

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

1. \_ is a sport in which two teams play against each other by trying to maneuver a ball into the opponent's side (a) Jump (b) Racing (c) Hockey  
  
2. Hockey was introduced in Nigeria by \_ (a) Romans (b) Europeans (c) Federation  
  
3. Hockey was introduced in Nigeria in the year \_ (a) 1840 (b) 1920 (c) 1928  
  
4. The headquarters of the Nigeria Hockey Federation is in \_ (a) Lagos (b) Abuja (c) Ibadan  
  
5. Which of the following is NOT hockey equipment? (a) Bat (b) Mouth guard (c) Whistle  
  
6. \_ is a type of game that takes place on a hard table divided by a net (a) Volleyball (b) Tennis (c) Table tennis  
  
7. Unconfirmed reports claim that table tennis originated in the \_ (a) Field (b) Pitch (c) Kitchen  
  
8. Table tennis was introduced in Nigeria in the early \_ (a) Thirties (b) Fifties (c) Twenties  
  
9. The Nigeria Table Tennis Federation was formed in \_ (a) 1951 (b) 1950 (c) 1967  
  
10. Which of the following is NOT table tennis equipment or facility? (a) Net (b) Bat (c) Tennis sticks  
  
11. Which of the following is NOT an activity for maintaining physical fitness? (a) Sit-ups (b) Press-ups (c) Sergeant jumps  
12. A \_ program promotes the health, safety, and well-being of staff and pupils in school (a) School education (b) School health (c) School  
  
13. In a \_ program, pupils' nutritional needs are provided (a) School service (b) School environment (c) Nutritional services  
  
14. \_ provides means to achieve learning objectives through basic movement skills, physical fitness, etc. (a) Health services (b) Physical education (c) Locomotive exercise  
  
15. \_ is the process of consuming the proper amount of food for nourishment (a) Nutrition (b) Ration (c) Nutrients  
  
16. \_ is a substance converted into nutrients, which makes us grow (a) Carbohydrate (b) Food (c) Fluid  
  
17. \_ makes bones and teeth strong (a) Protein (b) Vitamins (c) Mineral salts  
  
18. \_ helps the eyes function properly (a) Vitamins (b) Protein (c) Mineral salts  
  
19. Which of the following is NOT a source of energy in the body? (a) Sugarcane (b) Rice (c) Milk  
  
20. All of the following are sources of protein EXCEPT \_ (a) Peas (b) Okra (c) Milk