

FIRST TERM EVALUATION – 2019

Name/Index No. Class :

Answer all question.

- 1

- (7) A policy implemented by schools to improve the physical wellbeing of students is,
- Physical fitness activities
 - Providing herbal porridge in the morning
 - Providing rice and cereals for breakfast
 - All of the above
- (8) Which of the following is not a skill in volleyball?
- Serving
 - Blocking
 - Spiking
 - Shooting
- (9) The number of players in a volleyball team is,
- 6
 - 8
 - 10
 - 12
- (10) Diseases caused only by mosquitoes from the following are,
- Dengue, Malaria, Filariasis
 - Diarrhea, Dengue, Cholera
 - Malaria, Chikungunya, Diabetes
 - Diarrhea, Malaria, Typhoid
- (11) Which of the following is a minor game?
- Rugby
 - Netball
 - Kabaddi
 - Lensu Hangeema (hiding handkerchieves)
- (12) Long - jump, high jump and discus throw are respectively,
- Horizontal jump, vertical jump, throw
 - Vertical jump, horizontal jump, throw
 - Vertical jump, throw, horizontal jump
 - Throw, horizontal jump, vertical jump
- (13) Sport requiring a ball, an indoor sport and a sport do not require an equipment are respectively given by,
- Kabaddi, Volleyball, Elle
 - Chess, Volleyball, Karate
 - Netball, Hockey, Squash
 - Football, Carom, Kabaddi
- (14) Not a benefit of correct posture,
- Efficiency
 - Increasing of accidents
 - Reduce body pain
 - Pleasant appearance
- (15) Elle is a ,
- Folk dance
 - Organized game
 - Minor game
 - Lead up game

(06) As a healthy student, you should engage in sports activities and have a healthy and balanced diet.

- (i) Write three organized sports available in your school. (3 marks)
- (ii) Write three features of organized sports. (3 marks)
- (iii) Mention three types of self defence games and three athletic events. (3 marks)
- (iv) Mention two advantages of engaging in outdoor sports. (2 marks)

(07)

- (i) Mention three types of water games. (3 marks)
- (ii) Write three skills of football. (3 marks)
- (iii) Write three benefits you can enjoy by engaging in sports. (3 marks)
- (iv) Write two outdoor activities. (2 marks)