Name: _____

Physical Education

Answer all questions below.

1. List at least 5 activities you can do to stay active or exercise. (6 mks)
   a) _____
   b) _____
   c) _____
   d) _____
   e) _____
   f) _____

2. State true or false for the following statements. (10 mks)
   a) When we exercise, we feel energize?
   b) Physical activities make us sad.
   c) We develop healthier muscles and a strong heart when we exercise.
   d) Exercising causes us to get fat.
   e) Many older people exercise to stay healthy and fit.
   f) Children can make friends and socialize through physical activities.
   g) Staying on the computer whole day is healthy for you.
   h) We must sleep for 6 to 8 hours every night.
   i) Jello, preserve mango, potato chips are good for you.
   j) Visiting the doctor and dentist regularly is a waste of money.

3. These foods help us to stay strong and healthy. (3mks)

4. Except exercising and eating fruits and vegetables, list 3 other thing we can do to stay healthy. (6mks)

a. _____

b. _____

c. _____