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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** |

1. Rest is a period when a person is not doing (a) anything (b) exercises (c) homework

2. The body needs rest to relax its (a) bones (b) muscles (c) joints

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

4. Rest helps the body to (a) tire (b) relax (c) work

5. Rest helps children and adolescents to (a) play (b) grow (c) eat

6. Rest refreshes the (a) mind and body organs (b) clothes and shoes (c) food and water

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

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

9. When a person is sleeping, their eyes are (a) open (b) closed (c) half-open

10. During sleep, the mind and body are (a) active (b) inactive (c) working

11. A good sleeping room should be (a) noisy (b) comfortable (c) dark

12. A sleeping room should be well (a) lit (b) ventilated (c) heated

13. Beddings should be clean and (a) old (b) colorful (c) comfortable

14. You should avoid overcrowding of people on the same (a) chair (b) bed (c) floor

15. Overcrowding of people in the same room should be (a) encouraged (b) avoided (c) ignored

16. First aid is given before the arrival of a (a) police officer (b) medical doctor (c) teacher

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

18. First aid prevents a victim's condition from getting (a) better (b) worse (c) cured

19. Severe bleeding requires (a) rest (b) first aid (c) sleep

20. Bleeding can be internal or (a) minor (b) external (c) slow

Section B

1. What is the period when a person is not doing anything? \_\_\_\_\_\_\_\_\_

2. What do muscles need after long work? \_\_\_\_\_\_\_\_\_

3. What is it called when the mind and body are inactive with eyes closed? \_\_\_\_\_\_\_\_\_

4. What is the first help given to an injured person? \_\_\_\_\_\_\_\_\_

5. When blood flows out of blood vessels, what is it called? \_\_\_\_\_\_\_\_\_

Section C

1. List two benefits of resting.

2. State two good conditions for sleeping.

3. What is the main purpose of first aid?

4. Name one condition that needs first aid.

5. Describe one step to stop bleeding.