



# Myfuture CBC Revision

## CREATIVE ARTS AND SPORTS -

### Question Paper

1. What is the primary language used in Kenyan folk songs?

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

2. What is the role of rest in athletic training?

- A. To increase fatigue
- B. To slow down progress
- C. To decrease motivation
- D. To promote recovery

3. How can a singer create a melody in their vocal performance?

- A. Singing without proper breath control
- B. Singing off-key and out of tune
- C. Using dynamics and phrasing to convey emotions
- D. Adding unnecessary vocal runs and embellishments

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

- A. Throwing a javelin
- B. Painting a picture
- C. Running a marathon
- D. Playing basketball

5. What is the primary purpose of Kenyan folk songs?

- A. Education only
- B. Entertainment only
- C. Political propaganda
- D. Preservation of culture and heritage

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

- A. Fashion design
- B. Farming
- C. Basketball
- D. Cooking

7. Why is it important to explore various creative arts and sports activities?

- A. To discover new talents and interests
- B. To copy what others are doing
- C. To avoid challenges and risks
- D. To limit oneself to one activity and never try new things

8. Which of the following is a key aspect of maintaining rhythm in group sports like basketball?

- A. Passing accuracy
- B. Flexibility
- C. Dribbling skills
- D. Teamwork

9. Which instrument is commonly used in marching bands?

- A. Clarinet
- B. Sitar
- C. Snare Drum
- D. Accordion

10. Who is responsible for enforcing the rules of the game in football?

- A. Captain
- B. Referee
- C. Player
- D. Coach

11. What is the impact of resilience in facing challenges in athletics and mosaic creation?

- A. Resilience helps in overcoming obstacles
- B. Avoiding challenges leads to growth
- C. Giving up easily fosters perseverance
- D. Struggling alone ensures quick success

12. What is the role of rhythm in playing team sports like football?

- A. Setting the match schedule
- B. Syncing passes and movements
- C. Organizing team celebrations
- D. Choosing the referee for the game

13. What is the benefit of cross-training for athletes?

- A. To limit skills
- B. To improve overall fitness
- C. To discourage athletes
- D. To reduce versatility

14. What is the primary goal of a gymnastics routine?

- A. Balance
- B. Flexibility
- C. Strength
- D. Speed

15. Which of the following is crucial for creating a melody in a poetry recitation?

- A. Speaking monotone without any variation
- B. Emphasizing key words and phrases
- C. Rushing through the verses quickly
- D. Ignoring punctuation and pauses

16. Which Kenyan indigenous game involves players hopping on one foot through a series of squares drawn on the ground?

- A. Hula Hoop
- B. Hopscotch
- C. Twister
- D. Chapta

17. What is the term used for an illegal play in handball?

- A. Foul
- B. Violation
- C. Infraction
- D. Misconduct

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

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

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

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

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

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

21. How can one balance creative arts and sports with other responsibilities?

- A. By neglecting other responsibilities for creative arts and sports
- B. By giving up on creative arts and sports when faced with responsibilities
- C. By prioritizing creative arts and sports over everything else
- D. By managing time effectively and setting clear goals and priorities

22. Which of the following is NOT a component of composing rhythm in music?

- A. Tempo
- B. Duration
- C. Volume
- D. Beat

23. Who is considered the father of Kenyan literature?

- A. Chimamanda Ngozi Adichie
- B. Ngugi wa Thiong'o
- C. Chinua Achebe
- D. Wole Soyinka

24. Where did rugby originate?

- A. England
- B. Australia
- C. France
- D. South Africa

25. How can a musician create a melody in a live performance?

- A. Singing off-key without practice
- B. Playing instruments out of tune
- C. Ignoring the tempo and rhythm
- D. Adding improvisation and musical phrasing

26. Which element of rhythm is vital in creating a synchronization routine for a swimming team?

- A. Practicing diving techniques
- B. Breathing in a coordinated rhythm
- C. Choosing the team captain
- D. Selecting the swimming pool lanes

27. Which position is known for scoring the most goals in handball?

- A. Goalkeeper
- B. Pivot
- C. Striker
- D. Defender

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

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

29. Which of the following activities can be considered a form of creative expression?

- A. Botany
- B. Skiing
- C. Cooking
- D. Sculpting

30. In which sport do athletes use a javelin to throw for distance?

- A. Javelin throw
- B. Discus throw
- C. Hammer throw
- D. Shot put

31. Which of the following is crucial in creating a melody in a gymnastics routine?

- A. Incorporating fluidity and grace in movements
- B. Ignoring the rhythm of the routine
- C. Performing skills with poor technique
- D. Using repetitive and monotonous movements

32. What is the maximum number of steps a player can take without dribbling in handball?

- A. 3 steps
- B. Unlimited steps
- C. 4 steps
- D. 5 steps

33. What is the term used to describe a regular, recurrent pulsation that divides music into equal units of time?

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

34. How can a dancer create a melody in their performance?

- A. By dancing in silence
- B. By moving erratically on the dance floor
- C. By wearing a costume that stands out
- D. By choreographing movements to match the music rhythm

35. 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 reduce flexibility
- D. To skip the main activity

36. Why should individuals take breaks and rest in between athletic activities or creating a mosaic?

- A. Working continuously without breaks enhances performance
- B. Ignoring rest fosters efficiency
- C. Resting allows time for rejuvenation and prevents burnout
- D. Taking breaks hinders focus and progress

37. What role does resilience play in creative arts and sports?

- A. Resilience helps individuals to bounce back from setbacks and challenges
- B. Resilience leads to discouragement and failure
- C. Resilience is unnecessary and inhibits progress
- D. Resilience is only for those with natural talent

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

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

39. What is the significance of rhythm in spoken word poetry?

- A. Accentuating the emotions
- B. Setting the stage decorations
- C. Choosing the paper color
- D. Selecting the font style

40. Which career involves capturing and editing photographs to create visually appealing images?

- A. Photography
- B. Nursing
- C. Cooking
- D. Information Technology

41. Which of the following is not related to creative arts?

- A. Soccer
- B. Sculpture
- C. Drawing
- D. Pottery

42. Who is the all-time leading goal scorer in the English Premier League?

- A. Sergio Agüero
- B. Thierry Henry
- C. Alan Shearer
- D. Wayne Rooney

43. What is a 'lineout' in rugby?

- A. A method to restart play after the ball goes out of bounds
- B. A method to restart play after a major infringement
- C. A type of kick
- D. A method to restart play after a minor infringement

44. Which term refers to the speed at which a piece of music should be played?

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

45. In which Kenyan indigenous game do players attempt to knock down opponents' game pieces by throwing stones or marbles?

- A. Kati
- B. Bano
- C. Chess
- D. Blind Man's Bluff

46. Why is it important to seek feedback and constructive criticism in creative arts and sports?

- A. To improve performance, identify areas for growth, and learn from mistakes
- B. To discourage others from pursuing creative arts and sports
- C. To avoid criticism and protect one's ego
- D. To receive praise and admiration from others

47. Which of the following is NOT a characteristic of a good melody?

- A. Varied and interesting
- B. Catchy and memorable
- C. Unpleasant to hear
- D. Balanced and structured

48. What does 'HDR' stand for in photography?

- A. High Definition Rendering
- B. Hard Drive Recovery
- C. High Definition Resolution
- D. High-Dynamic Range

49. What is the correct definition for rhythm in composing music?

- A. A type of painting
- B. A type of instrument
- C. A pattern of sound and silence
- D. A type of dance

50. What is the term used to describe a series of musical sounds that are pleasing to listen to?

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

