



Myfuture CBC Revision

Physical And Health Education -

Question Paper

1. What is the arm position at the beginning of the side stroke?

- A. Both arms extended forward
- B. Both arms overhead
- C. Both arms by the side
- D. One arm extended forward, one by the side

2. How many players are there on a volleyball team allowed on the court at a time?

- A. B. 5 players
- B. D. 7 players
- C. C. 6 players
- D. A. 4 players

3. What quality is important for an infield player to show towards their opponents?

- A. Respect
- B. Cheating
- C. Aggression
- D. Arrogance

4. How can defenders avoid committing fouls while tackling and blocking in handball?

- A. By using excessive force to intimidate opponents
- B. By practicing proper timing and controlled aggression
- C. By ignoring the referee's signals
- D. By engaging in unnecessary confrontations

5. Which part of the body is not allowed to touch the ball during a volley in volleyball?

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

6. What is the best way for attackers to communicate with their team during Kabaddi?

- A. Playing music on a radio
- B. Yelling at the top of their lungs
- C. Using telepathy
- D. Using hand signals and calls

7. What is the key skill required for a successful long jump?

- A. Throwing a ball
- B. Kicking a ball
- C. Running and jumping with proper technique
- D. Jumping high in the air

8. Which of the following is a common mistake to avoid while doing heels tap in straddle cross exercise?

- A. Relaxing core muscles
- B. Pointing toes downward
- C. Looking up
- D. Hunching shoulders

9. When should the kick leg be extended during the scissor technique?

- A. After landing on the mat
- B. At the peak of the jump
- C. Immediately after takeoff
- D. Just before clearing the bar

10. What should you do if you are the final runner in a relay race?

- A. Look back to see where the other teams are
- B. Slow down to conserve energy for the finish
- C. Sprint to the finish line as fast as possible
- D. Maintain a steady pace and finish strong

11. How many bases are there in a rounder field?

- A. 4
- B. 2
- C. 3
- D. 5

12. What is the purpose of a dressing in sports-related injuries?

- A. To keep the wound clean
- B. To provide support to the injured area
- C. To exert pressure on the wound
- D. To prevent swelling

13. Which activity focuses on explosive power and is commonly used by athletes for training?

- A. Jumping jacks
- B. Walking
- C. Cycling
- D. Sprinting

14. What should be done after clearing the fence in a fence vault?

- A. Stop immediately and celebrate
- B. Move forward smoothly to the next part of the routine
- C. Continue running to the next activity
- D. Turn around and go back over the fence

15. What is the importance of communication when passing and receiving in handball?

- A. To make the game boring
- B. To coordinate team movements
- C. To distract opponents
- D. To confuse your teammates

16. What is the purpose of the goal circle in handball?

- A. To signify the goal area
- B. To mark the center of the court
- C. To establish offside rules
- D. To signal a penalty

17. How many players are allowed on the defending team's court during a raid?

- A. 2
- B. 6
- C. 4
- D. 8

18. What does a broken spider web indicate during an outdoor activity?

- A. Presence of a snake
- B. Presence of an owl
- C. Presence of a spider
- D. Presence of a deer

19. Name one method of cooling down for non visual method

- A. Touching the toes
- B. Slow match
- C. Slow skips
- D. Arm rotation

20. Before exercising we should make

- A. rolling
- B. balancing
- C. cooling down
- D. warming up

21. What is the benefit of having good power in the body for daily activities?

- A. Feeling tired quickly
- B. Increased stamina
- C. Reduced energy levels
- D. Limited mobility

22. What is the role of the coach in preparing for a standing javelin throw competition?

- A. To set unrealistic goals
- B. To distract the athlete
- C. To provide guidance and feedback
- D. To throw the javelin for the athlete

23. What is the correct way to exit a partner balance safely?

- A. Slowly release the balance while maintaining control
- B. Collapse and fall to the ground
- C. Abruptly let go of your partner and step away
- D. Jump off your partner without warning

24. Which part of the body should the athlete use to generate power for the standing discus throw?

- A. Shoulders
- B. Arms
- C. Legs
- D. Head

25. How many consecutive steps can a player take while in possession of the ball in netball?

- A. 5
- B. 4
- C. 3
- D. 6

26. What should the passer focus on when performing a shoulder pass in netball?

- A. Their shoes
- B. The ball
- C. The crowd
- D. The referee

27. Which of the following is not an important thing to ensure when doing a dive forward squat?

- A. make sure the legs and shoulders are parallel
- B. keep the chin tucked to your chest for protection as you jump
- C. ensure feet are together
- D. ensure as are above the head

28. What is the purpose of sliding in baseball?

- A. To save energy
- B. To avoid a tag out
- C. To show off
- D. To slow down before reaching the base

29. How can athletes improve their balance when using the drop finish technique?

- A. Leaning to one side
- B. Engaging the core muscles
- C. Closing their eyes
- D. Practicing yoga

30. Coordination movement is characterized by the following except

- A. strength
- B. direction
- C. speed
- D. distance

31. Why is it important to practice the Dive Forward Roll Into Squat Stand under supervision?

- A. To compete with other gymnasts
- B. To show off skills to others
- C. To receive feedback and corrections
- D. To rush through the movements without guidance

32. During a relay race, two teammates have a disagreement over strategy. What should they do?

- A. Run in opposite directions
- B. Ask the coach to replace one of them
- C. Discuss the strategy together and come to a mutual decision
- D. Quit the race in the middle

33. How should a player breathe during a bent knee slide?

- A. Exhale while sliding
- B. Take shallow breaths
- C. Inhale while sliding
- D. Hold their breath

34. Which part of the body should be facing the bar while performing the scissor technique in high jump?

- A. Bottom
- B. Front
- C. Back
- D. Side

35. How should one approach practicing handwalk for the first time?

- A. D. Do it on a slippery surface
- B. A. Go fast
- C. C. Attempt it without warming up
- D. B. Take small steps

36. What is the term for a dribbling move where the player spins around to evade defenders?

- A. Spin move
- B. Whirl dribble
- C. Twist dribble
- D. 360 dribble

37. What should the athlete do with their lower body during the take-off phase?

- A. Collapse it downwards
- B. Swing it backwards
- C. Lift it as high as possible
- D. Drive it upwards and forwards

38. What should you do if you witness a conflict between others during a hiking trip?

- A. Instigate more conflict by spreading rumors
- B. Join in and take sides
- C. Walk away and ignore it
- D. Try to mediate and help them find a resolution

39. What should a player avoid doing when sliding into a base?

- A. Closing their eyes
- B. Sliding too early
- C. Leaping into the air
- D. Smiling and waving

40. What is the term used when a player illegally reaches over the net to block a ball?

- A. Carry
- B. Double hit
- C. Foot fault
- D. Net touch

41. What is the correct hand position during the pulling phase in backstroke?

- A. Fist closed
- B. Hand raised above water
- C. Hand loose and relaxed
- D. Hand tilted at an angle

42. How does the inverted breaststroke compare to other swimming strokes?

- A. It involves synchronized movements
- B. It produces the highest speed
- C. It requires less energy
- D. It focuses on diving skills

43. Why is it important to lean forward while running through the finish line in a truck event?

- A. To look taller in photos
- B. To cross the finish line faster
- C. To slow down
- D. To celebrate early

44. What is the role of momentum in performing a roll?

- A. To add confusion to the roll
- B. To make the roll more difficult
- C. To initiate and maintain the movement
- D. To slow down the roll

45. What is the correct technique to perform heels tap in straddle cross exercise?

- A. Keep your legs straight
- B. Tap your toes
- C. Bend your knees
- D. Tap your heels together

46. What is the first thing you should do if you suspect a bone fracture?

- A. Massage the area
- B. Continue with the activity
- C. Splint the injured area
- D. Apply ice immediately

47. What is the distance between bases in softball?

- A. 20 yards
- B. 10 meters
- C. 50 feet
- D. 90 feet

48. What is the purpose of the backstop in a softball field?

- A. To keep the ball from rolling away
- B. To prevent home runs
- C. To protect spectators and officials
- D. To provide shade for players

49. What is the ideal contact point for hitting the ball during an over arm serve?

- A. Below the waist
- B. At shoulder level
- C. At the chest level
- D. Above the head

50. What is the appropriate distance for a successful shoulder pass in netball?

- A. Behind the head
- B. As far away as possible
- C. Close to the chest
- D. Slightly away from the body

