

JSS2 FIRST TERM TEST

PHYSICAL AND HEALTH EDUCATION (PHE)

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

Instructions: Answer all 20 objective questions. Answer any THREE of the five theory questions. Each objective carries 1 mark and each theory question carries 3 marks. One bonus mark may be awarded for the best overall performance.

SECTION A: OBJECTIVE QUESTIONS (20 MARKS)

1. Posture refers to the way a person _____.
 - A. eats food
 - B. holds or positions the body
 - C. sleeps every night
 - D. speaks to others
2. Which is an example of good posture?
 - A. Bending the back unnecessarily
 - B. Sitting with the body properly aligned
 - C. Walking with the head constantly hanging down
 - D. Standing with uneven shoulders
3. Good posture helps to _____.
 - A. increase body pain
 - B. cause tiredness
 - C. maintain proper body alignment
 - D. weaken the muscles
4. Which can contribute to poor posture?
 - A. Sitting correctly
 - B. Regular exercise
 - C. Carrying heavy loads incorrectly
 - D. Standing upright
5. One way of maintaining good posture is by _____.
 - A. sitting and standing correctly
 - B. carrying loads on one side all the time
 - C. bending the back unnecessarily
 - D. avoiding all physical activities
6. Which is an example of a postural defect?
 - A. Endurance
 - B. Strength
 - C. Scoliosis
 - D. Flexibility
7. An excessive outward curvature of the upper back is known as _____.
 - A. Kyphosis
 - B. Agility
 - C. Endurance
 - D. Flexibility
8. An excessive inward curvature of the lower back is called _____.
 - A. Scoliosis
 - B. Lordosis
 - C. Strength
 - D. Stamina
9. A sideways curvature of the spine is known as _____.
 - A. Kyphosis
 - B. Lordosis

- C. Scoliosis
- D. Endurance

10. Which can help prevent some postural problems?

- A. Poor sitting habits
- B. Correct body posture
- C. Carrying heavy loads incorrectly
- D. Remaining in one position too long

11. Human trafficking involves the _____ of people for exploitation.

- A. teaching
- B. training
- C. recruitment or movement
- D. examination

12. Which is a possible form of human trafficking?

- A. Sending a child to school
- B. Forced labour
- C. Teaching a child to read
- D. Providing medical care

13. One group particularly vulnerable to human trafficking is _____.

- A. children
- B. only wealthy adults
- C. only teachers
- D. only sports officials

14. Which may be a warning sign of human trafficking?

- A. A child attending school regularly
- B. A person forced to work against their will
- C. A student participating in sports
- D. A family eating together

15. One way of preventing human trafficking is to _____.

- A. trust every stranger offering a job
- B. keep suspicious activities secret
- C. report suspected trafficking to appropriate authorities
- D. travel with unknown persons without checking details

16. Which is an issue or challenge in PHE?

- A. Lack of sports equipment
- B. Good sports facilities
- C. Adequate funding
- D. Qualified teachers

17. Inadequate sports facilities may lead to _____.

- A. better practical lessons automatically
- B. difficulty teaching practical activities
- C. improved equipment availability
- D. increased access to playing fields

18. Which can help improve the teaching of PHE?

- A. Reducing all physical activities
- B. Avoiding practical lessons
- C. Providing adequate sports equipment
- D. Preventing student participation

19. A person who suspects a child is being trafficked should _____.

- A. ignore the situation
- B. help hide the child
- C. report the suspicion to appropriate authorities
- D. spread unverified stories

20. Which statement about good posture is correct?

- A. It is only important for athletes
- B. It supports proper body alignment
- C. It always causes back pain
- D. It means keeping the body bent at all times

SECTION B: THEORY QUESTIONS (ANSWER ANY THREE)

1. Posture

- (a) Define posture. (1 mark)
- (b) State two characteristics of good posture. (2 marks)

2. Issues and Challenges in PHE

State three challenges that may affect the teaching and learning of PHE in schools. (3 marks)

3. Human Trafficking

- (a) Define human trafficking. (1 mark)
- (b) State two ways of preventing human trafficking. (2 marks)

4. Postural Defects

- (a) What is a postural defect? (1 mark)
- (b) Mention two examples of postural defects. (2 marks)

5. Importance of Good Posture

State three benefits of maintaining good posture. (3 marks)