



Myfuture CBC Revision

CREATIVE ARTS AND SPORTS -

Question Paper

1. How can rhythm be utilized in creating an impactful visual art piece?

- A. Using contrasting colors
- B. Mixing different art styles
- C. Drawing outlining sketches
- D. Selecting the art gallery

2. Which of the following is a common instrument used in Kenyan folk songs?

- A. Saxophone
- B. Guitar
- C. Violin
- D. Nyatiti

3. Which element of music refers to the organization of sounds and silences within a specific time frame?

- A. Rhythm
- B. Timbre
- C. Pitch
- D. Duration

4. Which of the following is a common theme in Kenyan folk songs related to nature?

- A. City life
- B. Industrialization
- C. Wildlife conservation
- D. Space exploration

5. What is the term for when a player intentionally touches the ball with their hand?

- A. Offside
- B. Foul
- C. Handball
- D. Yellow card

6. Which of the following is an example of a sprinting event?

- A. Relay Race
- B. Walking Race
- C. Marathon
- D. High Jump

7. What is the traditional musical instrument commonly used in Kenyan folk songs?

- A. Drums
- B. Guitar
- C. Nyatiti
- D. Piano

8. Why is proper warm-up crucial before engaging in athletics?

- A. To prepare the body for exercise
- B. To increase the risk of injuries
- C. To skip the main activity
- D. To reduce flexibility

9. What language are Kenyan folk songs typically sung in?

- A. French
- B. Swahili
- C. Spanish
- D. English

10. Which of the following is an example of a sport?

- A. Playing chess
- B. Drawing a picture
- C. Swimming
- D. Reading a book

11. Which of the following is a popular sport in Kenya?

- A. Archery
- B. Table tennis
- C. Ice hockey
- D. Rugby

12. What role does analysis play in dance performances?

- A. To belittle the dancers
- B. To distract the audience
- C. To understand the choreography and emotions conveyed
- D. To discourage dancers

13. Which body part is NOT allowed to touch the ball in handball?

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

14. How does analyzing the composition and structure of a music piece impact music appreciation?

- A. By discouraging diverse music genres
- B. By ignoring the instrumental arrangements
- C. By appreciating the complexity and harmony of the composition
- D. By dismissing the efforts of the musicians

15. Which of the following is the opposite of consonance in a melody?

- A. Texture
- B. Repetition
- C. Harmony
- D. Dissonance

16. What is the correct posture for proper running technique?

- A. Staying upright
- B. Closing eyes
- C. Slouching
- D. Leaning backward

17. What is the primary objective of sports competitions?

- A. Making friends
- B. Winning fairly
- C. Having fun
- D. Destroying opponents

18. What is the maximum number of steps a player can take while holding the ball in handball?

- A. 5 steps
- B. 7 steps
- C. Unlimited
- D. 3 steps

19. How does rhythm affect the pace of a storytelling session in a drama club?

- A. Choosing the audience seats
- B. Adding sound effects
- C. Maintaining a storytelling rhythm
- D. Deciding the story plot

20. What is the significance of hand-clapping in Kenyan folk songs?

- A. Indicates the end of the song
- B. Provides melody
- C. Unnecessary distraction
- D. Enhances rhythm

21. What impact does rhythm have on physical exercises such as aerobics?

- A. Creating a tempo for movements
- B. Choosing the workout outfit
- C. Setting the exercise duration
- D. Ensuring proper hydration

22. What are the benefits of engaging in creative arts and sports?

- A. Boredom
- B. Physical fitness
- C. Lack of skills
- D. Isolation

23. What is the role of rhythm in writing a play script?

- A. Drawing the characters
- B. Selecting the stage props
- C. Deciding the genre
- D. Structuring the dialogues

24. Which of the following is essential in composing a melody to ensure it is memorable and appealing?

- A. Counterpoint
- B. Repetition
- C. Dissonance
- D. Syncopation

25. What is the objective of a goalkeeper in football?

- A. Take throw-ins
- B. Wear the captain's armband
- C. Defend the goal
- D. Score goals

26. Which of the following involves the simultaneous sounding of two or more notes in a melody to create a richer sound?

- A. Melody
- B. Polyphony
- C. Texture
- D. Monophony

27. Which of the following is not part of creative arts and sports?

- A. Rugby
- B. Biology
- C. Acting
- D. Poetry

28. Which term refers to the relative highness or lowness of a sound?

- A. Timbre
- B. Melody
- C. Tempo
- D. Pitch

29. Why is it important to analyze the techniques used in sports?

- A. To downplay the efforts of athletes
- B. To appreciate the skill and hard work put in
- C. To focus solely on results
- D. To discourage teamwork

30. Which instrument is commonly used in traditional Kenyan music?

- A. Saxophone
- B. Harmonica
- C. Bagpipes
- D. Nyatiti

31. In what way does rhythm influence the timing of movements in ballet performances?

- A. Practicing dance routines
- B. Choosing the ballet shoe color
- C. Listening to classical music
- D. Selecting the dance academy

32. Which instrument is commonly used in reggae music?

- A. Steel Pans
- B. Bass Guitar
- C. Oboe
- D. Bagpipes

33. Which player is responsible for taking throw-ins on the football field?

- A. Goalkeeper
- B. Forward
- C. Midfielder
- D. Defender

34. Which of the following is a proper warm-up exercise before sprinting?

- A. Doing jumping jacks
- B. Playing video games
- C. Eating ice cream
- D. Reading a book

35. What is a common theme found in Kenyan folk songs?

- A. Time travel
- B. Robots
- C. Love and relationships
- D. Spaceships

36. In what way does analyzing dance routines contribute to a deeper understanding of the art form?

- A. By disregarding the efforts of the dancers
- B. By understanding the choreography and cultural influences
- C. By criticizing the dancers
- D. By limiting exposure to different styles

37. What is the importance of teamwork in sports?

- A. Working together towards a common goal
- B. Blaming others for mistakes
- C. Competing against each other
- D. Arguing with teammates

38. In what year was handball first included in the Olympic Games?

- A. 1900
- B. 1936
- C. 1896
- D. 1972

39. Which of the following is a component of creative arts and sports?

- A. Fashion Design
- B. Wrestling
- C. Statistics
- D. Chemistry

40. What is the maximum number of players allowed on the court for each team in handball?

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

41. What role do traditional costumes play in Kenyan folk song performances?

- A. Supplementary role
- B. No role
- C. Minimal role
- D. Major role

42. Why is it essential for athletes to listen to their bodies?

- A. To ignore signals
- B. To overtrain
- C. To avoid injuries
- D. To push through pain

43. Why is it important to listen to different types of melodies when composing your own?

- A. To use them without giving credit
- B. To understand what works well and what doesn't
- C. To make them more complicated
- D. To copy them exactly

44. Which of the following is an important element of storytelling?

- A. Dancing
- B. Drawing
- C. Singing
- D. Imagination

45. When can a player score a goal in handball?

- A. Anytime
- B. Only from within the penalty area
- C. Only during the last 5 minutes
- D. Only after passing to a teammate

46. Why is it important to analyze the theme and message in a piece of artwork?

- A. To appreciate the creativity and depth of the art
- B. To dismiss the emotions conveyed
- C. To discourage art appreciation
- D. To misinterpret the artist's intentions

47. Which term refers to the grouping of notes in a melody based on their importance or stress?

- A. Form
- B. Structure
- C. Texture
- D. Phrasing

48. Which of the following is a component of creative arts and sports?

- A. Mathematics
- B. Physics
- C. Music
- D. History

49. What is the main purpose of creative arts and sports?

- A. To showcase talents
- B. To waste time
- C. To cause trouble
- D. To make people sad

50. How does mental imagery benefit athletes in sports?

- A. Increases fear
- B. Causes anxiety
- C. Reduces focus
- D. Improves confidence

