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

1. Rest is a period when a person is \_ anything (a)doing (b)not doing (c)always doing (d)never doing

2. The body needs rest to relax its \_ (a)bones (b)muscles (c)skin (d)nerves

3. Too much work for a long time can \_ the body (a)help (b)strengthen (c)harm (d)improve

4. Rest helps children and \_ to grow (a)adults (b)adolescents (c)seniors (d)babies

5. Rest refreshes the mind and the body \_ (a)parts (b)organs (c)limbs (d)cells

6. Rest helps us to concentrate better at school or \_ (a)home (b)play (c)work (d)gym

7. Rest helps the brain and the \_ to function well (a)stomach (b)lungs (c)heart (d)liver

8. Sleeping is when a person lies down with eyes \_ (a)open (b)closed (c)half-open (d)staring

9. During sleep, the mind and body are \_ (a)active (b)inactive (c)moving (d)alert

10. People should sleep in a \_ room (a)noisy (b)dark (c)comfortable (d)cold

11. A good sleeping room should be well \_ (a)heated (b)ventilated (c)furnished (d)decorated

12. Beddings for sleeping should be clean and \_ (a)old (b)new (c)comfortable (d)fancy

13. People should avoid \_ on the same bed (a)sleeping (b)eating (c)overcrowding (d)talking

14. First aid is the \_ assistance given to an injured person (a)second (b)last (c)first (d)only

15. First aid is given before the arrival of a medical \_ (a)nurse (b)doctor (c)paramedic (d)friend

16. The purpose of first aid is to ease the victim's \_ (a)anger (b)pains (c)hunger (d)fear

17. First aid helps prevent a victim's condition from getting \_ (a)better (b)worse (c)stable (d)stronger

18. Severe bleeding requires \_ aid (a)no (b)first (c)hospital (d)specialist

19. Bleeding occurs when blood flows out of the blood \_ (a)veins (b)arteries (c)vessels (d)capillaries

20. Fainting is a temporary loss of \_ (a)memory (b)balance (c)consciousness (d)sight

Section B

1. When a person is not doing anything is \_\_\_\_\_\_\_\_.

2. The body needs rest to relax its \_\_\_\_\_\_\_\_\_.

3. During sleep, the mind and body are \_\_\_\_\_\_\_\_\_.

4. First aid is the first assistance given to an injured or sick \_\_\_\_\_\_\_\_\_.

5. Bleeding occurs when blood flows out of the blood \_\_\_\_\_\_\_\_\_.

Section C

1. What helps children and adolescents to grow?

2. What refreshes the mind and body organs?

3. What should be avoided on the same bed for good sleep?

4. What is the primary purpose of first aid for a victim's pains?

5. What specific body part should be raised to reduce blood flow during bleeding?