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

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

**SUBJECT: PHYSICAL AND HEALTH EDUCATION CLASS: J. S. S. 2**

**SECTION A OBJECTIVES**

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

1. Indoor activities include the following except \_\_\_\_\_\_\_\_\_\_.
2. Computer game b) Excursion c) Ayo game d) Watching Television
3. Rhythm in the change of pace in scenes is an example of \_\_\_\_\_\_\_\_\_\_\_ rhythm.
4. Creative b) Social c) Dramatic d) Character
5. Dancing is an aspect of physical education used for \_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Acquiring styles b) Body control c) Exercising d) Relaxing
7. Which of these injuries is NOT common in sports?
8. Bruises b) Dislocation c) Scald d) Sprain
9. One of the following the equipment is not used in Table Tennis.
10. Paddle b) Ball c) Clothing and Shoes d) Missile
11. Freedom from hazards is referred to as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
12. First-aid b) Injury c) Safety d) Bleeding
13. Which of the following is not a measure taken to prevent fire?
14. Do not smoke in bed b) Keep floor dry c) Keep matches away from children d) Have a fire escape plan for home
15. What is the full meaning of the acronomy WHO?
16. World Human Organization b) Women Health Organization c)World Hope Operation d)World Health Organization
17. \_\_\_\_\_\_\_\_ occurs when groups of muscles are over stretched and the fibres torn?
18. Strain b) Fracture c) Sprain d) Dislocation
19. One of the following is not a cause of road accident.
20. Alcohol b) Over speeding c) Normal speed d) Drivers sleeping while driving
21. Which of the following voluntary organization renders first aid treatment?
22. Federal Road Safety Corps b) Public Health Authority c) Red Cross Society

d) World Health Organization

1. Which of the following is not a field event?
2. Shot put b) Sprint race c) Long jump d) High jump
3. The missile used in SHOT PUT is called \_\_\_\_\_\_\_\_\_\_\_\_.
4. Javelin b) Discus c) Hammer d) Shot
5. The following are types of THROW except \_\_\_\_\_\_\_\_\_\_.
6. Pole vault b) Discus c) Javelin d) Hammer
7. Solo dance involves \_\_\_\_\_\_\_\_\_\_\_\_ dancer.
8. 2 b) 1 c) 3 d) 5

**SECTION B SUB-OBJECTIVES**

**FILL IN THE GAPS WITH THE APPROPRIATE ANSWER**

1. \_\_\_\_\_\_\_\_\_\_\_\_ is the free time or period after the day’s work.
2. An immediate and temporary care given to an injured or sick person before the arrival of a doctor or before taken to the hospital is referred to as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. The art of making dances is known as \_\_\_\_\_\_\_\_\_\_\_\_.
4. The injury that occurs suddenly is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Dance activities are forms of \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**SECTION C THEORY**

**ANSWER FOUR (4) QUESTIONS ONLY.**

1. a) Define Recreation.
2. State two (2) differences between Indoor and Outdoor activity.
3. Give two (2) examples each of an Indoor and Outdoor activity.

2 a) State three (3) examples of Dramatic Rhythm.

b) List the types of Dances.

3 a) Define Accident.

b) State one each of Safety Measures to be taken at Home, Sport ground and the Road.

4 a) What is the cause of Sport Injury?

b) Give three (3) examples of Sport Injuries.

c) List and explain the two kinds of Sport Injuries.

5 a) What are Field Events?

b) What is the difference between Vertical Jumps and Horizontal Jumps?

c) Give three (3) examples of Throw and Jump Event each

6 a) Give a brief history of Judo.

b) State four (4) rules and regulations of Judo.