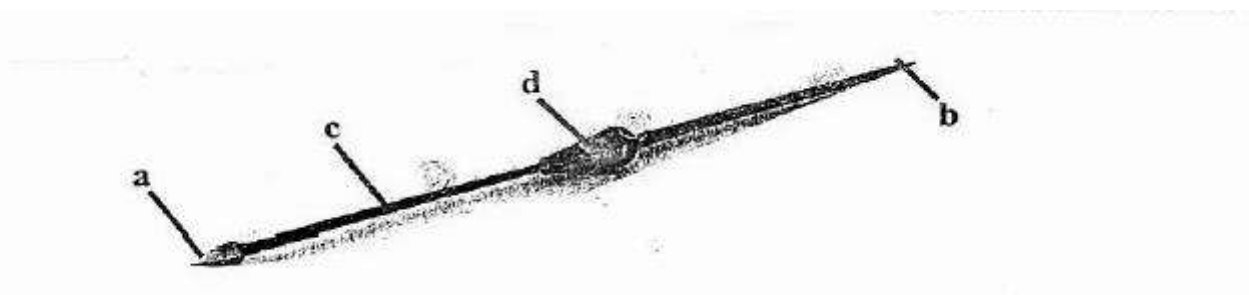
39. The Ministry responsible for sports in Kenya has several agencies that support the development and management of sports. State the function of each of the following agencies. **(3 marks)**

a) Sports Kenya

b) Anti-Doping Agency of Kenya (ADAK)

c) National Sports Fund

40. During a javelin competition held at Uzima Junior Secondary School, learners came across the field shown below. Name the parts marked X, Y and Z. (3 marks)



X: _____

Y: _____

Z: _____

41. Name **three types of dribbling** used in a game of handball. (3 marks)

i. _____

ii. _____

iii. _____

42. Mary listed two types of passes used in a game of netball. Name them. (2 marks)

i. _____

ii. _____

43. How many players form **one netball team**? (1 mark)

44. Name the **four parts of a javelin** indicated. (4 marks)

i. _____

ii. _____

iii. _____

iv. _____

45. Match each piece of equipment with the **athletics event** in which it is used. (4 marks)

Equipment	Event
Baton	Javelin
Crossbar	Shotput
Shot	Non-visual baton exchange race
Javelin	High jump

46. Name **three field events** in athletics. (3 marks)

i. _____

ii. _____

iii. _____

47. John was tasked with naming the **landing techniques in netball**. State the two correct techniques. (2 marks)

i. _____

ii. _____

48. List **three finishing techniques** used in sprint races. (3 marks)

i. _____

ii. _____

iii. _____

49. What is a **jump shot in handball**? (2 marks)

50. Identify **three components of Creative Arts and Sports**. (3 marks)

i. _____

ii. _____

iii. _____

51. Write the **French rhythm names** for the rhythmic patterns shown below. (5 marks)



52. Name **three symbols** you need to identify before you start interpreting a melody. **(3 marks)**

i. _____

ii. _____

iii. _____

53. Name **two Kenyan indigenous musical instruments** from any Kenyan communities. **(2 marks)**

i. _____

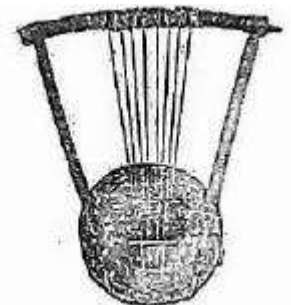
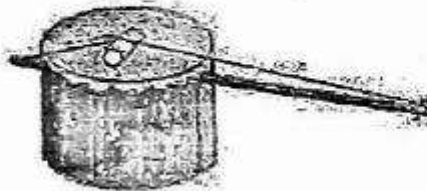
ii. _____

54. Study the instrument shown below and name it. **(2 marks)**

(a)



(b)



a. _____

b. _____

55. Write the meaning of the following terms. **(4 marks)**

a) Dialogue

b) Audience

56. Write down **three elements of Performing Arts**. **(3 marks)**

i. _____

ii. _____

iii. _____

57. State **four importance of songs** in society. **(4 marks)**

i. _____

ii. _____

iii. _____

iv. _____

58. The Kenya National Anthem is performed on different occasions. Outline **four such occasions**. **(4 marks)**

i. _____

ii. _____

iii. _____

iv. _____

Grade 7 Creative Arts and Sports Assessment:

Answers

1. Activity involving physical effort and skill:

Sports

2. How sports benefit society:

- ✗ Creates a sense of identity and belonging.
- ✗ Promotes social cohesion, unity, and teamwork.
- ✗ Preserves culture and provides entertainment.

3. Difference between a single feint and a double feint in handball:

- ✗ **Single feint:** A dummy movement where a player fakes moving in one direction and then quickly shifts to the opposite direction.
- ✗ **Double feint:** A sequence where a player fakes a move in one direction, fakes again in a second direction, and then moves in the intended final direction.

4. Two types of shots used in handball:

- ✗ Jump shot
- ✗ Running shot (*or Dive shot / Lob shot*)

5. Two safety measures when performing dodging and marking in handball:

- ✗ Maintain controlled body movements to prevent direct collisions with opponents.
- ✗ Wear suitable sports attire and proper athletic shoes.
- ✗ Ensure fingernails are short and the playing court is clear of debris/obstacles.

6. Phases of the javelin throw (in order):

- ✗ **Grip and Carriage**
- ✗ **Run-up (Approach run)**
- ✗ **Withdrawal and Crossover**
- ✗ **Release and Follow-through**

7. Javelin throwing field diagram elements:



- ✗ **Runway:**
- ✗ **Throwing Arc:**
- ✗ **Landing Sector:**

8. Importance of observing safety measures in javelin throw:

- ✗ To prevent severe injuries to participants, officials, and spectators.
- ✗ To avoid damage to equipment and maintain fair play.

9. Two types of shots used in football:

- ✗ Instep drive (Power shot)
- ✗ Side-foot shot (Placement shot) (*or Chip shot / Volley / Curled shot*)

10. Term describing the expression of creative human skills:

Arts

11. Economic impacts of visual arts on society:

- ✎ Generates employment opportunities for artists, designers, and curators.
- ✎ Earns income and yields tax revenue for local and national economic growth.

12. Three examples of three-dimensional (3D) artwork:

- ✎ Pottery / Ceramics
- ✎ Sculptures
- ✎ Basketry / Woven items

13. Types of stencils:

- ✎ **(i)** Positive stencil
- ✎ **(ii)** Negative stencil

14. Two common types of patterns in stencil printing:

- ✎ Regular (Repeated) pattern
- ✎ Alternate pattern (*or Random / Border pattern*)

15. Definition of picture transition:

- ✎ The visual shift, effect, or technique used to move smoothly from one frame, image, or shot to another in video editing or slideshows.

16. Three career opportunities in Visual Arts:

- ✎ Graphic Designer / Commercial Artist
- ✎ Sculptor / Painter
- ✎ Art Teacher / Gallery Curator

17. Written work telling a story through action on stage:

A Play / Drama

18. Movement of the body in a rhythmic way:

Dance

19. A collection of coordinated sounds:

Music

20. Two elements of music:

- ✎ Rhythm
- ✎ Melody (*or Harmony / Pitch / Dynamics*)

21. Two social roles of performing arts:

- ✎ Educates the public on moral and cultural values.
- ✎ Fosters social cohesion, entertainment, and peace.

22. Elements of a play:

- ✎ **a) Plot:** The structure and sequence of events that make up the storyline.
- ✎ **b) Setting:** The specific time, place, and environmental context in which the story occurs.

23. Two career opportunities in Performing Arts:

- ✎ Actor / Actress
- ✎ Musician / Singer (*or Dancer / Choreographer / Playwright*)

24. Two techniques used when playing a descant recorder:

- ✎ Fingering
- ✎ Tonguing (*or Blowing / Posture*)

25. Two main materials used in painting:

- ✎ Paint (Pigment/Medium)
- ✎ Painting Surface (Canvas / Paper / Board)

26. Two factors to consider when drawing forms:

- ✎ Proportion and Scale
- ✎ Balance, Light, and Shadow (Tonal value)

27. Two categories of Visual Arts:

- ✎ Two-Dimensional (2D) Arts
- ✎ Three-Dimensional (3D) Arts

28. Two factors to consider when carrying out a painting activity:

- ✎ Subject matter and composition
- ✎ Color harmony and proper application techniques

29. Two examples of Visual Arts:

- ✗ Painting
- ✗ Drawing (*or Printmaking / Photography*)

30. Four tools and materials for a painting display:

- ✗ Paintbrushes
- ✗ Palette
- ✗ Paints (e.g., acrylics, watercolors)
- ✗ Painting paper or Canvas

31. Four elements of a presentation:

- ✗ Presenter (Speaker)
- ✗ Content (Message)
- ✗ Audience
- ✗ Medium / Resources used

32. Definition of a colour wheel:

- ✗ A circular visual representation showing the relationships between primary, secondary, and tertiary colors.

33. Slab technique in pottery:

- ✗ A method of constructing ceramic objects by flattening clay into uniform flat sheets (slabs) and joining them together.

34. Perspective diagram labels:

- ✗ **X:** Horizon line (Eye level)
- ✗ **Y:** Vanishing point
- ✗ **Z:** Projection / Converging lines

35. Three methods used when preparing materials for coil and stitch technique:

- ✗ Dyeing
- ✗ Splitting / Shredding
- ✗ Soaking / Conditioning

36. Five materials used in painting:

- ✗ Paints
- ✗ Brushes
- ✗ Palette
- ✗ Canvas/Paper surface
- ✗ Water or solvent container

37. Five examples of 2D artworks:

- ✗ Paintings
- ✗ Drawings
- ✗ Prints (Stencil/Monotype)
- ✗ Photographs
- ✗ Collages

38. Functions of hockey equipment:

- ✗ **a) Headgear:** Protects the head, face, and jaw from high hits or flying balls.
- ✗ **b) Shin guards:** Protect the shin bones and ankles from impacts with hockey sticks or balls.
- ✗ **c) Kickers:** Padded foot coverings worn by goalkeepers to protect their feet and deflect shots cleanly.

39. Functions of Kenyan sports agencies:

- ✗ **a) Sports Kenya:** Oversees, maintains, and manages national sports facilities and promotes sports tourism.
- ✗ **b) ADAK (Anti-Doping Agency of Kenya):** Regulates, educates, and tests athletes to ensure drug-free, fair competition.
- ✗ **c) National Sports Fund:** Mobilizes funds and financial resources to support national athletic teams, development programs, and infrastructure.

40. Javelin field diagram parts:

- ✗ **X:** Runway
- ✗ **Y:** Throwing Arc
- ✗ **Z:** Landing Sector

41. Three types of dribbling in handball:

- ✗ Low dribble
- ✗ High dribble
- ✗ Change-of-pace / Crossover dribble

42. Two types of passes in netball:

- ✗ Chest pass
- ✗ Overhead / Shoulder pass

43. Number of players in one netball team:

- ✗ **7 players** (on the court per side)

44. Four parts of a javelin:

- ✗ Metal head (Tip)
- ✗ Shaft (Body)
- ✗ Cord grip
- ✗ Tail / End tip

45. Matching athletics equipment to events:

- ✗ **Baton:** Relay races
- ✗ **Crossbar:** High Jump / Pole Vault
- ✗ **Shot:** Shot Put
- ✗ **Javelin:** Javelin Throw

46. Three field events in athletics:

- ✗ Long Jump
- ✗ Shot Put
- ✗ Discus Throw

47. Two landing techniques in netball:

- ✗ Single-foot landing
- ✗ Double-foot landing

48. Three finishing techniques in sprint races:

- ✗ Run-through technique
- ✗ Drop finish (Lunge)
- ✗ Shoulder shrug

49. Jump shot in handball:

- ✗ A shooting technique where a player leaps into the air off one foot and releases the ball at the peak of their jump into the opponent's goal.

50. Three components of Creative Arts and Sports:

- ✗ Visual Arts
- ✗ Performing Arts (Music, Dance, Drama)
- ✗ Sports / Physical Education

51. French rhythm names:

- ✗ Crotchet ($\text{\text{taa}}$)
- ✗ Quaver pair ($\text{\text{ta-te}}$)
- ✗ Semi-quaver group ($\text{\text{ta-fa-te-fe}}$)
- ✗ Minim ($\text{\text{taa-aa}}$)

52. Three symbols to identify before interpreting a melody:

- ✗ Clef (e.g., Treble Clef)
- ✗ Key signature
- ✗ Time signature

53. Two Kenyan indigenous musical instruments:

- ✗ *Chivoti* (Flute - Coastal Region)
- ✗ *Nyatiti* (Lyre - Luo Community) (or *Wandindi* / *Abu*)

54. Identification of instruments shown:

- ✗ **a.** *Wandindi* (Fiddle)
- ✗ **b.** *Nyatiti* (Eight-stringed Lyre)

55. Meanings of terms:

- ✗ **a) Dialogue:** A spoken conversation between two or more characters in a performance or play.
- ✗ **b) Audience:** The group of spectators, listeners, or viewers attending a public performance or event.

56. Three elements of Performing Arts:

- ✗ Sound / Music
- ✗ Movement / Gesture
- ✗ Space / Time

57. Four importances of songs in society:

- ✗ Preserves history, culture, and traditions.
- ✗ Educates society on moral ethics and social values.

- ✎ Promotes entertainment, relaxation, and emotional release.
- ✎ Fosters unity and national identity.

58. Four occasions when the Kenya National Anthem is performed:

- ✎ During national public holiday celebrations (e.g., Madaraka Day, Mashujaa Day, Jamhuri Day).
- ✎ At official school parades and assemblies.
- ✎ During international sporting events representing Kenya.
- ✎ At formal state functions and presidential arrivals or departures.