

### Health Education

1. \_\_\_\_\_ are traditional games played by children that involves physical activities and teamwork.
  - a. Local games
  - b. Field events
  - c. Track events
2. Examples of local games are: Tug of war, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
3. Basic skills in local games include: Balancing, listening, \_\_\_\_\_, \_\_\_\_\_.
4. Give 2 importance of local games.
  - a. \_\_\_\_\_.
  - b. \_\_\_\_\_.
5. Football is a ball game. True/False.
6. Basic skills in ball games include: Kicking, trapping, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
7. Mention 3 rules in basic ball games.
  - a. \_\_\_\_\_.
  - b. \_\_\_\_\_.
  - c. \_\_\_\_\_.
8. Swimming skills include: blowing bubbles and floating in water. True/False.
9. Turtle float, starfish float and face float are \_\_\_\_\_.
10. What is a lifeguard's job?  
\_\_\_\_\_.
11. Where do lifeguards work?  
\_\_\_\_\_.