



Myfuture CBC Revision

CREATIVE ARTS AND SPORTS -

Question Paper

1. What career involves designing and decorating interior spaces such as homes, offices, and commercial establishments?

- A. Interior Design
- B. Physiotherapy
- C. Mechanical Engineering
- D. Accounting

2. How can a director create a 'melody' in a film or theater production?

- A. Guiding actors in emotional and nuanced performances
- B. Adopting a chaotic and disorganized approach
- C. Changing the script last minute
- D. Using only one camera angle throughout

3. How can a performer better engage an audience during a verse recitation?

- A. Read quickly without looking at the listeners
- B. Stand perfectly still and avoid facial expression
- C. Repeat the same monotone for the whole piece
- D. Make eye contact, use expressive gestures and vary your tone

4. Which piece of equipment is worn by players to protect their feet in football?

- A. Shoulder pads
- B. Gloves
- C. Shin guards
- D. Helmet

5. What is the term for a match between two local rival teams in football?

- A. Friendly match
- B. Local clash
- C. Derby
- D. International derby

6. What is the purpose of the 'golden hour' in photography?

- A. To enhance landscapes with golden hues
- B. To practice photography at a specific time of day
- C. To capture images with a golden filter
- D. To take photos of gold jewelry

7. What is the standard length of an Olympic-size swimming pool used in international competition?

- A. 20 metres
- B. 50 metres
- C. 25 metres
- D. 100 metres

8. What is the role of women in preserving Indigenous Kenyan craft traditions?

- A. No role
- B. Primary role
- C. Minimal role
- D. Supervisory role

9. Which career involves directing and producing films, TV shows, or theater productions?

- A. Banker
- B. Electrician
- C. Firefighter
- D. Director

10. What is a chorus in a performance of verse or song?

- A. A repeated section often sung or spoken by a group between verses
- B. The part of a song that never repeats
- C. A solo performance with no repetition
- D. A type of rhyme scheme

11. Which of the following is a proper warm-up exercise before sprinting?

- A. Eating ice cream
- B. Playing video games
- C. Reading a book
- D. Doing jumping jacks

12. What initiatives support the sustainability of Indigenous Kenyan craft traditions?

- A. Fair trade practices
- B. Industrialization
- C. Historical erasure
- D. Mass production

13. What is internal rhyme?

- A. When the first and last words of a poem rhyme
- B. When no words rhyme anywhere in the poem
- C. Rhyme that occurs within a single line of poetry
- D. When only the title rhymes with the first line

14. What career involves designing and creating digital artwork for video games, animations, and illustrations?

- A. Digital Art
- B. Forensic Science
- C. Chemistry
- D. Phlebotomy

15. What is a quatrain?

- A. A line with seven syllables
- B. A musical rhythm used in songs
- C. A stanza with four lines
- D. A type of rhyme scheme that never repeats

16. What is the correct posture for playing the descant recorder?

- A. Sitting up straight with the recorder at a slight angle
- B. Lying down
- C. Hunching over
- D. Standing on one foot

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

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

18. What is alliteration?

- A. A poem that must be sung
- B. Repetition of initial consonant sounds in nearby words
- C. Using only vowels in a line
- D. The rhyme at the end of lines

19. What do creative arts and sports help individuals develop?

- A. Isolation
- B. Communication skills
- C. Fear of failure
- D. Laziness

20. In sports, how can a player create a 'melody' in their performance?

- A. By using strategy and tactics
- B. By wearing colorful attire
- C. By performing skills and movements in a coordinated and rhythmic manner
- D. By following the rules of the game

21. How can swimmers enhance their speed in the water?

- A. Ignoring technique
- B. Wearing heavy clothing
- C. Increasing stroke rate
- D. Taking frequent breaks

22. Which element of music refers to the organization of sounds and silences within a specific time frame?

- A. Rhythm
- B. Duration
- C. Timbre
- D. Pitch

23. What is a common medium used in watercolor painting?

- A. Water-based markers
- B. Wax crayons
- C. Coconut oil
- D. Acrylic paint

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

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

25. How can rhythm be incorporated into a painting?

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

26. Which of the following is a common photography genre that focuses on capturing natural landscapes?

- A. Street photography
- B. Macro photography
- C. Portrait photography
- D. Landscape photography

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

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

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

- A. History
- B. Mathematics
- C. Science
- D. Drama

29. Which sport involves throwing a ball and hitting it with a bat?

- A. Cricket
- B. Golf
- C. Volleyball
- D. Soccer

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

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

31. Which region of Kenya is most known for its rich tradition of folk songs and dances?

- A. Mombasa
- B. Nairobi
- C. Central Kenya
- D. Western Kenya

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

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

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

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

34. Why is play important in creative arts and sports?

- A. To discourage participation
- B. To limit creativity
- C. To enhance skills and enjoyment
- D. To make it boring

35. Which of the following activities involves artistic creativity and physical endurance?

- A. Karate
- B. Horticulture
- C. Physics
- D. Sculpting

36. How many players are on each team in handball?

- A. 6 players
- B. 8 players
- C. 7 players
- D. 11 players

37. Which of the following is a characteristic of creative arts?

- A. Scoring goals
- B. Improvising in dance
- C. Throwing punches
- D. Winning races

38. What cultural celebrations often feature Indigenous Kenyan craft exhibitions?

- A. Food fairs
- B. Fashion shows
- C. Music festivals
- D. Cultural festivals

39. How does adaptability assist in navigating challenges in athletics and mosaic creation?

- A. Sticking to a rigid approach encourages agility
- B. Following one method hinders progress
- C. Refusing to change ensures quick adaptation
- D. Adaptability allows for flexibility and problem-solving

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

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

41. What is the importance of warming up before a swim meet?

- A. To tire the muscles
- B. To slow down heart rate
- C. To prevent injuries
- D. To relax the body

42. In which Kenyan indigenous game do players stand in a circle and use a rope to determine who is 'in' or 'out'?

- A. Kati
- B. Ndurumo
- C. Musical Chairs
- D. Skip-It

43. How long does a standard rugby match last?

- A. 60 minutes
- B. 90 minutes
- C. 120 minutes
- D. 80 minutes

44. Which Kenyan athlete is world-famous for marathon and distance running achievements?

- A. Usain Bolt
- B. Yohan Blake
- C. Eliud Kipchoge
- D. Mo Farah

45. Which of the following is a basic element of visual art that describes the use of hue, tint and shade?

- A. Grip
- B. Referee
- C. Melody
- D. Colour

46. What is the correct arm movement in the breaststroke?

- A. No arm movement
- B. Alternating arms underwater
- C. Simultaneous arm movement
- D. One arm above water waving

47. What is an example of a creative arts activity that requires physical strength and control?

- A. Sculpting
- B. Meditation
- C. Physics
- D. Gymnastics

48. Which Kenyan artist is known for their vibrant paintings of wildlife?

- A. Kivuthi Mbuno
- B. Yegonizer
- C. Elijah Mutua
- D. Tabitha wa Thuku

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

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

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

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

