INSPIRED TOTS EARLY LEARNING CENTER

K4 FIRST TERM Examination, 2024 /2025

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 well 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

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

18. Mosquito bites and eating contaminated food causes sickness True False

LIVEWORKSHEETS

INSPIRED TOTS EARLY LEARNING CENTER

K4 FIRST TERM Examination, 2024 /2025

19. Say what the children are doing in the picture

LIVEWORKSHEETS