



Myfuture CBC Revision

Physical And Health Education -

Question Paper

1. Why is it important for the athlete to maintain a strong block in the take-off phase of the javelin throw?

- A. To avoid injuring the arm
- B. To transfer power from lower body
- C. To slow down the throw
- D. To increase arm speed

2. When should the arm enter the water during the stroke cycle in backstroke?

- A. Before kicking
- B. After kicking
- C. No specific timing
- D. At the same time as kicking

3. What is the benefit of performing the heels tap in stradle cross exercise regularly?

- A. Improve arm strength
- B. Increase flexibility
- C. Enhance breathing capacity
- D. Strengthen the back muscles

4. Why is it important for an infield player to stay focused during a battling game?

- A. To anticipate the opponent's moves
- B. To avoid helping teammates
- C. To show off skills
- D. To entertain spectators

5. Which of the following best describes the purpose of the heels tap in stradle cross exercise?

- A. To activate the glutes
- B. To improve posture
- C. To strengthen the core
- D. To stretch the hamstrings

6. How can mental focus impact long jump performance?

- A. Daydreaming leads to success
- B. Strong mental focus improves execution and results
- C. It has no impact
- D. Talking to friends during the jump helps

7. Which method of food preservation involves fermenting food in a brine solution?

- A. Canning
- B. Freezing
- C. Drying
- D. Pickling

8. What role does foot placement play in executing a successful push pass in soccer?

- A. No role
- B. It reduces power
- C. It makes the pass slower
- D. It affects accuracy and control

9. Why is it important to practice under-arm serves in volleyball?

- A. To avoid learning new techniques
- B. To show off skills
- C. To develop muscle memory
- D. To tire the players out

10. Which event requires athletes to run a designated distance with obstacles in the way?

- A. 200m dash
- B. 400m hurdles
- C. 800m run
- D. 100m sprint

11. How does the acceleration phase impact the take-off in sprinting events?

- A. Slows down the overall speed
- B. Sets up for a powerful take-off
- C. Reduces force generated in the jump
- D. Increases energy expenditure

12. Which player is responsible for receiving the opponent's attack and passing the ball to the setter?

- A. Libero
- B. Middle blocker
- C. Setter
- D. Outside hitter

13. What is the purpose of the 'trail leg' in the hurdling technique?

- A. To run faster than other competitors
- B. To maintain balance and stability
- C. To slow down over the hurdles
- D. To reach the finish line faster

14. What should be the position of the arms during a roll?

- A. Straight overhead
- B. Bent at the elbows
- C. Crossed over the chest
- D. Resting by the sides

15. What can animal sounds indicate while hiking in the wilderness?

- A. Ignore them
- B. Upcoming thunderstorm
- C. A music concert nearby
- D. The presence of wildlife

16. How can athletes benefit from practicing the Visual Barton Technique?

- A. Improving mental toughness
- B. Improving flexibility
- C. Enhancing hand-eye coordination
- D. Reducing muscle soreness

17. What food preservation method involves immersing food in a sugar solution?

- A. Pickling
- B. Drying
- C. Canning
- D. Freezing

18. What should a raider do if he sees an opportunity to score points in Kabaddi?

- A. Consult the coach
- B. Immediately enter the opponent's court
- C. Take a timeout
- D. Wait for defenders to make the move

19. What is the correct sequence of steps in the hurdles approach technique?

- A. Start, sprint, hurdle clearance, sprint finish
- B. Start, hurdle clearance, sprint, sprint finish
- C. Hurdle clearance, start, sprint, sprint finish
- D. Sprint, start, hurdle clearance, sprint finish

20. What is the correct technique for properly finishing a race?

- A. Stop abruptly
- B. Lean forward and run through the finish line
- C. Slow down before reaching the finish line
- D. Jump over the finish line

21. In the heels tap subtopic of straddle, which of the following is the correct starting position?

- A. Feet apart
- B. Feet together
- C. Hands on hips
- D. Knees bent

22. What should you do before purchasing a bat for a batting game?

- A. Ask a professional player for advice
- B. Choose the cheapest option available
- C. Pick a bat solely based on its color
- D. Try out different bats to find the right fit

23. What should be the focus of your gaze when approaching the finish line in a race?

- A. Looking up at the sky
- B. Staring directly at the finish line
- C. Glancing at your competitors
- D. Keeping your gaze straight ahead

24. Why is it important to use proper hurdling technique?

- A. To reduce the risk of injury and improve performance
- B. To tire out the other competitors
- C. To make the race more difficult
- D. To impress the spectators

25. What should you do if you drop the relay button during the race?

- A. Go back and get it
- B. Ask the officials for a new one
- C. Keep running without it
- D. Yell for someone to bring it to you

26. How should the outgoing runner hold their hand to receive the baton?

- A. In a fist
- B. With fingers extended
- C. Behind their back
- D. Avoid touching the baton

27. How should the incoming runner approach the outgoing runner for the baton exchange?

- A. Walk towards them
- B. Give the baton to a spectator instead
- C. Sprint towards the outgoing runner
- D. Look away while handing off the baton

28. Which of the following is NOT a key element in standing discus technique?

- A. Follow-through after release
- B. Gripping the discus firmly
- C. Throwing with full force
- D. Twisting the body

29. What is the key to a successful wall pass?

- A. Passing and moving with purpose
- B. Only passing to the team captain
- C. Taking shots from a long distance
- D. Having quick feet and fancy footwork

30. How can one progress to more advanced hand balance skills in gymnastics?

- A. By ignoring proper form
- B. By mastering basic skills first
- C. By rushing through movements
- D. By giving up easily

31. How should you breathe during a Heels Tap in stradle position?

- A. B. Inhale during the tap
- B. C. Exhale during the tap
- C. D. Irregular breathing pattern
- D. A. Hold your breath

32. Where should the volleyball net be placed in relation to the court boundary lines?

- A. 1 meter inside the boundary lines
- B. Touching the boundary lines
- C. Anywhere in the court
- D. In the middle of the court

33. How many players are on a cricket team?

- A. 5
- B. 11
- C. 9
- D. 7

34. Which stroke is often used to teach beginners before progressing to the Side Stroke?

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

35. Which quality is important for an infield player in a battling game?

- A. Long-distance running abilities
- B. Goalkeeping skills
- C. Strength
- D. Agility

36. Why is it important for the outgoing runner to hold their hand in a specific way to receive the baton?

- A. To ensure a smooth handoff
- B. To show off to the spectators
- C. To signal the end of the race
- D. To play a game of catch with the incoming runner

37. What is the correct body position in volleyball when using the swing technique for a spike?

- A. Back facing the net
- B. Front facing the net
- C. Side facing the net
- D. Hands above the head

38. Which preserving method involves heating food in syrup to preserve it?

- A. Pickling
- B. Canning
- C. Freezing
- D. Drying

39. What is a roll pass?

- A. A backwards pass from the very same place where the tag was removed
- B. An infraction
- C. A sideway pass from the very same place where the tag was removed
- D. A forwards pass from the very same place where the tag was removed

40. How many hits are allowed on each side of the court before the ball must go over the net?

- A. 1
- B. 3
- C. 2
- D. 4

41. Where does a raider wait before making a raid in Kabaddi?

- A. In the opponent's court
- B. On the sidelines
- C. At the center line
- D. Out of bounds

42. How should the head be positioned during the breast stroke arm pull phase?

- A. Lifted and looking forward
- B. Submerged
- C. Tucked towards chest
- D. Tilted to the side

43. Who is responsible for calling the team's strategy during a raid in Kabaddi?

- A. Referee
- B. Team Coach
- C. All-round player
- D. Team Captain

44. What advantage does an elongate start give a runner over other competitors?

- A. To follow other runners closely
- B. To avoid obstacles in the race
- C. To establish a strong position early on
- D. To tire out the competition

45. What method of food preservation involves storing food in airtight containers with oxygen absorbers?

- A. Canning
- B. Pickling
- C. Drying
- D. Freezing

46. How can you improve your coordination for better straddle jumps over a rope?

- A. Closing your eyes while jumping
- B. Not practicing regularly
- C. Listening to loud music while jumping
- D. Practicing movements slowly and deliberately

47. What is the final step in the under-arm serve technique?

- A. Swinging the arm back
- B. Following through with the swing
- C. Jumping in the air
- D. Stepping forward

48. What is the best throwing surface for standing discus for a 10-year-old Kenyan student?

- A. Grass field
- B. Concrete pavement
- C. Sand pit
- D. Rubber surface

49. How can you enhance your agility skills?

- A. Playing video games all day
- B. Sleeping for long hours
- C. Practicing quick drills and exercises
- D. Eating unhealthy junk food

50. What is the proper way to warm down after a standing discus session for a 10-year-old Kenyan student?

- A. Sit down immediately
- B. Stretch the arms and shoulders
- C. Start a new activity
- D. Drink cold water

