



Myfuture CBC Revision

Movement Activities - Grade 1

Question Paper

1. Why is it important to maintain a streamlined position in swimming?

- A. To make swimming harder
- B. To tire yourself out faster
- C. To reduce drag in the water
- D. To attract attention

2. How should you adjust your body position when curling in swimming?

- A. Lean back
- B. Slouch
- C. Arch your back
- D. Maintain a straight line

3. What is the best way to connect 2 elements of a sequence ?

- A. link element together
- B. getting immobile for 5 seconds before carrying on
- C. move to the next element the fastest possible not to have a break
- D. Level them to connect themselves

4. What is the correct way to move your body when swimming freestyle?

- A. Sinking your hips
- B. Bending your body to kick and pull
- C. Arching your back
- D. Keeping your body flat

5. What should you do if you accidentally fall into the water while swimming?

- A. Start swimming immediately in any direction
- B. Panic and thrash around in the water
- C. Scream and call for help loudly
- D. Stay calm and float on your back

6. What should you wear when practicing jumping into the water?

- A. Sweater
- B. Long pants
- C. Swimsuit
- D. Snow boots

7. What should you do if you feel cold or shivery while swimming?

- A. Run around the pool to warm up
- B. Wrap yourself in a towel and warm up
- C. Ask others to splash water on you
- D. Ignore the signs and keep swimming

8. What activity requires non-locomotion skills?

- A. Swinging
- B. Skipping
- C. Sprinting
- D. Throwing

9. Is gymnastics a sport?

- A. Yes
- B. I don't know
- C. May be
- D. No

10. Gymnastics is an indoor sport.

- A. Mostly false
- B. True
- C. Mostly true
- D. False

11. What happens when you keep your body rigid while swimming?

- A. You stay afloat
- B. You move faster
- C. You tire easily
- D. You sink lower in the water

12. What is the term used in gymnastics for a movement where the body rotates around the vertical axis with the feet moving first?

- A. Spin
- B. Backflip
- C. Round-off
- D. Handstand

13. How should you maintain your balance while curling in swimming?

- A. Thrash your limbs around
- B. Keep your head down
- C. Lean to one side
- D. Engage your core muscles

14. Which of the following is the correct way to jump into the water?

- A. Sideways
- B. Backwards
- C. Feetfirst
- D. Headfirst

15. What should you do if you get a cramp while swimming?

- A. Yell for help
- B. Stop swimming, gently stretch and massage the cramp
- C. Get out of the water immediately
- D. Keep swimming through the pain

16. What should you not do while swimming to ensure safety?

- A. Yelling loudly and causing a commotion
- B. Swimming close to a lifeguard on duty
- C. Holding your breath underwater for a long time
- D. Taking off your life jacket in deep water

17. Which is an example of a non-locomotion skill?

- A. Twisting
- B. Rolling
- C. Running
- D. Throwing

18. How should you initiate the curling movement in swimming?

- A. By gently bending your body
- B. By holding your breath
- C. By kicking aggressively
- D. By flinging your arms upwards

19. In Gymnastics Balancing, there are ... types of balancing.

- A. 3
- B. 2
- C. 1
- D. 4

20. How should you coordinate your movements when curling in swimming?

- A. Move erratically
- B. Move one body part at a time
- C. Move in slow motion
- D. Move in unison

21. How should you position your body while jumping into the water?

- A. Bent at the waist
- B. Tensing your muscles
- C. Stiff and straight
- D. Looking upwards

22. How should you position your body when executing a dolphin kick in swimming?

- A. Arching the back
- B. Curling up into a ball
- C. Keeping the body straight
- D. Bending at the waist

23. Which body part should hit the water first when jumping in feet first?

- A. Feet
- B. Head
- C. Stomach
- D. Back

24. What can happen if you have an upright body position while bending and curling in swimming?

- A. You move smoothly
- B. You create more drag
- C. You tire easily
- D. You swim faster

25. What should you do before jumping into the water?

- A. Close your eyes and hold your nose
- B. Jump in without looking
- C. Take a deep breath and hold it
- D. Check for depth and any hazards in the water

26. How should you breathe when walking?

- A. Breathe rapidly
- B. Breathe out through the mouth
- C. Hold your breath
- D. Breathe deeply and regularly

27. How can you build confidence in jumping in swimming?

- A. Practice jumping with supervision
- B. Wear a life jacket
- C. Compete with others
- D. Avoid jumping altogether

28. What should you avoid doing while jumping into the water?

- A. Bending your knees
- B. Closing your eyes
- C. Holding your breath
- D. Landing on your belly

29. Which of the following is a non-locomotion skill that requires coordination and body control?

- A. Throwing a ball
- B. Walking on a balance beam
- C. Skipping
- D. Jumping jacks

30. Which speed is recommended for brisk walking?

- A. Crawling
- B. Slow pace
- C. Sprinting
- D. Quick and steady pace

31. What is a non-locomotion skill that helps improve body control?

- A. Tumbling
- B. Turning
- C. Sprinting
- D. Bouncing

32. What skill is required for balancing a book on your head?

- A. Singing
- B. Jumping
- C. Running
- D. Balancing

33. What should you concentrate on when jumping into the water?

- A. Flapping your arms
- B. Staying balanced and controlled
- C. Closing your eyes
- D. Counting the tiles on the pool bottom

34. What should you do before entering a swimming pool?

- A. Run and jump in
- B. Swim with your clothes on
- C. Check the depth of the water
- D. Push others into the pool

35. How does a kangaroo move?

- A. Walking
- B. Hopping
- C. Jumping
- D. Swimming

36. Which activity requires non-locomotion skills for spatial awareness?

- A. Rolling
- B. Twisting
- C. Running
- D. Walking in a zigzag pattern

37. How should you breathe while curling in swimming?

- A. Exhale underwater
- B. Inhale slowly
- C. Breathe rapidly
- D. Hold your breath

38. What is it called when you jump back to your hands and land with 2 feet

- A. back handspring
- B. boulder
- C. back walkover
- D. front handspring

39. What should you wear for safety while walking?

- A. Reflective gear in low light
- B. Loose-fitting shoes
- C. No protective gear
- D. Dark clothing at night

40. What should you not do with your toys while swimming in the water?

- A. Throw them at other swimmers
- B. Leave them near the edge of the pool
- C. Play with them in deep water
- D. Use them to practice rescue skills

41. We can walk in the following directions except

- A. Upwards
- B. Backward
- C. To the left
- D. To the right

42. What happens if you have a flat body position while bending and curling in swimming?

- A. You swim faster
- B. You tire more easily
- C. You move smoothly
- D. You create more drag

43. Why is it important to bend and curl your body while swimming?

- A. To wave to others
- B. To reduce resistance and move faster
- C. To show off
- D. To slow down

44. What should you not do with your flotation device while swimming?

- A. Share it with a friend in need
- B. Keep it attached to your waist or arms
- C. Leave it on the pool deck while swimming
- D. Use it as a cushion for sunbathing

45. What is the best way to improve your swimming speed?

- A. Closing your eyes and guessing
- B. Being stiff and rigid
- C. Bending and curling your body
- D. Copying a sloth's movements

46. What is the main goal of jumping into the water safely?

- A. To have fun
- B. To injure yourself
- C. To scare others
- D. To show off

47. Where should your focus be when curling in swimming?

- A. On the water below
- B. On the sky
- C. On the direction you are moving
- D. On other swimmers

48. What is an essential water safety skill for swimming in deep water?

- A. Closing your eyes and holding your breath
- B. Kicking your legs to tread water
- C. Climbing out of the water immediately
- D. Standing still and not moving

49. What is an example of a non-locomotion skill?

- A. Skipping
- B. Swinging
- C. Jumping
- D. Pivoting

50. What should you do with your hands while walking?

- A. Keep hands in pockets
- B. Hold onto something
- C. Swing arms naturally
- D. Cross arms in front