



# Myfuture CBC Revision

## Movement Activities - Grade 2

### Question Paper

1. How should you prepare your body for hopping?

- A. By holding your breath
- B. By eating a heavy meal
- C. By sitting for a long time
- D. By doing warm-up exercises

2. What should the other foot be doing when you kick the ball?

- A. Jumping up and down
- B. Lifting off the ground
- C. Pointing in the opposite direction
- D. Balancing your body

3. Balancing involve the following except

- A. A hand and a leg on the ground
- B. All 4 limbs on the ground
- C. None of the above
- D. Standing on both hand or both legs.

4. Which of the following activities requires pulling?

- A. Jumping rope
- B. Hula hooping
- C. Skipping
- D. Riding a bike

5. What action involves pushing towards yourself?

- A. Jumping over a hurdle
- B. Throwing a bean bag
- C. Skipping
- D. Flying a kite

6. What is an important water safety skill for swimming?

- A. Taking off a life jacket when feeling tired
- B. Eating snacks in the pool
- C. Using arm movements to swim
- D. Running on the pool deck

7. What should you do if you see a boat approaching while swimming in a lake?

- A. Wave your arms and make yourself visible
- B. Ignore the boat
- C. Hide underwater
- D. Yell at the boat to go away

8. Which of the following is the correct way to leap?

- A. Taking a big step forward
- B. Hopping on one foot
- C. Taking small steps forward
- D. Jumping with feet together

9. Gymnastics is a indoor sport.

- A. False
- B. Mostly true
- C. True
- D. Mostly false

10. Which part of the foot should touch the ground first when walking?

- A. Toes
- B. Balls of the foot
- C. Heel
- D. Side of the foot

11. When jumping, which part of your body should be bending?

- A. Head
- B. Feet
- C. Hands
- D. Knees

12. What skill is required for balancing a book on your head?

- A. Jumping
- B. Balancing
- C. Running
- D. Singing

13. Where is the best place to aim when kicking a soccer ball?

- A. At the goalposts
- B. Far from the goal
- C. Into the goal
- D. At the goalkeeper

14. Which animal is known for its ability to jump high?

- A. Elephant
- B. Tiger
- C. Giraffe
- D. Frog

15. Shopping resources include the following except

- A. Field
- B. Bag
- C. Ropes
- D. Field makers

16. What body part is mainly involved in turning movements?

- A. Hips
- B. Feet
- C. Hands
- D. Head

17. What should you not do while swimming to ensure safety?

- A. Swimming close to a lifeguard on duty
- B. Taking off your life jacket in deep water
- C. Yelling loudly and causing a commotion
- D. Holding your breath underwater for a long time

18. What is the correct technique to execute a proper dive in swimming?

- A. Curling up in a ball while launching the body into the water
- B. Launching the body vertically into the water
- C. Launching the body horizontally into the water
- D. Bending at the waist while launching the body into the water

19. Which gymnastics event involves performing flips, twists, and dance elements on a mat?

- A. Parallel bars
- B. Vault
- C. Floor exercise
- D. Balance beam

20. Which gymnastics event involves performing routines on a long, narrow beam raised off the floor?

- A. Balance beam
- B. Vault
- C. Floor exercise
- D. Parallel bars

21. Which is an example of a non-locomotion skill?

- A. Running
- B. Rolling
- C. Throwing
- D. Twisting

22. In which sport is hopping often used as a fundamental movement skill?

- A. Basketball
- B. Football
- C. Tennis
- D. Hockey

23. The following are swimming pool rules except

- A. No pushing or pulling
- B. No running around the swimming pool
- C. No eating in the swimming pool
- D. Urinate in the swimming pool

24. Should you use your arms when kicking a ball?

- A. Let them hang loose
- B. Wave them around
- C. Keep them close to your body
- D. Swing them to keep balance

25. What should you do before entering a swimming pool?

- A. Swim with your clothes on
- B. Check the depth of the water
- C. Run and jump in
- D. Push others into the pool

26. How can you build confidence in jumping in swimming?

- A. Wear a life jacket
- B. Practice jumping with supervision
- C. Compete with others
- D. Avoid jumping altogether

27. What skill requires turning your body without moving your feet?

- A. Pivoting
- B. Dancing
- C. Jumping
- D. Skiing

28. How should your legs move when walking?

- A. Staying completely still
- B. Keeping them straight
- C. Dragging on the ground
- D. Bending at the knees

29. In gymnastics, what is the term used for a movement where the body rotates around a vertical axis while supported by the hands?

- A. Spin
- B. Round-off
- C. Handstand
- D. Cartwheel

30. You should land on\_\_\_ when jumping

- A. toes
- B. flat feet
- C. ankles
- D. hands

31. Throwing is a

- A. Push and pull
- B. Turning activity
- C. Manipulative skill
- D. Hoping

32. What should you avoid doing while jumping into the water?

- A. Landing on your belly
- B. Bending your knees
- C. Holding your breath
- D. Closing your eyes

33. What should you do if you see someone in distress while swimming, but you cannot swim?

- A. Yell at them to swim faster
- B. Throw them a floatation device
- C. Walk away and ignore them
- D. Jump in without any assistance

34. Which of the following is a key water safety skill for swimming?

- A. Keeping a safe distance from others in the water
- B. Using a floatation device like a life jacket
- C. Swimming alone in deep water
- D. Holding your breath underwater for as long as possible

35. How should you breathe while curling in swimming?

- A. Breathe rapidly
- B. Exhale underwater
- C. Hold your breath
- D. Inhale slowly

36. Jumping skills can help us in

- A. Crossing a river
- B. Hopping
- C. Singing games
- D. Sleeping

37. What should you do before jumping into the water?

- A. Take a deep breath and hold it
- B. Check for depth and any hazards in the water
- C. Jump in without looking
- D. Close your eyes and hold your nose

38. Which of the following activities involves pushing?

- A. Climbing a ladder
- B. Rolling a ball
- C. Throwing a frisbee
- D. Jumping over a puddle

39. What does skipping fall under?

- A. Communication skill
- B. Social skill
- C. Non-locomotion skill
- D. Locomotion skill

40. Why is it important to always have a buddy with you when swimming?

- A. To compete in races
- B. To ignore and swim alone
- C. To have someone to talk to
- D. To stay safe and help each other

41. Why is it important to learn basic swimming skills?

- A. For water safety and emergency situations
- B. To compete in swimming competitions
- C. To avoid getting wet
- D. To show off to friends

42. Why should you avoid an upright body position while bending and curling in swimming?

- A. To increase speed
- B. To decrease resistance
- C. To tire easily
- D. To create more drag

43. Jumping with one foot taking off and landing with the other foot is called \_\_\_\_\_

- A. leaping
- B. jumping
- C. skipping
- D. hopping

44. What is the term used in gymnastics for a movement where the body rotates around the vertical axis with the feet moving first?

- A. Handstand
- B. Round-off
- C. Backflip
- D. Spin

45. How can you practice turning skills?

- A. Walking in a straight line
- B. Skipping in place
- C. Spinning around in a circle
- D. Sitting down

46. Why is it important to bend and curl your body while swimming?

- A. To reduce resistance and move faster
- B. To slow down
- C. To show off
- D. To wave to others

47. What action involves pushing towards yourself?

- A. Throwing a bean bag
- B. Flying a kite
- C. Jumping over a hurdle
- D. Skipping

48. What type of shoes are best for walking?

- A. Slippers
- B. High heels
- C. Sandals
- D. Running shoes

49. The following are considerations when kicking a ball, which one is not

- A. Space awareness
- B. Coordination
- C. Speed
- D. Strength

50. How should you distribute your weight while walking?

- A. Keep weight even on both feet
- B. Shift weight to one side
- C. Lean forward
- D. Lean backward

