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

1. \_\_\_\_\_\_\_\_\_ is a game of 11 players played on a football field (a) Tennis (b) Soccer (c) Basketball

2. Any action that is learned for a purpose in order to take part in any activity, is known as \_\_\_\_\_\_\_\_ (a) Fun (b) Technique (c) Sport

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the way of performing a skill (a) Game (b) Skill (c) Technique

4. The act of running over a short distance at top speed is known as \_\_\_\_\_\_\_\_\_\_ (a) Swimming (b) Sprinting (c) Football

5. The track and field event in which you jump over an horizontal bar at different heights is called \_\_\_\_\_\_\_\_\_\_ (a) Race (b) Volleyball (c) High jump

6. High jump requires the following stages, Except \_\_\_\_\_\_\_\_\_ (a) Take off (b) Run up (c) Scoring

7. How many minutes are there in football game altogether? (a) 150 (b) 90 (c) 45

8. How many minutes are there in the first half of football game? (a) 35 (b) 45 (c) 55

9. The activity of moving through water using our arms and legs for pleasure, exercise or sport is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (a) Gymnastics (b) Sprinting (c) Swimming

10. Breast stroke is a basic style in \_\_\_\_\_\_\_\_\_\_\_ (a) Basketball (b) Sprinting (c) Swimming

11. Trapping is a basic skill in \_\_\_\_\_\_\_\_\_\_\_\_ game (a) Football (b) Tennis (c) Volleyball

12. High jump requires the following stages Except (a) Run up (b) Take off (c) Kicking

13. The ability to do all you are expected to do daily without getting tired and still have the energy to respond to emergency situations is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (a) Endurance (b) Courage (c) Physical fitness

14. The ability of the muscles to perform movement over and over again for a long time using force is known as \_\_\_\_\_\_\_\_\_\_\_\_ (a) Movement (b) Endurance (c) Strength

15. The pattern that allows the body to be coordinated in simple and basic movement is known as \_\_\_\_\_\_\_\_\_\_\_\_ (a) Bending (b) Running (c) Fundamental movement pattern

16. Flexibility is the ability to move the body to different positions without having pains (a) True (b) False

17. Running with eyes closed is a basic skill in football (a) True (b) False

18. Heading is a basic skill in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (a) Swimming (b) Tennis (c) Football

19. A fast-paced game that requires knowledge and instinct to perform quickly and properly is known as ---\_\_\_\_\_\_\_\_\_\_\_\_\_ (a) Soccer (b) Swimming (c) Basketball

20. Backhand drive is a basic skill in \_\_\_\_\_\_\_\_\_\_\_\_\_\_ game (a) Tennis (b) Football (c) Basketball

21. Soccer is a game played on a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (a) Farm (b) Bed (c) Football field

22. People who get paid for playing football are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (a) Coach (b) Referee (c) Professionals

23. How many players play for a team on the field in football? (a) 11 (b) 12 (c) 15

24. Football team supporters are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (a) Fans (b) Students (c) Footballers

25. Someone that plays a football is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (a) Supporter (b) Footballer (c) Electrician

26. There's a goalkeeper in football games (a) True (b) False

27. Chelsea is a club in Nigeria? (a) True (b) False

28. Barcelona is a club in Nigeria (a) True (b) False

29. Akwa united is a football club in Nigeria (a) True (b) False

30. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ensures fair play on the football field (a) Coach (b) Referee (c) Teacher

**Section B**

1. Soccer is a game played by two teams with \_\_\_\_\_\_\_\_\_players in each team.

2. Each football team have their supporters who are called \_\_\_\_\_\_\_\_\_.

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the skill of sending the ball to a teammate in order to move the ball forward.

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the skill of receiving the ball and controlling it.

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a fast-paced game that requires knowledge and instinct to perform quickly and properly.

**Section C**

1. Explain the concept of trapping in football, including its purpose and techniques.

2. Define basketball and describe its key features and objectives.

3. Define tennis and explain the basic rules and scoring system.

4. Identify and elaborate on three fundamental skills in tennis.

5. Define swimming and discuss its various styles and benefits.