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

P.H.E. 20/5/2025

SAFETY RULES IN BALL AND RACKET GAMES

1. Always use the right \_ for each ball game (a) equipment (b) sportswear (c) shoes)

2. Before starting a ball game, you must inspect the \_ area (a) parking (b) play (c) changing)

3. It is safe to play ball games on slippery ground (a) True (b) False)

4. You should chew gum or have anything in your mouth like toothpick while playing (a) True (b) False)

5. Getting involved in a fight with other players is a safety rule (a) True (b) False)

6. It is important to \_ before starting a game (a) cool-down (b) warm-up (c) eat)

7. If you feel pain in your joints or muscles during a game, you should \_ (a) continue playing (b) stop playing (c) ignore it)

P.H.E 26/5/2025

Noise pollution

8. Pollution occurs when the environment is filled with \_ substances (a) natural (b) harmless (c) harmful)

9. Noise pollution is an \_ sound (a) pleasant (b) irritating (c) quiet)

10. Any noise that is unpleasant, undesirable and irritating to the human ear is called \_ pollution (a) water (b) air (c) noise)

PREVENTION OF NOISE POLLUTION

11. Car horns should be used \_ (a) unnecessarily (b) carefully (c) frequently)

12. Music should not be played at a \_ volume (a) low (b) moderate (c) high)

13. Governments should put in place laws that \_ noise pollution (a) encourage (b) ban (c) ignore)

14. Cars and motorcycle engines should be turned off when they are not in \_ (a) garage (b) use (c) repair)

15. Grinding machines and generators should be kept \_ from where people live (a) close (b) far (c) inside)

16. Industries should not be built \_ to residential houses (a) close (b) far (c) next)

17. The use of fireworks that produce loud sounds should be \_ (a) encouraged (b) discouraged (c) celebrated)

6TH WEEK

P.H.E

CHEMICAL POLLUTION

18. Chemical pollution is the release of dangerous materials into the \_ (a) laboratory (b) environment (c) factory)

19. Smoke from factories is an example of a substance that causes \_ pollution (a) noise (b) chemical (c) air)

20. Flaring of gases is a cause of \_ pollution (a) water (b) noise (c) chemical)

Section B

1. Pollution occurs when the environment is filled with harmful substances or materials which are dangerous to the \_\_\_\_\_\_\_\_\_ of people.

2. Any noise that is unpleasant, undesirable and irritating to the human ear is called \_\_\_\_\_\_\_\_\_.

3. Name one way to prevent noise pollution: \_\_\_\_\_\_\_\_\_

4. Chemical pollution is the release of dangerous materials or substances into the \_\_\_\_\_\_\_\_\_.

5. Name one example of a substance that causes chemical pollution: \_\_\_\_\_\_\_\_\_