

JSS1 FIRST TERM TEST

PHYSICAL AND HEALTH EDUCATION (PHE)

Time: 1 Hour **Total Marks:** 30

Instructions: Answer all 20 objective questions. Answer any 3 of the 5 essay questions. Each objective question carries 1 mark. Each essay question carries 3 marks. One bonus mark may be awarded for the best overall performance.

SECTION A: OBJECTIVE QUESTIONS (20 MARKS)

1. Physical fitness is the ability to:

- A. Sleep for long hours
- B. Perform daily activities without excessive fatigue
- C. Avoid all physical activities
- D. Eat large meals

2. Which of these is a component of physical fitness?

- A. Strength
- B. Laziness
- C. Hunger
- D. Fear

3. The ability of muscles to exert force is called:

- A. Flexibility
- B. Speed
- C. Strength
- D. Balance

4. The ability to continue an activity for a long time is:

- A. Endurance
- B. Agility
- C. Reaction time
- D. Posture

5. The ability to move joints and muscles freely is:

- A. Strength
- B. Flexibility
- C. Endurance
- D. Power

6. Which is a characteristic of a physically fit person?

- A. Gets tired very quickly
- B. Avoids movement
- C. Has good stamina
- D. Cannot perform daily tasks

7. A physically fit person performs daily activities with:

- A. Difficulty
- B. Efficiency
- C. Fear
- D. Confusion

8. Which activity helps improve physical fitness?

- A. Regular exercise
- B. Sitting all day
- C. Avoiding movement
- D. Sleeping throughout the day

9. One importance of physical fitness is that it helps to:

- A. Increase weakness
- B. Cause laziness
- C. Improve general well-being
- D. Prevent all work

10. Regular exercise helps strengthen the:

- A. Muscles and bones
- B. Clothes and shoes
- C. Books and pens
- D. Furniture

11. Which is a benefit of physical fitness?

- A. Poor stamina
- B. Improved endurance
- C. Frequent tiredness
- D. Reduced coordination

12. A physically fit person may recover after physical activity:

- A. Never
- B. Only after several days
- C. Quickly
- D. Not at all

13. Health is commonly defined as a state of:

- A. Physical strength only
- B. Absence of work
- C. Physical, mental and social well-being
- D. Wealth alone

14. Which of these is a dimension of health?

- A. Mental health
- B. Expensive clothing
- C. Popularity
- D. Height only

15. Regular exercise and a balanced diet help maintain:

- A. Health
- B. Laziness
- C. Weakness
- D. Illness

16. Which may be a sign of physical fitness?

- A. Poor balance
- B. Constant fatigue
- C. Good coordination
- D. Inability to move

17. The ability to change direction quickly is called:

- A. Agility
- B. Endurance
- C. Strength
- D. Flexibility

18. Which type of exercise can help improve flexibility?

- A. Stretching exercises
- B. Sitting still
- C. Avoiding movement
- D. Sleeping

19. Physical fitness can help a student improve:

- A. Confusion and tiredness
- B. Alertness and productivity
- C. Laziness
- D. Inability to learn

20. Which statement about physical fitness is correct?

- A. It is only important for athletes
- B. It has no effect on health
- C. It helps people perform daily tasks effectively
- D. It means avoiding exercise

SECTION B: ESSAY QUESTIONS (ANSWER ANY THREE)

1. Physical Fitness and Its Components

- (a) Define physical fitness. (1 mark)
- (b) List any two components of physical fitness. (2 marks)

2. Characteristics of a Physically Fit Person

State three characteristics of a physically fit person. (3 marks)

3. Importance of Physical Fitness

State three importance or benefits of physical fitness. (3 marks)

4. Features of a Physically Fit Person

Mention three features of a physically fit person. (3 marks)

5. Definition of Health

- (a) Define health. (1 mark)
- (b) Mention two dimensions of health. (2 marks)

Check your work before submitting.