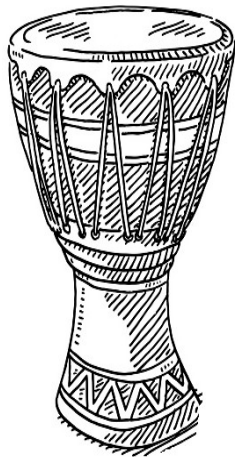
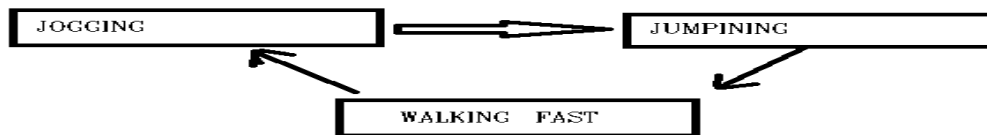


- 1 To avoid accidents in the playground ,learners must
 - A. .be punctual
 - B. get excited
 - C. obey instructions
 - D. push opponents
- 2 .Singing in harmony involves singing
 - A. auto voice only
 - B. B.two or more voices
 - C. C. sopranovoixe only
 - D. D. ternor voice
- 3 The musical instrument is



- A. an African drum
 - B. an African shaker
 - C. a western drum
 - D. a western shaker
- 4 is an example of warm up activity
 - A. high jump
 - B. jogging
 - C. relay race
 - D. long jump
- 5 Music done in Zambia is called
 - A. Zambian music
 - B. Western music
 - C. hip-hop
 - D. RnB
- 6 .A.....should wear a long sport pair of trousers (track suit) and a good pair of gloves
 - A. soccer player
 - B. football
 - C. goal keeper
 - D. hockey player
- 7 .The most important issue in appropriate dressing is to avoid and for comfort
 - A. fight
 - B. injuries
 - C. loosing
 - D. diseases
- 8 what do we call a meal containing all food groups

- A. carbohydrates
 - B. mega meal
 - C. mixed meal
 - D. balanced mean
- 9 A state of being free from danger or harm is called
- A. A.health
 - B. health habits
 - C. safety
 - D. Tibia
- 10 What physical activity is been performed by a learner



- A. circuit training
 - B. flexibility
 - C. isotopic exercise
 - D. warm ups
- 11 If you are an athlete,drink fluids(water).....minutes before the act
- A. 5
 - B. 20
 - C. 30
 - D. 15
- 12 Mr Tembo the grade 6 pupils where planting grass on a play ground. Planting grass is important because it prevent
- A. soil erosion
 - B. hottness
 - C. soil growing
 - D. land protection
- 13 . Lawyer wear.....to avoid the tibia bone from being easily injured when playing football
- A. stockings
 - B. sports shoe
 - C. stands
 - D. skin guard
- 14 .What do we call things we do to keep ourselves free from diseases
- A. dressing appropriate
 - B. eating a balanced diet
 - C. good health habitats
 - D. .performing physciala activity
- 15 .Activities people do to prepare muscles are called
- A. physical activities
 - B. warm up activities
 - C. flexibility
 - D. cooling down
- 16 .Why should one not resume activity to son if he or she has been injured
- A. the injury might be worse
 - B. to avoid bleeding
 - C. to avoid getting fat
 - D. the injury can delay to heal
- 17 Which voice is usually sung by woman ?
- A. auto

- B. soprano
- C. bass
- D. tenor

18 .if you have pains ,injury or illness during and after any practice or game communicate to your

- A.boss
- B.parents
- C.friend
- D.teacher or coach

19 When you are playing traffic light game red stand for

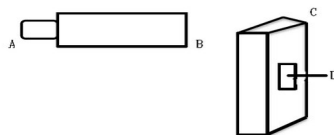
- A. A.stop
- B. B.run
- C. C.run around
- D. D.lie down

20 What do we call a function of music that involves clear and accurate movement of muscles in order to perform a specific physical activity .

- A. A.motor way
- B. B.follow the leader
- C. C.traffic jam
- D. B.motor skills

TECHNOLOGY STUDIES

21 Thokozilo is preparing a Mortice and tenon joint below .which parts could be joined

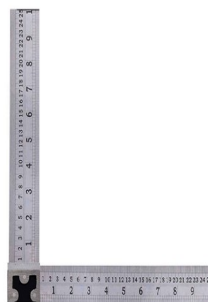


- A. b and c
- B. .b and c
- C. .A and D
- D. A and C

22 To join two pieces of metal,a learner used glue

- A. contact
- B. common
- C. manufactured
- D. PVA

23 What is the name of the tool below



- A. spirit level
- B. plainer
- C. Try square
- D. saw

24 A.....is formed when one piece of wood is joined into the other

- A. joint
- B. tenon
- C. mortice
- D. bridle

- 25 The most common. Glue used to join wood
 A.contact B.PVA C.bostick
 D.paper
- 26 How long does it take for glue to dry when bonding pieces
 A.5minm B.30/min C.5 seconds D.30
 seconds
- 27 Laila was joining two pieces of leather ,which type of glue was she using
 A.contact B.paper C.bastie
 D.PVA
- 28 Things or objects shaped by human hands are called
 A.material B.art C.artifacts D.hand
 makend
- 29 Name part X



- A.hole B.tenon C.mortise D.joint
- 30 Which type of joint is usually used on corners of tables and chairs?
 A.common mortise and tenon joint B.bridle joint C.open mortise
 D.tenon
- 31 .Which type of glue can be uses to different type of materials?
 A.PVA B.polyvinyl C.contact
 D.acetate
- 32 A.....is a rectangular hole cut into the other piece of wood
 A.joint B.mortise C.tenon D.bridle
- 33 What is formed when two pieces of wood are joined
 A.joint B.bridle C.mortise
 D.tenon
- 34 What of the following ia an example of materials
 A.steel rule B.mortise guage C.pencil
 D.plastic
- 35 A tool below is used for



- A.marking B.drawing C.curving D.weaving
- 36 Why is the bridle joint also referred to open mortise and tenon joint?.because.....
 A.a open mortise B.an open ternon C.four corners D.
 37 Annah Banda was trying to join two pieces of wood using PVA .State the
 procedure of joining wood using PVA

38 Draw a bribe joint