

JSS 3 FIRST TERM EXAMINATION

PHYSICAL AND HEALTH EDUCATION (PHE)

QUESTION PAPER

Class: JSS 3 **Term:** First Term **Total:** 30 marks

Time: 1 Hour

SECTION A: OBJECTIVE QUESTIONS

Instruction: Answer all questions. Choose the correct answer from options A–D. Each question carries 1 mark.

1. Physical fitness is the ability of the body to perform daily activities without undue _____.
A. happiness
B. fatigue
C. enjoyment
D. relaxation
2. Which of the following is a benefit of physical fitness?
A. Increased weakness
B. Poor coordination
C. Improved muscle strength
D. Reduced endurance
3. Which of these is a factor that influences physical fitness?
A. Nutrition
B. Shoe colour
C. Favourite song
D. School uniform
4. Proper nutrition helps the body by providing _____.
A. weakness
B. illness
C. tiredness only
D. energy and nutrients
5. Regular exercise helps to improve _____.
A. muscle strength and endurance
B. laziness
C. poor balance
D. body weakness
6. Which of the following can affect a person's physical fitness?
A. Handwriting
B. Health status
C. Favourite subject
D. Type of notebook
7. Adequate rest is important because it helps the body to _____.
A. become weaker
B. lose coordination
C. recover from activity
D. avoid all exercise
8. Recreation refers to activities people engage in during their free time for _____.
A. punishment
B. examination
C. stress only
D. enjoyment and relaxation

9. Leisure is the time available after completing one's ____.
- A. daily duties
 - B. examinations only
 - C. physical exercises only
 - D. meals only
10. Dance is the rhythmic movement of the body, usually accompanied by ____.
- A. silence
 - B. music
 - C. reading
 - D. writing
11. Traditional dances are mainly rooted in the ____ of a people.
- A. school timetable
 - B. modern technology
 - C. culture and traditions
 - D. examination rules
12. Which of the following is a traditional dance associated with the Yoruba people?
- A. Waltz
 - B. Ballet
 - C. Tango
 - D. Bata
13. Atilogwu dance is associated with the ____ people.
- A. Igbo
 - B. Yoruba
 - C. Fulani
 - D. Tiv
14. Ekombi dance is associated with the ____ people.
- A. Hausa
 - B. Efik/Ibibio
 - C. Yoruba
 - D. Kanuri
15. Which traditional dance is associated with the Fulani people?
- A. Bata
 - B. Atilogwu
 - C. Sharo
 - D. Ekombi
16. Traditional dances are often performed during ____.
- A. examinations only
 - B. classroom tests only
 - C. school punishments
 - D. festivals and ceremonies
17. One importance of traditional dance is that it helps to preserve ____.
- A. cultural heritage
 - B. bad habits
 - C. examination scores
 - D. traffic rules
18. Traditional dances can promote ____ among members of a community.
- A. hatred
 - B. unity
 - C. disobedience
 - D. isolation
19. Which of the following is equipment used in pole vault?
- A. Hockey stick

- B. Javelin
- C. Vaulting pole
- D. Football boot

20. Which of these is also used in pole vault?

- A. Cricket bat
- B. Table tennis racket
- C. Hockey ball
- D. Landing mat

SECTION B: THEORY QUESTIONS

Instruction: Answer any THREE questions. Each question carries 3 marks.

1. Physical Fitness

- a. Define physical fitness. (1 mark)
- b. State two benefits of physical fitness. (2 marks)

2. Factors Influencing Physical Fitness

List three factors that influence physical fitness. (3 marks)

3. Recreation and Leisure

- a. Define recreation. (1 mark)
- b. Define leisure. (1 mark)
- c. State one example of a recreational activity. (1 mark)

4. Traditional Dances

- a. What is a traditional dance? (1 mark)
- b. Give two examples of traditional dances in Nigeria. (2 marks)

5. Importance of Traditional Dance and Pole Vault Equipment

- a. State two importance of traditional dance. (2 marks)
- b. Mention one piece of equipment used in pole vault. (1 mark)

Mark allocation: Section A = 20 marks; Section B = 9 marks (answer any 3); free bonus mark = 1. Total = 30 marks.