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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** |

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

2. You must \_ the play area before starting (a) inspect (b) clean (c) prepare

3. Do not play on \_ ground (a) dry (b) slippery (c) hard

4. Is it safe to chew gum while playing? (a) Yes (b) No (c) Sometimes

5. You should \_ before starting a game (a) warm-up (b) eat (c) rest

6. If you get tired during a game, you should \_ (a) continue (b) come out (c) run faster

7. If you feel pain, you should \_ playing (a) continue (b) stop (c) ignore

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

9. Noise pollution is a \_ sound (a) quiet (b) loud (c) soft

10. Unwanted sound is called noise \_ (a) reduction (b) pollution (c) harmony

11. Are car horns always necessary? (a) Yes (b) No (c) Sometimes

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

13. Government should put laws in place to ban noise \_ (a) music (b) pollution (c) conversations

14. Should car engines be turned off when not in use? (a) Yes (b) No (c) Only sometimes

15. Grinding machines should be kept \_ from people (a) close (b) far (c) next to

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

17. Fireworks that produce loud sounds should be \_ (a) encouraged (b) discouraged (c) ignored

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

19. Smoke from factories causes \_ pollution (a) noise (b) chemical (c) water

20. Burning refuse is an example of a cause of \_ pollution (a) chemical (b) air (c) sound

Section B

1. What type of wear should always be used for ball games?\_\_\_\_\_\_\_\_\_

2. What kind of ground should you avoid playing on?\_\_\_\_\_\_\_\_\_

3. What is an irritating or unwanted sound called?\_\_\_\_\_\_\_\_\_

4. What type of pollution is caused by smoke from factories?\_\_\_\_\_\_\_\_\_

5. What should be turned off when not in use to prevent noise?\_\_\_\_\_\_\_\_\_

Section C

1. List two safety rules for ball and racket games.

2. What is noise pollution?

3. Name two ways to prevent noise pollution.

4. What is chemical pollution?

5. Give two examples of substances that cause chemical pollution.