

INSPIRED TOTS EARLY LEARNING CENTER  
FIRST CONTINUOUS ASSESSMENT 2024/2025 SESSION

Health Education

Grade 4

1. There are about \_\_\_\_\_ muscles in the human body. (a) 400 (b) 500 (c) 600 (d) 300
2. The human muscles work by either contracting or \_\_\_\_\_ to cause movement.
3. There are basically \_\_\_\_\_ types of muscles (a) 2 (b) 4 (c) 3 (d) 5
4. The muscle that is attached to the bones and makes movement easy is called \_\_\_\_\_ muscle
5. The cardiac muscle can be found around the \_\_\_\_\_ region.
6. The type of muscle found within the intestine region is called \_\_\_\_\_ muscles.
7. Muscles are sub-divided into two basic kinds. TRUE/FALSE
8. Voluntary and involuntary are the two kinds of \_\_\_\_\_.
9. Muscles that can be controlled at will are called \_\_\_\_\_ muscles.
10. Muscles that cannot be controlled at will are called \_\_\_\_\_ muscles.
11. The \_\_\_\_\_ is referred to as the frame work of the human body.
12. A place or junction where two or more bones meet is called \_\_\_\_\_.
13. The human body consists of \_\_\_\_\_ bones.
14. The bones in the skeleton are attached by a rough fiber or cord called the ligament. TRUE/FALSE
15. The joints are classified into \_\_\_\_\_ categories. (a) 2 (b) 3 (c) 5 (d) 4
16. The human body is made up of \_\_\_\_\_ bones at birth.
17. The taking in and out of air from the body is referred to as \_\_\_\_\_.
18. We breathe in \_\_\_\_\_ and breathe out \_\_\_\_\_.
19. The heart as a vital organ of the body is protected by the \_\_\_\_\_.
20. The part of the body responsible for pumping blood around the body is called \_\_\_\_\_.