



Myfuture CBC Revision

CREATIVE ARTS AND SPORTS -

Question Paper

1. How does analyzing the techniques in a painting contribute to art appreciation?

- A. By devaluing the skills of the artist
- B. By ignoring the details in the artwork
- C. By enhancing understanding of artistic methods and styles
- D. By discouraging exploration of different genres

2. What helps in connecting the audience to the characters in a story?

- A. Unrealistic reactions
- B. Ambiguous motivations
- C. Static character arcs
- D. Empathy and relatability

3. Which of the following is a common type of athletic event?

- A. Running race
- B. Baking competition
- C. Singing competition
- D. Chess tournament

4. What is a useful way to revise your own verse before performing or submitting it?

- A. Show it to no one and assume it is perfect
- B. Only change words that rhyme and never read it aloud
- C. Erase the whole poem and write a new one without planning
- D. Read it aloud, check rhythm and word choice, then edit for clarity and impact

5. What role do teamwork and cooperation play in athletic endeavors?

- A. Enhance performance
- B. Create more conflicts
- C. Waste time
- D. Reduce productivity

6. What is an example of a creative arts activity that involves improvisation, collaboration, and expression?

- A. Neurology
- B. Cartography
- C. Oceanography
- D. Theater

7. What do long jumpers use at take-off to help prevent a foul?

- A. A starting block
- B. The take-off board
- C. A sandbag
- D. A metal spike

8. How can you include Kenyan themes respectfully in your verse?

- A. Use stereotypes and exaggerated ideas for quick effect
- B. Avoid any local references and only use foreign settings
- C. Copy someone else's traditional poem exactly without permission
- D. Use local imagery, cultural practices and languages with respect and, where needed,

9. Which aspect of rhythm is crucial in a gymnastics routine?

- A. Counting seconds for each move
- B. Practicing flexibility exercises
- C. Choosing the floor music
- D. Selecting the competition outfit

10. Why is it important to analyze the emotions conveyed through a piece of artwork?

- A. To discourage discussion about art
- B. To appreciate the depth and impact of the art
- C. To dismiss the artists' efforts
- D. To devalue artistic expression

11. How can you make your melody stand out and be memorable?

- A. By making it as boring and repetitive as possible
- B. By using only low notes
- C. By playing it at a constant volume
- D. By adding unexpected twists or variations

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

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

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

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

14. What does rhythm refer to in verse?

- A. The pattern of stressed and unstressed syllables in lines
- B. The number of poems an author writes each year
- C. The colour of the paper used to write the poem
- D. The length of the title of the poem

15. What is an example of a team sport in sports?

- A. Golf
- B. Volleyball
- C. Chess
- D. Swimming

16. Which of the following is NOT an element of creative arts?

- A. Imagination
- B. Sportsmanship
- C. Choreography
- D. Expression

17. Which country has won the most FIFA World Cup titles?

- A. Argentina
- B. Spain
- C. Germany
- D. Brazil

18. Which term refers to the arrangement of notes in a melody to create a pleasing sound?

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

19. Which is a good practice when reciting verse to an audience?

- A. Project your voice clearly and speak with good articulation
- B. Turn your back to the audience to show shyness
- C. Speak as quietly as possible so only you can hear
- D. Read the poem without changing tone or pace

20. What traditional Kenyan feast is often celebrated through folk songs?

- A. Thanksgiving
- B. Independence Day
- C. Christmas
- D. Harvest festival

21. Which of the following is NOT a component of creative arts and sports?

- A. Swimming
- B. Drawing
- C. Geography
- D. Basketball

22. What is the correct breathing technique while running?

- A. Panting
- B. Shallow breathing
- C. Holding breath
- D. Deep breathing

23. What is an essential element of storytelling in creative arts and sports?

- A. Detailed descriptions
- B. Engaging plot development
- C. Lack of conflict
- D. Limited character development

24. What is an example of a creative arts activity that emphasizes precision and technique?

- A. Cycling
- B. Psychology
- C. Pottery
- D. Meteorology

25. What is the significance of a well-developed conclusion in a story?

- A. To provide closure and emotional impact
- B. To confuse the audience with ambiguous endings
- C. To leave the audience unsatisfied and disappointed
- D. To introduce new conflicts and unresolved issues

26. Which term refers to the tone quality or color of a sound in a melody?

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

27. What element of music refers to the pattern of regular and irregular pulses that create the rhythm?

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

28. Which starter command is given immediately before the gun is fired in sprint races?

- A. Run
- B. Ready
- C. Go
- D. Set

29. Which instrument is not typically used in Western solo performances?

- A. Tuba
- B. Glockenspiel
- C. Clarinet
- D. Baglama

30. How many players are there in a football team?

- A. 11
- B. 6
- C. 8
- D. 10

31. Which instrument is commonly used for solo performances in Western jazz music?

- A. Saxophone
- B. Accordion
- C. Sitar
- D. Kora

32. Which instrument is commonly used in Mariachi music?

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

33. What is the correct way to breathe when doing the freestyle (front crawl) for longer swims?

- A. Lift your head fully out of the water each stroke
- B. Hold your breath until you finish the lap
- C. Turn your head to the side to take a quick breath
- D. Breathe only through your nose while face-down

34. What is the significance of introducing children to creative arts and sports at a young age?

- A. To foster creativity, empathy, teamwork, self-discipline, and social skills
- B. To limit their imagination and creativity
- C. To promote physical inactivity and sedentary lifestyle
- D. There is no significance

35. What is the key to unlocking one's full potential in creative arts and sports?

- A. Avoiding challenges and risks
- B. Having a growth mindset and being willing to learn and grow
- C. Setting low expectations and goals
- D. Being close-minded and resistant to change

36. Which instrument is commonly used in symphony orchestras?

- A. Trombone
- B. Hurdy Gurdy
- C. Ukulele
- D. French Horn

37. What is a refrain in a poem or song?

- A. A short instrument solo between verses
- B. A stanza that never rhymes
- C. A poem written only for celebrations
- D. A line or group of lines that is repeated at intervals

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

- A. Physics
- B. Farming
- C. Poetry
- D. Basketball

39. What is the main aim of creative arts?

- A. Winning trophies
- B. Earning money
- C. Expressing emotions and ideas
- D. Building houses

40. What is personification?

- A. A poem written only for children
- B. Giving human qualities to non-human things
- C. Comparing two things using 'like' or 'as'
- D. The rhythm pattern in a song

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

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

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

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

43. Which body position reduces drag and helps you swim faster?

- A. A curled, tucked position
- B. A horizontal, streamlined body position
- C. A head-high sitting position
- D. An upright, vertical position

44. What role does analysis play in the appreciation of artistic performances?

- A. To limit creativity
- B. To discourage artistic expression
- C. To deepen understanding and connection with the art
- D. To ignore the efforts of the artists

45. Which of the following is not a component of creative arts and sports?

- A. Engineering
- B. Volleyball
- C. Acting
- D. Painting

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

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

47. Which word is an example of onomatopoeia?

- A. Beautiful
- B. Buzz
- C. Quiet
- D. Happy

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

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

49. Which of the following is NOT a component of creative arts and sports?

- A. Theater
- B. Geography
- C. Visual Arts
- D. Dance

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

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

