



Myfuture CBC Revision

CREATIVE ARTS AND SPORTS -

Question Paper

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

- A. Teamwork helps individuals to collaborate, communicate, and achieve common goals
- B. Teamwork is only for amateurs
- C. Teamwork is irrelevant and hinders personal growth
- D. Teamwork limits opportunities for individual success

2. Which career involves designing and producing marketing videos, commercials, and promotional content for brands?

- A. Video Marketing
- B. Botany
- C. Orthodontics
- D. Geography

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

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

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

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

5. Which of the following is important for maintaining rhythm in figure skating routines?

- A. Balance
- B. Spin speed
- C. Stamina
- D. Choreography

6. Which instrument is commonly used in Bulgarian folk music?

- A. Didgeridoo
- B. Bagpipes
- C. Kaval
- D. Alphorn

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

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

8. In which Kenyan indigenous game do players try to jump over a rope that is swung around their waist?

- A. Fimbo
- B. Nyundo
- C. Soccer
- D. Kelele

9. What term refers to the technique of playing or singing a melody with short, detached notes?

- A. Staccato
- B. Legato
- C. Fortissimo
- D. Pizzicato

10. How does analyzing a music performance impact the listener?

- A. It enhances appreciation for the musical talent and composition
- B. It has no effect on enjoyment
- C. It limits emotional connection
- D. It discourages exploration of new genres

11. How does pacing impact the storytelling experience?

- A. Slow and monotonous development
- B. Rushed and chaotic progression
- C. Abrupt and disjointed shifts
- D. Well-balanced transitions and timing

12. Which instrument is commonly used in Mariachi music?

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

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

- A. To increase cramps
- B. To avoid winning
- C. To regulate body temperature
- D. To decrease energy levels

14. Why is rhythm essential in martial arts forms like karate?

- A. Choosing the belt color
- B. Executing techniques in a rhythmic pattern
- C. Selecting the opponent
- D. Practicing self-defense moves

15. Which of the following is a traditional Kenyan craft technique?

- A. Knitting
- B. Origami
- C. Pottery
- D. Beading

16. Which part of a sports programme provides a safe place for practice and competition, such as a pitch, court or swimming pool?

- A. Tuning fork
- B. Palette
- C. Proscenium
- D. Facilities

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

- A. Generic and uninspiring locations
- B. Irrelevant background details
- C. Creating atmosphere and mood
- D. Limited sensory descriptions

18. Why is it essential to seek inspiration and fuel creativity in both athletics and while working on a mosaic?

- A. Seeking inspiration enhances motivation and creativity
- B. Avoiding creative input fosters originality
- C. Imitating strictly limits creativity
- D. Stifling creativity leads to innovation

19. Which of the following is essential for creating a melody in a storytelling performance?

- A. Ignoring character development and arcs
- B. Using pauses and tonal variations to build suspense
- C. Reciting without expression or intonation
- D. Skipping details and rushing through the plot

20. What are some examples of creative arts?

- A. Drawing, Dancing, Music, Writing
- B. Cooking, Gardening, Sewing, Coding
- C. Mathematics, Science, Geography, History
- D. Football, Ballet, Pottery, Poetry

21. What is the purpose of stretching before a race?

- A. To increase body weight
- B. To increase stress
- C. To decrease flexibility
- D. To prevent injuries

22. Which of the following is an important aspect in appreciating creative arts and sports?

- A. Mock the artists and athletes
- B. Ignore the effort put in
- C. Respect and acknowledge talent and hard work
- D. Critique without understanding

23. What is a key characteristic of Kenyan folk songs in terms of rhythm?

- A. Slow tempo
- B. Syncopated beats
- C. Irregular time signatures
- D. Minimal percussion

24. What is the purpose of subplots in a story?

- A. To confuse the audience
- B. To add depth and complexity
- C. To distract from the main plot
- D. To undermine the main characters

25. What is the function of a kickboard in swimming?

- A. To kick faster
- B. To breathe underwater
- C. To improve kicking technique
- D. To float on

26. What type of ball is used in handball?

- A. Cricket ball
- B. Handball
- C. Basketball
- D. Soccer ball

27. In shot put competition, which action can lead to a foul throw?

- A. Turning in the circle after the shot lands
- B. Cheering for other athletes
- C. Exiting the circle before the shot lands
- D. Using both hands to throw

28. How can one stay focused and avoid distractions in creative arts and sports?

- A. By multitasking and spreading oneself too thin
- B. By practicing mindfulness, setting priorities, and creating a conducive environment
- C. By ignoring feedback and constructive criticism
- D. By relying only on natural talent and not putting in effort

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

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

30. How does rhythm contribute to a successful sports performance?

- A. Choosing the team mascot
- B. Scheduling practice sessions
- C. Improving coordination and timing
- D. Selecting the team captain

31. Which of the following is crucial to creating a melody in a theater production?

- A. Maintaining consistent pacing and timing
- B. Using props that do not fit the scene
- C. Having uncoordinated movements on stage
- D. Ignoring vocal projection

32. Which of the following refers to the pattern of accents in a melody?

- A. Legato
- B. Syncopation
- C. Harmony
- D. Staccato

33. Which of the following is crucial for creating a melody in a spoken word performance?

- A. Reading directly from a script without interpretation
- B. Reciting too quickly without pauses
- C. Speaking in a monotone voice throughout
- D. Using gestures and facial expressions to convey emotions

34. What is assonance?

- A. The repetition of consonant sounds at the start of words
- B. A repeated phrase in a chorus
- C. A type of stanza with five lines
- D. The repetition of vowel sounds in nearby words

35. How is scoring done in rugby?

- A. By kicking the ball into the opponent's net
- B. By scoring tries and goals
- C. By hitting opponents with the ball
- D. By running the ball out of bounds

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

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

37. Which swimming stroke uses both arms moving forward together and a dolphin-style kick?

- A. Butterfly
- B. Sidestroke
- C. Back crawl
- D. Backstroke

38. What does it mean to be a good sportsperson?

- A. Boasting about victories
- B. Arguing with opponents
- C. Accepting both wins and losses gracefully
- D. Complaining about failures

39. Which of the following activities involves both creative expression and physical coordination?

- A. Fashion Design
- B. Botany
- C. Javelin Throwing
- D. Animal Husbandry

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

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

41. How can a writer create a melody in their writing?

- A. By structuring sentences in a rhythmic pattern
- B. By using complicated vocabulary
- C. By including footnotes and references
- D. By writing long paragraphs without breaks

42. Which of the following is an example of a percussion instrument that is commonly used to maintain rhythm in music?

- A. Drum
- B. Piano
- C. Flute
- D. Violin

43. 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 receive praise and admiration from others
- C. To avoid criticism and protect one's ego
- D. To discourage others from pursuing creative arts and sports

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

- A. Faceoff
- B. Dribble
- C. Showdown
- D. Tackle

45. Why is it important to practice good sportsmanship in athletics and while working on a mosaic?

- A. Ignoring the rules and regulations
- B. To show disrespect towards opponents
- C. Focusing solely on individual achievement
- D. Displaying fair play, respect, and teamwork

46. What role does mindfulness play in both athletics and mosaic creation?

- A. Lack of awareness benefits mental clarity
- B. Practicing mindfulness promotes focus and reduces stress
- C. Overthinking leads to quick success
- D. Ignoring mental presence enhances skill level

47. What action initiates the start of a football match?

- A. Corner kick
- B. Goal kick
- C. Kick-off
- D. Throw-in

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

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

49. What role does analysis play in dance performances?

- A. To belittle the dancers
- B. To understand the choreography and emotions conveyed
- C. To discourage dancers
- D. To distract the audience

50. Which component of team sports ensures coordination of players and strategy during play?

- A. Teamwork
- B. Varnish
- C. Brush
- D. Scoreboard

