

|  |  |
| --- | --- |
| **ANGELWINGS COMPREHENSIVE COLLEGE, MAROKO, PW, KUBWA, ABUJA** | |
| **SECOND TERM MIDTERM EXAMINATION 2024/2025 ACADEMIC SESSION** | |
| **SUBJECT: Physical and Health Education** | **CLASS: GRADE ONE** |

1. \_\_\_\_\_\_ is a physical strike with your leg. (a) Kick (b) Stop (c) Run  
  
2. You can kick the ball with either the outside or inside of your feet. (a) True (b) False  
  
3. \_\_\_\_\_\_ is the way of keeping the ball under your control. (a) Kicking (b) Stopping (c) Catching  
  
4. You can use your \_\_\_\_\_\_ to stop the ball. (a) Nose (b) Ear (c) Chest  
  
5. You can use your chest, head or foot to stop the ball. (a) True (b) False  
  
6. \_\_\_\_\_\_ protect you from injury, risk or harm. (a) Athletic (b) Safety rules (c) Dancing  
  
7. One of the following is a safety rule. (a) Running with your eyes close (b) Do not play in dark place (c) Walk on bare feet  
  
8. The sport done in water is called. (a) Movement pattern (b) Swimming (c) Jogging  
  
9. \_\_\_\_\_\_ steps are used in swimming for beginners. (a) 2 (b) 4 (c) 5  
  
10. Adjusting to the water and turtle float are steps in swimming for beginners. (a) True (b) False  
  
11. \_\_\_\_\_\_ is a sporting activity done in water. (a) Swimming (b) Local game (c) Rhyme  
  
12. \_\_\_\_\_\_ is a health benefit of swimming. (a) It makes you weak (b) It makes you small (c) It reduces the risk of being too fat  
  
13. Swimming improves coordination and balance. (a) True (b) False  
  
14. \_\_\_\_\_\_ are simple games that can be played by everyone. (a) Local games (b) Foreign games (c) Serious game  
  
15. \_\_\_\_\_\_ is an example of local games. (a) Football (b) Fire on the mountain (c) Basketball  
  
16. In the game of cat and mouse the cat stands \_\_\_\_\_\_ the circle. (a) Outside (b) Inside (c) Anywhere  
  
17. In rat and rabbit game, the rat chases the rabbit. (a) True (b) False  
  
18. There is fun in local games. (a) True (b) False  
  
19. There are \_\_\_\_\_\_ most important skills in the game of football. (a) 2 (b) 4 (c) 3  
  
20. The most important skills in the game of football are kicking and \_\_\_\_\_\_. (a) Throwing (b) Stopping (c) Touching  
  
Section B: Fill in the gaps  
  
1. How many steps do we have in learning how to swim?\_\_\_\_\_\_\_\_\_  
  
2. \_\_\_\_\_\_\_\_rules protect you from injury.  
  
3. Kicking and \_\_\_\_\_\_\_\_are the basic skills in the game of football.  
  
4. \_\_\_\_\_\_\_is the practice of maintaining and taking good care of the body.  
  
5. We take care of our body by \_\_\_\_\_\_\_\_\_.  
  
Section C: Theory  
  
Answer all questions  
  
1. Write two ways you can take care of your body. \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_  
  
2. What is swimming? \_\_\_\_\_\_\_\_\_   
  
3. List two steps in learning how to swim. \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_  
  
4. Write two safety rules. \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_  
  
5. What is hygiene? \_\_\_\_\_\_\_\_\_