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 _____.

LIVEWORKSHEETS