Myfuture CBC Revision

CREATIVE ARTS AND SPORTS -

Question Paper

1. In group dance or marching, what do we call the arrangement of performers that creates shapes or patterns?

A. Articulation

B. Warm-up

C. Harmony

D. Formation

2. 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. Use local imagery, cultural practices and languages with respect and, where needed,
D. Copy someone else's traditional poem exactly without permission

3. Which instrument is commonly used in flamenco music?

A. Dulcimer

B. Bagpipes

C. Accordion

D. Castanets

4. What is the term for the overall organization of a melody's elements to create a coherent whole?

A. Harmony

B. Structure

C. Timbre

D. Form

5. What is an example of a sport that requires rhythm, coordination, and creativity?

A. Diving

B. Geology

C. Culinary Arts

D. Wrestling

6. How can rhythm be incorporated into a painting?

A. Brushing different textures

B. Framing the artwork

C. Using bright colors

D. Adding musical notes

7. Which player holds the record for the most goals scored in a FIFA World Cup tournament?

A. Pelé

B. Mario Kempes

C. Ronaldo

D. Miroslav Klose

8. Which of the following is a form of creative art?

A. Playing basketball

B. Throwing a javelin

C. Painting a picture

D. Running a marathon

9. What is the usual way to start a pool race for freestyle, butterfly and breaststroke from the starting block?

A. Jump straight up on the block and then jump

B. Walk slowly into the pool

C. Start in a seated position in the pool

D. Dive forward from the starting block

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

A. Glockenspiel

B. Clarinet

C. Baglama

D. Tuba

11. Which of the following is true about analyzing paintings and artworks?

A. It is not necessary

B. It has no impact on appreciation

C. It improves understanding of artistic techniques

D. It devalues the artists' efforts

12. What is the impact of an unexpected twist in a story?

A. Predictability and monotony

B. Shock and intrigue

C. Boredom and disinterest

D. Confusion and frustration

13. Which term refers to the sustained resonance of a sound in a melody?

A. Timbre

B. Texture

C. Sustain

D. Harmony

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

A. To understand the artistic expression and technical skills

B. To mimic the dancers' movements

C. To discourage exploration of dance styles

D. To overlook the creativity of the choreography

15. What is the main purpose of a warm-up before athletics training or competition?

A. To increase body temperature and reduce risk of injury

B. To tire muscles quickly

C. To cool down the body

D. To eat a large meal

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

A. Tempo

B. Timbre

C. Pitch

D. Melody

17. Which instrument is known for its melodic solos in Western music?

A. Piccolo

B. Clarinet

C. Cymbals

D. Tambourine

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

A. Dance

B. Music

C. Drawing

D. Mathematics

19. What is the importance of cool down exercises after a race?

A. To reduce muscle soreness

B. To induce cramps

C. To skip hydration

D. To increase heart rate

20. Why is it important for athletes to stay hydrated during training and competitions?

A. To regulate body temperature

B. To avoid winning

C. To increase cramps

D. To decrease energy levels

21. What is alliteration?

A. A poem with no rhythm

B. The repetition of vowel sounds in nearby words

C. The repetition of initial consonant sounds in nearby words

D. Giving human characteristics to objects

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

A. By dismissing the efforts of musicians

B. By criticizing the genre

C. By ignoring the emotions in the music

D. By understanding the composition and musical elements

23. What is the correct action from a defender who receives a pass when marked tightly?

A. Hold the ball for a long time to wait for help

B. Run across the court while holding the ball

C. Throw the ball to the ground

D. Pivot to create space and pass quickly

24. Which instrument is often featured in Western solo piano music compositions?

A. Bongo

B. Trombone

C. Marimba

D. Harp

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

A. It is irrelevant

B. It helps in understanding techniques and strategies

C. It hinders creativity

D. It confuses the artists and athletes

26. How many players are on a handball team?

A. 3

B. 11

C. 7

D. 5

27. What does the term 'meter' refer to in poetry?

A. The pattern of stressed and unstressed syllables in lines

B. The time taken to write a poem

C. The number of letters in a poem

D. How loudly the poem is read

28. How does rhythm contribute to the synchronization of movements in a synchronized swimming routine?

A. Practicing underwater choreography

B. Timing flips and spins

C. Choosing the competition theme

D. Selecting the swim cap design

29. Which instrument is commonly used in Indian classical music?

A. Bagpipes

B. Trombone

C. Tuba

D. Sitar

30. Which term refers to the momentary highness or lowness of a sound?

A. Beat

B. Harmony

C. Tempo

D. Pitch

31. Which body part should you primarily use to control the ball in football?

A. Head

B. Foot

C. Hand

D. Shoulder

32. If the ball goes out of court from a player's touch, who takes the throw-in?

A. The referee awards a penalty shot

B. The umpire restarts play with a centre pass

C. The team whose player threw it out

D. The opponents of the player who last touched the ball

33. What is a verse in poetry?

A. A paragraph in a story

B. A type of musical instrument

C. A heading at the top of a page

D. A single line of a poem

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

A. Harmony

B. Texture

C. Repetition

D. Dissonance

35. What is the primary objective of a goalkeeper in a football match?

A. Score goals

B. Be the captain

C. Be the referee

D. Defend the goal

36. How does proper hydration impact athletic performance?

A. Reduces energy levels

B. Improves stamina

C. Causes fatigue

D. Causes dehydration

37. How many lengths of a 50-metre pool make 100 metres?

A. One length

B. Ten lengths

C. Four lengths

D. Two lengths

38. What can conflict add to a story in creative arts and sports?

A. Resolution and closure

B. Predictability and monotony

C. Boredom and disinterest

D. Tension and suspense

39. What is a quatrain?

A. A stanza with four lines

B. A musical rhythm used in songs

C. A type of rhyme scheme that never repeats

D. A line with seven syllables

40. Which of the following is an essential component of sports?

A. Music

B. Psychology

C. Cooking

D. Teamwork

41. What role do generational differences play in Kenyan folk song performances?

A. Negative factor

B. Uniting factor

C. Irrelevant factor

D. Dividing factor

42. What is the role of a coach in an athlete's development?

A. To ignore progress

B. To discourage improvement

C. To provide guidance

D. To limit growth

43. What does a false start mean in track sprint races?

A. Dropping the baton

B. Finishing before others

C. Starting the race before the starting gun

D. Changing lanes during the race

44. What is the term for a one-on-one situation between a striker and the goalkeeper in football?

A. Faceoff

B. Tackle

C. Dribble

D. Showdown

45. Which of these best describes a 'held ball' infringement?

A. When a player holds the ball for longer than the allowed time without making an attempt to
B. When a player scores a goal

C. When a player stands too close to the umpire

D. When a player makes a perfect pass within 3 seconds

46. Which component of visual art describes the surface feel or the illusion of feel in a drawing or painting?

A. Rules

B. Texture

C. Tempo

D. Skills

47. Which player holds the record for the most goals scored in a single calendar year?

A. Pelé

B. Gerd Müller

C. Lionel Messi

D. Cristiano Ronaldo

48. What impact does analyzing sports performances have on the athletes?

A. It discourages improvement

B. It undermines their confidence

C. It acknowledges their hard work and talent

D. It has no effect on them

49. Which of the following is an important aspect of creative arts and sports?

A. Avoiding challenges and risks

B. Being disciplined and dedicated

C. Showing off and being arrogant

D. Being lazy and inactive

50. How long is a player allowed to hold the ball before passing or shooting?

A. 3 seconds

B. 1 second

C. 10 seconds

D. 6 seconds