

**INSPIRED TOTS EARLY LEARNING CENTER**  
**K4 FIRST TERM EXAMINATION, 2024/2025 SESSION**

Name: \_\_\_\_\_

**SUBJECT: PHYSICAL AND HEALTH EDUCATION**

Answer the following questions below

1. What is exercise? \_\_\_\_\_

a. The physical and mental activity we do to stay healthy b. The activities we do everyday

2. How often should we exercise?

a. Every month b. Every day

3. Why is exercise important?

a. So we can watch more TV b. So, we can grow strong and healthy.

4. What are some exercises we can do at home?

a. Jumping Jack's, dancing and running in place.

b. Eating snacks, drinking juice and sleeping

5. What is sickness?

a. When we feel happy and play outside b. When we don't feel strong and don't want to play.

6. Why do we get sick?

a. Because we don't eat enough ice-cream b. Because germs get inside our body.

7. What can we do to get better when we're sick?

a. Play outside and run around b. Drink plenty of water and rest.

8. Why do we need to wash our hands?

a. So, we can spread germs b. So, we can stay healthy and strong.

9. Who can help us feel better when we're sick?

a. Our toys b. A doctor or nurse

10. What does our hearts do?

a. It helps us see b. It pumps blood throughout our body



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11. What do our lungs do?  
a. They help us breathe      b. They help us eat
12. What are germs?  
a. Tiny things that make us sick      b. Tiny things that make us happy
13. List any two examples of common sicknesses. \_\_\_\_\_ and \_\_\_\_\_
14. How can we take care of our teeth?  
a. By brushing them with toothpaste and toothbrush  
b. By eating lots of candy and ice cream
15. What should we do when we are sick?  
a. Go to school and play with friends      b. Stay at home and rest
16. How can we keep our hair clean? \_\_\_\_\_
17. Symptoms of common cold are sneezing and headache      **True   False**
1. Mosquito bites and eating contaminated food causes sickness **True   False**
18. Say what the children are doing in the picture

