

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. _____