

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 include; stretching,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
9. Manipulative body movement include; \_\_\_\_\_, \_\_\_\_\_.
10. What is safety? \_\_\_\_\_.
11. Identify 3 safety rules on the playground. \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_.