



Myfuture CBC Revision

Movement - Grade 3

Question Paper

1. When playing a game of tag, why is it important to keep moving and changing directions?

- A. To make it easier for the person trying to tag you
- B. To confuse the person trying to tag you
- C. To look cool in front of your friends
- D. To tire yourself out more quickly

2. Which foot is usually used to push off the ground first when skipping?

- A. Both feet together
- B. None of the above
- C. Right foot
- D. Left foot

3. What is the correct foot pattern for galloping?

- A. Both feet simultaneously
- B. Right foot only
- C. Right foot then left foot
- D. Left foot then right foot

4. What is the correct arm movement for galloping?

- A. Arms swinging in same direction as legs
- B. Arms above head
- C. Arms stationary at sides
- D. Arms swinging in opposite direction of legs

5. What is the key to achieving stability and control in V-balance in gymnastics?

- A. Closing your eyes
- B. Staring at the ceiling
- C. Keeping a relaxed posture
- D. Maintaining muscle tension

6. Why is it important to never swim alone?

- A. Because it's not fun
- B. Because you might get cold
- C. Because you might get lost
- D. Because you might need help in an emergency

7. Which of the following is a benefit of having strong oblique muscles?

- A. Decreased flexibility
- B. Poor posture
- C. Increased core stability
- D. Limited range of motion

8. Which activity would help improve sliding skills?

- A. Jumping jacks
- B. Running laps
- C. Ice skating
- D. Rock climbing

9. What should your shoulder blades be doing in a Crab Stand Balance?

- A. Squeezing together
- B. Wiggling up and down
- C. Dropping towards the floor
- D. Flying away from your back

10. What is the correct body posture for galloping?

- A. Bent over at the waist
- B. Upright with chest facing forward
- C. Arched back
- D. Arms folded across chest

11. What is the ideal body posture for beam balance?

- A. Stiff and rigid
- B. Slouching
- C. Straight and aligned
- D. Relaxed and loose

12. What can help improve the flexibility of muscles involved in twisting movements?

- A. Eating unhealthy foods
- B. Avoiding movement altogether
- C. Sitting for long periods
- D. Regular stretching exercises

13. Why is it important to keep the body in a straight line during front crawl swimming?

- A. To show off to others
- B. To prevent tipping over
- C. To reduce drag and resistance
- D. To do somersaults in the water

14. What does the arm action in front crawl help with?

- A. Kicking faster
- B. Breathing underwater
- C. Propelling the body forward
- D. Doing backstroke

15. What is the arm position during galloping with a partner?

- A. Holding the partner's hand
- B. Arms crossed in front of the chest
- C. Arms above the head
- D. Arms swinging freely

16. Which kick is commonly used in freestyle and backstroke swimming?

- A. Butterfly kick
- B. Flutter kick
- C. Breaststroke kick
- D. Sidestroke kick

17. What role does ankle flexibility play in executing punting in swimming?

- A. Excessive flexibility hinders kicking
- B. No impact on kick technique
- C. Enhanced flexibility aids propulsion
- D. Limited flexibility improves kicking

18. What is the best way to dodge a defender in a game of netball?

- A. Run towards the defender
- B. Jump over the defender
- C. Stand still and hope they miss
- D. Quickly change direction to avoid the defender

19. What is the best way to help someone who is drowning?

- A. Run for help
- B. Swim out to them and try to pull them to safety
- C. Jump on top of them
- D. Throw them a floatation device

20. What is the ideal foot position for V-balance in gymnastics?

- A. Swinging feet
- B. Bent knees
- C. Flexed toes
- D. Pointed toes

21. What is the role of your feet in a Crab Stand Balance?

- A. Tap feet together
- B. Lift feet off the ground
- C. Cross feet over
- D. Press firmly into the ground

22. Why is it important to engage the core muscles during twisting movements?

- A. To make the movement easier
- B. To reduce power generation
- C. To improve stability and control
- D. To cause imbalance and falls

23. What is the correct way to hold a tennis racket for striking the ball?

- A. Holding it by the strings
- B. Holding it upside down
- C. Holding it with both hands
- D. Holding it with one hand

24. What should you avoid doing in a Crab Stand to prevent falling over?

- A. Looking up at the sky
- B. Not using hands
- C. Bending your elbows
- D. Keeping feet together

25. How should the arms exit the water in front crawl swimming?

- A. Below water level
- B. Straight up
- C. Near hips
- D. Above head

26. What is an important factor to consider when kicking in swimming for propulsion?

- A. Coordination
- B. Speed
- C. Strength
- D. All of the above

27. ___ involves quick deceptive changes in direction to evade, chase or flee from an opponent.

- A. Dodging
- B. Skipping
- C. Sliding
- D. Galloping

28. What should you do if you accidentally fall into deep water and can't swim?

- A. Wait for someone to rescue you
- B. Hold your breath and try to dive
- C. Float on your back and calmly call for help
- D. Panic and thrash around

29. Which of the following factors is crucial for effective beam balance performance?

- A. Internal distractions like negative thoughts
- B. External distractions
- C. Avoiding challenges and risks
- D. Positive mindset and focus

30. What is the primary goal of mastering galloping as a skill?

- A. To move as fast as possible
- B. To avoid movement
- C. To move slowly
- D. To maintain balance and coordination

31. Which of the following is a key component of executing a successful twisting movement?

- A. Tensing up all muscles
- B. Rushing through the movement
- C. Maintaining control and balance
- D. Exaggerating the twist

32. What body part is primarily used in locomotor skills?

- A. Legs and feet
- B. Hands
- C. Head
- D. Chest

33. What should you do with your head position in Crab Stand Balance?

- A. Look up at the ceiling
- B. Tuck it between your arms
- C. Look straight ahead
- D. Tilt it to the side

34. At what age should children be able to master galloping?

- A. 5 years old
- B. 12 years old
- C. 15 years old
- D. 8 years old

35. Which stroke involves a dolphin kick and simultaneous arm movements while on your back?

- A. Freestyle
- B. Butterfly
- C. Backstroke
- D. Breaststroke

36. What is the main purpose of practicing a starfish float in swimming?

- A. To see how deep you can go
- B. To perform tricks
- C. To learn balance and buoyancy
- D. To relax in water

37. Which stroke involves kicking your legs like a dolphin and moving your arms in a butterfly motion?

- A. Butterfly
- B. Backstroke
- C. Freestyle
- D. Breaststroke

38. How should the fingertips enter the water during the arm action in front crawl?

- A. Pointed downwards
- B. Pointed upwards
- C. Curled into a fist
- D. Spread out wide

39. What should be happening with your hips in a Crab Stand Balance?

- A. Keep them level with your shoulders
- B. Sway them side to side
- C. Tilt them forward
- D. Raise them above your head

40. What is the best surface for skipping practice?

- A. Uneven and rocky terrain
- B. Smooth and flat ground
- C. Padded surface
- D. Slippery surface

41. What is the key benefit of mastering the sliding movement?

- A. Increased confidence
- B. Improved flexibility
- C. Better coordination
- D. Enhanced creativity

42. What should you wear while swimming to stay safe?

- A. A heavy winter jacket
- B. A baseball cap and sunglasses
- C. A life jacket or floatation device
- D. Long pants and shoes

43. Which stroke involves a flutter kick and alternating arm movements?

- A. Freestyle
- B. Backstroke
- C. Butterfly
- D. Breaststroke

44. What should you focus on when practicing punting in swimming?

- A. Daydreaming
- B. Improving technique
- C. Looking at other swimmers
- D. Keeping track of time

45. Which kick is known for its quick and powerful movement in swimming?

- A. Breaststroke kick
- B. Backstroke kick
- C. Butterfly kick
- D. Freestyle kick

46. How can you increase the power of your punting movement in swimming?

- A. Slowing down the kick
- B. Engaging core muscles
- C. Thrashing legs wildly
- D. Maintaining a relaxed body

47. What is the correct way to maintain proper balance on the beam in gymnastics?

- A. Focus on a fixed point ahead
- B. Close your eyes
- C. Look down at the beam
- D. Keep arms by your sides

48. Which kick involves a sideways movement of the legs, similar to a scissor motion?

- A. Butterfly kick
- B. Flutter kick
- C. Breaststroke kick
- D. Sidestroke kick

49. How should the fingers be positioned while pulling back in front crawl?

- A. Wide apart
- B. Tightly clenched
- C. Loosely closed
- D. Pointing upwards

50. What should your breathing be like during a star-fish float?

- A. Hold your breath
- B. Breathe quickly
- C. Hold your breath intermittently
- D. Breathe normally

