

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?
_____.
12. Rules keep us safe.
 - a. True
 - b. False
13. _____ are rules that keep us free from danger.
14. Mention 3 safety rules.
 - a. _____.
 - b. _____.
 - c. _____.

INSPIRED TOTS EARLY LEARNING CENTRE
K5 SECOND TERM EXAMINATION 2024/2025.

15. What color does the light turn when it's safe to cross the road?

- a. Red
- b. Green
- c. Yellow

16. What should you do before crossing the road?

17. It is important to know the traffic signals.

- a. True
- b. False

18. It is wrong to use sidewalks.

- a. True
- b. False