



# Myfuture CBC Revision

## CREATIVE ARTS AND SPORTS -

### Question Paper

1. Which sport is Kenya known for its dominance in long-distance running?

- A. Rugby
- B. Athletics
- C. Swimming
- D. Football

2. Which of the following is NOT an element of a melody?

- A. Rhythm
- B. Harmony
- C. Texture
- D. Pitch

3. What does it mean to be a good sportsperson?

- A. Arguing with opponents
- B. Complaining about failures
- C. Accepting both wins and losses gracefully
- D. Boasting about victories

4. What is the term for when a player strikes the ball with their foot towards the goal?

- A. Tackle
- B. Shot
- C. Pass
- D. Header

5. How does analyzing music enhance appreciation for the art form?

- A. By ignoring the emotions in the music
- B. By dismissing the efforts of musicians
- C. By criticizing the genre
- D. By understanding the composition and musical elements

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

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

7. What role does analysis play in learning new sports techniques?

- A. To discourage experimentation in sports
- B. To hinder skill development
- C. To understand effective methods and improve performance
- D. To dismiss the importance of coaching

8. What is the most important equipment needed for track and field events?

- A. Swimming Goggles
- B. Football
- C. Guitar
- D. Running Shoes

9. What is the term for when a player stops the ball with their chest?

- A. Body block
- B. Shoulder save
- C. Chest trap
- D. Handball

10. What role does community participation play in Kenyan folk song performances?

- A. Moderate
- B. Minimal
- C. Major
- D. None

11. What role does rhythm play in dance choreography?

- A. Setting up lights
- B. Determining the timing of movements
- C. Designing the stage
- D. Deciding the costumes

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

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

13. What is the primary objective of practicing athletics?

- A. To enhance cooking skills
- B. To showcase artistic talents
- C. To improve overall physical fitness
- D. To become a better dancer

14. What is the importance of mental strength in athletics?

- A. To avoid competition
- B. To fear challenges
- C. To give up easily
- D. To build resilience

15. What is the horizontal aspect of a melody that refers to the sequence of musical tones?

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

16. Which instrument is commonly used in rock music?

- A. Electric Guitar
- B. Clarinet
- C. Violin
- D. Piano

17. What term refers to the use of two or more melodies that are combined to create a single music piece in a melody?

- A. Polyphony
- B. Texture
- C. Counterpoint
- D. Harmony

18. Why is it important to analyze the rhythm and movements in a dance performance?

- A. To mimic the dancers' movements
- B. To understand the artistic expression and technical skills
- C. To discourage exploration of dance styles
- D. To overlook the creativity of the choreography

19. Which term describes the steady, underlying pulse in music that helps to organize the rhythm?

- A. Rhythm
- B. Beat
- C. Harmony
- D. Tempo

20. Which of the following is crucial for creating a compelling story?

- A. Predictable storyline
- B. Conflict and resolution
- C. One-dimensional characters
- D. Minimal dialogue

21. Which of the following is a traditional Kenyan folk dance?

- A. Isikuti
- B. Line dance
- C. Cha-cha
- D. Macarena

22. What impact does analysis have on the overall experience of attending a live sports event?

- A. It disrespects the athletes
- B. It enhances enjoyment by understanding the tactics and skills
- C. It has no effect
- D. It distracts from the game

23. What type of ball is used in handball?

- A. Handball
- B. Basketball
- C. Soccer ball
- D. Cricket ball

24. In what way does analyzing dance movements contribute to understanding the art form?

- A. By discouraging diverse dance styles
- B. By criticizing the dancers
- C. By disregarding the creativity of the choreography
- D. By understanding the technical skill and expression

25. Which skill is essential for success in handball?

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

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

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

27. Which instrument is known for its importance in classical Western music?

- A. Trumpet
- B. Djembe
- C. Harpsichord
- D. Drums

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

- A. Medical science and surgery
- B. Physical exercise and dieting
- C. Accounting and finance
- D. Dancing and photography

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

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

30. Which instrument is commonly used in Western solo violin performances?

- A. Ukulele
- B. Dulcimer
- C. Violin
- D. French Horn

31. How can rhythm be incorporated into a painting?

- A. Using bright colors
- B. Framing the artwork
- C. Adding musical notes
- D. Brushing different textures

32. Which of the following is the correct definition of melody?

- A. A series of random notes
- B. A sequence of musical notes that are pleasing to the ear
- C. A combination of unrelated sounds
- D. A single, loud sound

33. What term refers to the combining of two or more melodies that are played or sung simultaneously?

- A. Texture
- B. Counterpoint
- C. Harmony
- D. Form

34. How does mental imagery benefit athletes in sports?

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

35. How can the use of flashbacks enhance the storytelling experience?

- A. To skip important plot points
- B. To confuse the audience with non-linear narration
- C. To provide insight into character backgrounds and motivations
- D. To disrupt the flow of the story

36. Why is it essential for athletes to have a balanced diet?

- A. To decrease motivation
- B. To weaken immune system
- C. To limit energy levels
- D. To support overall health

37. What is the importance of teamwork in sports?

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

38. Which of the following is a component of sports?

- A. Soccer
- B. Literature
- C. Geography
- D. Chemistry

39. What role does rhythm play in ice skating performances?

- A. Choosing the ice rink size
- B. Picking the outfit design
- C. Practicing spins and jumps
- D. Selecting the competition music

40. What does creative arts include?

- A. Cooking
- B. Music
- C. Mathematics
- D. Soccer

41. Which instrument is known for its beautiful sound in Western solo instruments?

- A. Flute
- B. Saxophone
- C. Guitar
- D. Drums

42. Which instrument is commonly used in Mariachi music?

- A. Maracas
- B. Koto
- C. Trumpet
- D. Timpani

43. What is an important aspect to consider when composing a melody?

- A. Use only one instrument
- B. Play as many notes as possible
- C. Create a sense of harmony and coherence
- D. Make the melody difficult to remember

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

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

45. What is the significance of analysis in creative arts and sports?

- A. It helps in understanding techniques and strategies
- B. It confuses the artists and athletes
- C. It is irrelevant
- D. It hinders creativity

46. Which player is known as 'The King of Football'?

- A. Diego Maradona
- B. Cristiano Ronaldo
- C. Pelé
- D. Lionel Messi

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

- A. Athletics and soccer
- B. Ballet and theatre
- C. Psychology and sociology
- D. Physics and engineering

48. What is the name of the tournament where teams from different countries compete?

- A. Friendly match
- B. Cup competition
- C. International competition
- D. League match

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

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

50. Which player typically plays a defensive role in front of the goalkeeper?

- A. Defender
- B. Striker
- C. Winger
- D. Midfielder

