

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

1. Four examples of physical activities are running, swimming, cycling, and weightlifting.
2. The skeletal system is made up of bones, cartilage, joints, and ligaments.
3. Movement in the body either internal or external is a physiological process.
4. An animal whose skeleton covers the animal's body is called an exoskeleton animal.
5. There are 206 bones in the Human Skeleton.
6. State two goals of physical education and sports:
 - (i) Promoting physical fitness and health.
 - (ii) Developing teamwork and sportsmanship.
7. Three benefits of sports are:
 - (i) Improving cardiovascular health.
 - (ii) Enhancing muscular strength and endurance.
 - (iii) Fostering social interaction and communication skills.
8. Outline three functions of the human skeletal system:
 - (i) Providing structural support for the body.
 - (ii) Facilitating movement through attachment points for muscles.
 - (iii) Protecting internal organs from damage.
9. State two reasons why we take part in Physical Education programs in school:
 - (i) Promoting lifelong physical activity habits.
 - (ii) Enhancing overall physical health and well-being.
10. List four examples of endoskeleton animals:
 - (i) Humans
 - (ii) Dogs
 - (iii) Cats
 - (iv) Birds