**PATFIN HIGH SCHOOL, AKESAN, LAGOS STATE**

**THIRD TERM EXAMINATION [2018/2019]**

**SUBJECT: PHYSICAL AND HEALTH EDUCATION CLASS: J. S. S. 1**

**SECTION A OBJECTIVES**

**Instruction: answer all questions in this section. DURATION: 1 hour 30 mins**

1. \_\_\_\_\_\_\_\_\_\_ is a physical activity performed during leisure.
2. Dance b) Sports c) Recreation d) Leisure
3. The following are the importance of food EXCEPT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Eliminates hunger b) Causes infection c) provides energy d) Fights infections
5. The disc for women weighs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. 2kg b) 1kg c) 3kg d) 5kg
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability to move quickly over a short period of time.
8. Speed b) Accuracy c) Balance d) Coordination
9. Judo was developed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
10. Aminu Kano b) Goodluck Jonathan c) Umaru Dikko d) Jigoro Kano
11. One of these is NOT correct of dancing.
12. It provides enjoyment b) It makes us tall and fat c) It helps to develop balance and control d) It stimulates various organic systems of the body
13. A Judo practitioner is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
14. Judo fighter b) Judoka c) Judoism d) Judolist
15. An ordered movement that runs through all the body is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
16. Dance b) Rhyme c) Jogging d) Singing
17. Meal that contains various classes of food in the right proportion is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
18. Vitamins b) Calories c) Balanced diet d) Adequate salt
19. Which of these is not a basic swimming stroke?
20. Front crawl b) Breast stroke c) Arms stroke d) Back stroke
21. Which of these is not a type of computer game?
22. Nature pack b) Beach rally c) Scrabble d) Abula
23. The following are sources of water EXCEPT \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
24. Rain b) Tap c) Toilet d) Well
25. \_\_\_\_\_\_\_\_\_\_ controls and have the final say in the game of soccer.
26. Referee b) Assistant Referee c) Match Commissioner d) Coach
27. Spiking is a fundamental skill in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
28. Hockey b) Soccer c) Volleyball d) Wrestling
29. The act of physical engagement between two unarmed persons is called \_\_\_\_\_\_\_\_\_\_\_\_.
30. Football b) Dribbling c) Gymnastic d) Wrestling
31. The following are classes of food EXCEPT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
32. Carbohydrates b) Carbon dioxide c) Vitamins d) Proteins
33. Each team in a soccer game is made up of \_\_\_\_\_\_\_\_\_\_\_ players.
34. 22 b) 12 c) 11 d) 24
35. \_\_\_\_\_\_\_\_\_\_\_\_ is the act of putting up the ball for a spike in volleyball game.
36. Spiking b) Digging c) Volleying d) Set-up
37. Controlling the ball while moving and avoiding opponents is called
38. Kicking b) Shooting c) Dribbling d) Heading
39. To return a low ball in volleyball, which of these skills is best?
40. Spiking b) Digging c) Volleying d) Blocking
41. In Shot put, the shot is held \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
42. By the finger b) On the palm c) At the back of the palm d) On the head
43. In shot put and discus, Athletes usually throw \_\_\_\_\_\_\_\_\_\_ times in a competition.
44. 3 or 2 b) 4 or 5 c) 4 or 6 d) 5or 6
45. The shot put landing sector is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
46. 35o b) 45o c) 55o d) 29o
47. Which of the following is not a field event?
48. Discus b) Sprint race c) Long jump d) High jump
49. Which of the following is a communicable disease?
50. Heart attack b) Stroke c) Cholera d) Cancer

**SECTION B SUB-OBJECTIVE**

**FILL IN THE GAPS**

1. The acronym FIFA stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. The two modern type of Wrestling are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. The study of Disease is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Yellow and Red cards are used in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ game.
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ keeps the record of the players’ names and numbers.

**SECTION C THEORY**

**ANSWER THREE QUESTIONS ONLY.**

1 a) Define Dance, Recreation and Leisure.

b) State four importance of food.

2 a) Define Athletics.

b) List three common basic skills in Discus and Shot put

c) State two benefits of Athletics.

3 a) Describe Volleyball.

b) List 4 basic skills and techniques in Volleyball.

c) List the Officials of Volleyball and state one function of each Official.

4 a) List 6 basic skills and techniques in Soccer.

b) List and state one function of Officials in Soccer.

5 a) List 3 facilities and equipment each of Soccer and Volleyball

b) List 2 values of Soccer and Volleyball each.

c) List 2 common injuries in both Soccer and Volleyball.