# Myfuture CBC Revision

# CREATIVE ARTS AND SPORTS -

Question Paper

1. When is the best time to practice swimming drills?

A. Rarely

B. Only during competitions

C. During practice sessions

D. Before sleeping

2. Which of the following activities involves strategic thinking, creativity, and teamwork?

A. Herpetology

B. Chess

C. Seismology

D. Botany

3. What is the objective of handball?

A. Score goals by kicking the ball into the net

B. Score points by throwing the ball into the opponent's goal

C. Hit the ball with a racket over a net

D. Pass the ball to teammates to score goals

4. Which of the following can help in creating memorable characters in a story?

A. Consistent and predictable behaviors

B. Flawed and complex traits

C. Flat and uninteresting personalities

D. Contrived and unrealistic dialogue

5. What is not part of creative arts and sports?

A. Trigonometry

B. Photography

C. Cycling

D. Drama

6. What is alliteration?

A. Giving human characteristics to objects

B. The repetition of initial consonant sounds in nearby words

C. A poem with no rhythm

D. The repetition of vowel sounds in nearby words

7. How does creative problem-solving help in overcoming challenges in athletics and while working on a mosaic project?

A. Creativity in problem-solving leads to effective solutions

B. Refusing to innovate ensures quick problem resolution

C. Sticking to a single solution encourages critical thinking

D. Following traditional methods hinders progress

8. Which word is an example of onomatopoeia?

A. Happy

B. Buzz

C. Quiet

D. Beautiful

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

A. History

B. Languages

C. Sculpture

D. Swimming

10. Who is the captain of a rugby team?

A. The player with the most tries

B. The player with the most points

C. The player with the most tackles

D. One of the players picked by the team

11. Which of the following is a helpful tip for maintaining a consistent sound on a descant recorder?

A. Changing finger positions randomly

B. Playing with irregular breathing patterns

C. Keeping a steady airflow while playing

D. Playing with high volume

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

A. Swimming

B. Chess

C. Golf

D. Volleyball

13. How does rhythm help in creating a dynamic performance in theatre?

A. Following a pattern of speech

B. Designing the costumes

C. Singing with different tones

D. Choosing the backdrop

14. What is a quatrain?

A. A single rhyming couplet

B. A stanza of four lines

C. A stanza of three lines

D. A poem with no rhyme

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

A. Table tennis

B. Ice hockey

C. Archery

D. Rugby

16. When analysing a team's loss in athletics relay, which factor is most likely to reveal where they failed?

A. Poor baton exchanges and lack of practiced handovers

B. Changing the team's uniform design

C. Replacing water bottles at the finish line

D. Playing different pre-race music

17. What role does imagination play in creative arts and sports?

A. It restricts possibilities

B. It enhances innovation and fun

C. It is not needed during play

D. It limits creativity

18. How do self-discipline and focus contribute to achieving goals in athletics or when working on a mosaic?

A. Wavering focus guarantees success

B. Self-discipline and focus are vital for goal attainment

C. Easily getting distracted aids in concentration

D. Lack of discipline fosters consistency

19. Which behaviour is appropriate on the pool deck at school to keep everyone safe?

A. Eating slippery snacks while walking near the pool

B. Climbing on top of the starting blocks when others are diving

C. Pushing friends into the water for fun

D. No running on the pool deck

20. Which of the following involves playfully adapting the rhythm of a melody to create unexpected accents?

A. Legato

B. Tempo

C. Syncopation

D. Staccato

21. What is the impact of a well-defined theme in storytelling?

A. Coherence and depth

B. Contradictory and inconsistent messages

C. Lack of direction and purpose

D. Confusion and ambiguity

22. Which activity is commonly associated with creative arts?

A. Swimming

B. Baking

C. Basketball

D. Soccer

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

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

24. Which Kenyan indigenous game involves players racing to a designated point while hopping on one foot?

A. Tiik

B. Langsung Jalan

C. Oware

D. Fungi

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

A. Dividing factor

B. Negative factor

C. Uniting factor

D. Irrelevant factor

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

A. Drawing outlining sketches

B. Selecting the art gallery

C. Mixing different art styles

D. Using contrasting colors

27. What influence does analyzing the theme and symbolism in a piece of artwork have on art appreciation?

A. It enhances understanding of the artist's intention and message
B. It diminishes creativity in art

C. It discourages exploration of new artistic styles

D. It has no impact on artistic interpretation

28. What is the purpose of the run-up in the long jump?

A. Improve balance

B. Reduce fatigue

C. Enhance accuracy

D. Increase speed

29. What is the objective of handball?

A. To kick the ball into the goal

B. To hit the ball with a racket

C. To score goals by throwing the ball into the opponent's net

D. To hit the ball with a bat

30. Which of the following is an example of rhythm in music composition?

A. Drawing a picture

B. Reciting a poem

C. Running a race

D. Playing a drum in a steady beat

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

A. Chemistry

B. Fashion Design

C. Wrestling

D. Statistics

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

A. Swahili

B. French

C. Spanish

D. English

33. 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

34. How does analyzing creative arts and sports contribute to personal growth?

A. By limiting exposure to different forms of art

B. By promoting ignorance and bias

C. By discouraging exploration and creativity

D. By fostering a deeper appreciation and understanding

35. What is a component of sports?

A. Gymnastics

B. Playing the guitar

C. Weaving

D. Pottery

36. Which outcome reflects development of cognitive skills through indigenous strategic games like Bao or Shisima?

A. Only increased appetite

B. Improved problem solving and planning

C. Guaranteed professional sport career

D. Instant mastery of school exams

37. 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. Ignoring punctuation and pauses

D. Rushing through the verses quickly

38. What is the significance of setting goals in creative arts and sports?

A. Setting goals is only for professionals

B. Setting goals is a waste of time

C. Setting goals limits one's potential

D. Setting goals helps to provide direction and motivation

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

A. Rhythm

B. Pitch

C. Harmony

D. Texture

40. What is the term for a goal scored directly from a corner kick?

A. Penalty

B. Own goal

C. Free kick

D. Olympic goal

41. Which of the following is a key aspect of play in creative arts and sports?

A. Strict routines and guidelines

B. Excluding others from participation

C. Focusing only on outcomes

D. Promoting creativity and exploration

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

A. Theater

B. Mathematics

C. Music

D. Dance

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

A. Drawing

B. Cycling

C. Singing

D. Ballet

44. What is the minimum age recommended to start playing handball?

A. 15 years

B. 8 years

C. 12 years

D. 5 years

45. Why is rhythm important in sprinting or running races?

A. Setting the weather conditions

B. Timing the breathing pattern

C. Selecting the starting block

D. Wearing sports shoes

46. What is a common theme used in creating mosaics for sports facilities?

A. Animals

B. Cities

C. Abstract shapes

D. Plants

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

A. To provide guidance

B. To limit growth

C. To discourage improvement

D. To ignore progress

48. What is the importance of teamwork in creative arts and sports?

A. Teamwork is irrelevant and hinders personal growth

B. Teamwork helps individuals to collaborate, communicate, and achieve common goals

C. Teamwork limits opportunities for individual success

D. Teamwork is only for amateurs

49. What is the most useful way to analyse an athlete's improvement over a season?

A. Counting how many medals their coach has

B. Noting the colour of their training shoes

C. Seeing how many fans follow them on social media

D. Comparing performance data and technique from early to later competitions

50. Which instrument is known for its versatility in various music genres?

A. Piano

B. Hurdy Gurdy

C. Viola

D. Bagpipes