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| **ANGELWINGS COMPREHENSIVE COLLEGE, MAROKO, PW, KUBWA, ABUJA** | |
| **SECOND TERM MIDTERM EXAMINATION 2024/2025 ACADEMIC SESSION** | |
| **SUBJECT: PHE** | **CLASS: GRADE TWO** |

1. \_ is the activity of moving through water for fun or sport (a) Boxing (b) Wrestling (c) Swimming  
  
2. What is the term for assistance given to an injured person before a doctor arrives? (a) treatment (b) first aid (c) doctor  
  
3. What happens when blood exits the blood vessels? (a) fainting (b) bleeding (c) heating  
  
4. \_ occurs when the environment becomes so hot that the body cannot tolerate it (a) Fainting (b) Heat (c) Running  
  
5. Which of these is not a swimming skill? (a) butterfly jump (b) the breast stroke (c) the back stroke  
  
6. When you bleed inside, it is called \_ (a) external bleeding (b) outternal bleeding (c) internal bleeding  
  
7. When you bleed outside, it is called \_ (a) internal bleeding (b) external bleeding (c) inside bleeding  
  
8. \_ occur due to an accident (a) Bruises (b) Heat (c) Fainting  
  
9. Swimming involves moving through \_ (a) Fire (b) Water (c) Land  
  
10. The \_ and \_ help a swimmer move through water (a) Hands, leg (b) Hands and teeth (c) Leg, foot  
  
11. As a beginner, it is not advisable to \_ into the pool (a) Fly (b) Run (c) Jump  
  
12. You should enter the pool by the \_ from the shallow end (a) Gates (b) Steps (c) Mountain  
13. Is it advisable to go to the swimming pool by yourself? (a) Yes (b) No (c) Maybe  
  
14. You should not \_ around the swimming pool (a) Run (b) Pray (c) Eat  
  
15. Should you go to the swimming pool without instruction? (a) True (b) False (c) Maybe not  
  
16. When going to the pool, ensure you wear jeans and a jacket (a) Yes (b) Maybe (c) No  
  
17. Temporary loss of consciousness is called \_ (a) bleeding (b) running (c) fainting  
  
18. The goal of first aid is to lessen the \_ (a) victim's pain (b) condition pain (c) additional pain  
  
19. \_ and \_ are fundamental swimming skills (a) Free style, breast stroke (b) Free hand stroke, angular stroke (c) Rectangle, triangle stroke  
  
20. Moving through water is the \_ of swimming (a) Activity (b) Government (c) Action  
  
**Section B**  
  
1. \_\_\_\_\_\_\_\_\_ bruise occur as a result of an accident it is a common skin injury.  
  
2. First aid is the immediate help given to an injured person before the \_\_\_\_\_\_\_\_\_ arrives.  
  
3. \_\_\_\_\_\_\_\_\_ occurs when blood leaves the blood vessels.  
  
4. The purpose of first aid is to ease the victims \_\_\_\_\_\_\_\_\_.  
  
5. \_\_\_\_\_\_\_\_\_ occurs when it is too hot for the victim's body.  
  
**Section C**  
  
1. What is first aid?  
  
2. List 3 reasons for accidents in school. a. \_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_ c. \_\_\_\_\_\_\_\_\_  
  
3. What is an accident?  
  
4. List 3 reasons to clean our environment a. \_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_ c. \_\_\_\_\_\_\_\_\_  
  
5. List 3 safety rules when swimming. a. \_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_ c. \_\_\_\_\_\_\_\_\_