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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 TWO** |

Section A: Objective questions

1. Rest is the period that a person is \_ doing anything (a) not (b) always (c) sometimes

2. When the body works for a long period of time it needs rest so as to \_ the muscles (a) strain (b) relax (c) strengthen

3. Too much work for a long period of time \_ the body (a) helps (b) harms (c) builds

4. Rest helps both children and adolescent to \_ (a) grow (b) play (c) learn

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

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

7. Rest helps the brain and the heart to \_ well (a) stop (b) function (c) weaken

8. Sleeping is when a person lies down with his eyes closed while the mind and body are \_ (a) active (b) busy (c) inactive

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

10. People should sleep in a well \_ room (a) furnished (b) ventilated (c) decorated

11. The beddings should be clean and \_ (a) hard (b) rough (c) comfortable

12. One should avoid \_ of people on the same bed (a) separation (b) overcrowding (c) few

13. One should avoid overcrowding of people in the same \_ (a) house (b) room (c) building

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

15. The purpose of first aid is to ease the victim's \_ (a) joy (b) pains (c) hunger

16. First aid aims to prevent a victim's condition from getting \_ (a) better (b) worse (c) stable

17. Bleeding occurs when blood flows out of the blood \_ (a) cells (b) vessels (c) organs

18. Bleeding can be internal or \_ (a) external (b) minor (c) severe

19. When stopping bleeding, one should \_ the bleeding part of the body (a) lower (b) raise (c) cover

20. To prevent fainting, raise the foot of the bed to allow more blood to flow to the \_ (a) legs (b) heart (c) brain

Section B

Section B: Short answer questions

1. Name two importances of resting.\_\_\_\_\_\_\_\_\_

2. Sleeping is when a person lies down with his eyes closed while the mind and body are \_\_\_\_\_\_\_\_\_.

3. List two best conditions for sleeping.\_\_\_\_\_\_\_\_\_

4. First aid is the first assistance given to an injured or sick person before the arrival of a \_\_\_\_\_\_\_\_\_.

5. What is the primary purpose of first aid?\_\_\_\_\_\_\_\_\_

Section C

Section C: Theory questions

1. Explain the various importances of resting as described in the text.

2. Describe the ideal conditions for sleeping to ensure proper rest.

3. Define first aid and discuss its main objectives.

4. Outline the sequential steps involved in stopping severe bleeding according to the provided text.

5. Based on the text, what is fainting and what are its potential causes?