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

1. \_ is a way of hitting something with the leg (a) Kick (b) Stop (c) Run  
  
2. You can kick a ball with the inside or outside of your foot (a) True (b) False  
  
3. Which of these describes having control over a ball (a) Kicking (b) Stopping (c) Catching  
  
4. You can stop a ball with your \_ (a) Nose (b) Ear (c) Chest  
  
5. Is it possible to stop a ball with your chest, head, or foot? (a) True (b) False  
  
6. What protects you from harm or risk? (a) Athletics (b) Safety rules (c) Dancing  
  
7. Which one is a safety rule? (a) Running with eyes closed (b) Avoid playing in dark places (c) Walking barefoot  
  
8. What sport takes place in water? (a) Movement pattern (b) Swimming (c) Jogging  
  
9. How many steps are initially used in swimming? (a) 2 (b) 4 (c) 5  
  
10. Are adjusting to water and turtle float beginner steps in swimming? (a) True (b) False  
  
11. \_ is a sporting activity in water (a) Swimming (b) Local game (c) Rhyme  
  
12. \_ is a health benefit of swimming (a) Makes you weak (b) Makes you small (c) Reduces risk of obesity  
  
13. Does swimming improve coordination and balance? (a) True (b) False  
  
14. \_ are easy games anyone can play (a) Local games (b) Foreign games (c) Serious games  
  
15. \_ is an example of a local game (a) Football (b) Fire on the mountain (c) Basketball  
  
16. Where does the cat stand in "cat and mouse"? (a) Outside the circle (b) Inside the circle (c) Anywhere  
  
17. In "rat and rabbit", does the rat chase the rabbit, and the rabbit chase the rat? (a) True (b) False  
  
18. Are local games fun? (a) True (b) False  
  
19. How many key skills are there in football? (a) 2 (b) 4 (c) 3  
  
20. Besides kicking, what is another crucial football skill? (a) Throwing (b) Stopping (c) Touching  
  
1. How many steps are involved in learning to swim?\_\_\_\_\_\_\_\_\_  
  
2. What kind of rules prevent injuries?\_\_\_\_\_\_\_\_\_  
  
3. Kicking and \_\_\_\_\_\_\_\_\_ are fundamental skills in football\_\_\_\_\_\_\_\_\_  
  
4. What is the practice of body maintenance and care called?\_\_\_\_\_\_\_\_\_  
  
5. How do we take care of our bodies?\_\_\_\_\_\_\_\_\_  
  
1. Describe two ways to maintain your physical well-being  
  
2. Define swimming  
  
3. Outline two initial steps in acquiring swimming skills  
  
4. State two safety guidelines  
  
5. What is the definition of hygiene?