

Name: _____

Physical Education

Answer all questions below.

1. List at least 5 activities you can do to stay active or exercise. (6 mks)
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____

2. State true or false for the following statements. (10 mks)
 - a) When we exercise, we feel energize?
 - b) Physical activities make us sad.
 - c) We develop healthier muscles and a strong heart when we exercise.
 - d) Exercising causes us to get fat.
 - e) Many older people exercise to stay healthy and fit.
 - f) Children can make friends and socialize through physical activities.
 - g) Staying on the computer whole day is healthy for you.
 - h) We must sleep for 6 to 8 hours every night.
 - i) Jello, preserve mango, potato chips are good for you.
 - j) Visiting the doctor and dentist regularly is a waste of money.

3. These foods help us to stay strong and healthy.

(3mks)



4. Except exercising and eating fruits and vegetables, list 3 other thing we can do to stay healthy. (6mks)

a. _____

b. _____

c. _____