

INSPIRED TOTS EARLY LEARNING CENTER
K5 FIRST TERM ASSESSMENT 2024/2025

Health Education

1. What is body movement? _____.
2. List the types of body movement. _____, _____,
_____.
3. The parts of the body responsible for movement are; _____,
_____.
4. Locomotive movement is the movement the body makes when we walk, leap
and run. True/False
5. The 3 types of Locomotive movement are; _____, _____,
_____.
6. Mention 2 wrong ways of walking. _____, _____.
7. Non-locomotive body movement is when the body moves in one position.
True/ False.
8. Examples of non-locomotive body movement includes; stretching,
_____, _____, _____.
9. Manipulative body movement includes; _____, _____.
10. What is safety? _____.
11. Identify 3 safety rules on the playground. _____,
_____, _____.
12. Washing our hands will wash germs off them. True/False.

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13. Sweat can make us smell bad. True/False.
14. We use _____ and _____ to clean our teeth.
15. _____ helps protect the tips of your fingers.
16. _____ under our nails might get into our food.
17. Germs can make us sick. True/False.
18. Trim any broken nails with _____ or a _____.
19. _____ hair looks good and smells _____.
20. You should give your hair and scalp a good wash at least _____ a week.
21. Germs in our shoes make them smell and also make our feet and toenails unhealthy. True/False.
22. Washing shoes will keep our feet clean and healthy. True /False.