

2024 END OF TERM EXAMINATIONS
PHYSICAL EDUCATION
S.H.S. 1

SECTION A: (2 marks for each point)

Fill in the blank space.

1. Four examples of physical activities are _____, _____, _____ and _____.
2. The skeletal system is made up of _____, _____, _____ and Ligament.
3. Movement in the body either internal or external is a _____.
4. An animal whose skeleton covers the animals' body is _____.
5. There are _____ bones in the Human Skeleton.

SECTION B (50 MARKS)

6. State **two** goals of physical Education and sports (4 marks for each point).

(i) _____

(ii) _____

7. **Three** benefits of sports are

(i) _____

(ii) _____

(iii) _____

8. Outline **three** functions of the human skeletal system.

(i) _____

(ii) _____

(iii) _____

9. State **two** reasons why we take part in Physical Education programmes in school

(i) _____

(ii) _____

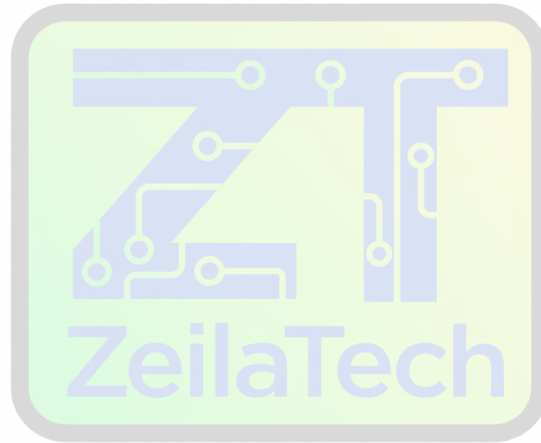
10. List **four** examples of endoskeleton animals (*3 marks for each point*)

(i) _____

(ii) _____

(iii) _____

(iv) _____



Smart Learning Tools