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Kenya Junior School Education Assessment (KJSEA)



KJSEA SMARFOCUS QUICK REVISION SERIES

CREATIVE ARTS AND SPORTS

SERIES 1-20

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SERIES 1

SECTION A: (40 Marks)

- Which of the following is NOT an element of music?
A. Pitch B. Texture
C. Grammar D. Dynamics
- A conductor in an orchestra mainly:
A. Sings along with the choir
B. Leads musicians in performance
C. Plays all the instruments
D. Arranges costumes
- What is the purpose of a time signature in music?
A. It indicates the pitch of the song
B. It shows the number of beats per measure
C. It determines the speed of a song
D. It sets the melody
- Which of these is a traditional African instrument?
A. Piano B. Saxophone
C. Litungu D. Trumpet
- What is an important aspect of storytelling?
A. Reading from a script only
B. Speaking in a low voice
C. Using facial expressions and gestures
D. Avoiding eye contact with the audience.
- Which of these is NOT a track event?
A. 100m sprint B. Javelin
C. 400m race D. 1500m race
- Why is hydration important for an athlete?
A. It keeps the athlete full
B. It prevents muscle cramps and dehydration
C. It helps the athlete run faster
D. It makes the body lighter
- In volleyball, which skill is used to start a game?



- A. Dig B. Block
C. Serve D. Spike
- What is the main objective in football?
A. To dribble the ball across the field
B. To score more goals than the opposing team

- C. To pass the ball without touching it
D. To avoid kicking the ball
10. Which of the following is a middle-distance race?
A. 400m B. 800m
C. 100m D. Marathon
11. Which of these is NOT a principle of art?
A. Balance B. Harmony
C. Contrast D. Spelling
12. A **collage** is created by:



- A. Drawing with a pencil
B. Pasting different materials onto a surface
C. Mixing colors to create new shades
D. Using only digital tools
13. What is the function of shading in a drawing?
A. To add brightness to a picture
B. To create depth and realism
C. To make drawings smaller
D. To erase mistakes
14. Which Kenyan community is known for the **Isukuti** dance?



- A. Kamba B. Luo C. Luhya D. Maasai

15. What is the purpose of **contrast** in art?
- A. To make all colors similar
 - B. To highlight differences in color, shape, or texture
 - C. To remove unnecessary details
 - D. To make an artwork plain
16. Which of the following is **NOT** a component of performing arts?
- A. Music
 - B. Drama
 - C. Dance
 - D. Farming
17. A **time signature** tells us:
- A. The number of notes in a song
 - B. The number of beats per measure
 - C. The number of instruments in a performance
 - D. The volume of music
18. Which of these is a **Western solo instrument**?
- A. Orutu
 - B. Violin
 - C. Nyatiti
 - D. Litungu
19. Which of the following is **NOT** an element of a play?
- A. Characters
 - B. Setting
 - C. Harmony
 - D. Climax
20. A **descant recorder** produces sound when air is blown into the:
- A. Strings
 - B. Reed
 - C. Mouthpiece
 - D. Drumhead
21. Kenyan folk songs are **mainly performed** during:
- A. Weddings and ceremonies
 - B. Classroom lessons
 - C. Shopping at the market
 - D. Early morning exercises
22. Which **role** does a director play in a play production?
- A. Making costumes
 - B. Organizing and directing actors
 - C. Playing the main role
 - D. Selling tickets
23. What is the standard length of a **football match**?



- A. 45 minutes
- B. 60 minutes
- C. 90 minutes
- D. 120 minutes

24. In **netball**, which skill is used to pass the ball?
- A. Dribbling
 - B. Chest pass
 - C. Shooting
 - D. Tackling
25. The phases of **long jump** are:
- A. Sprint, step, jump
 - B. Run, hop, step
 - C. Approach, take-off, flight, landing
 - D. Sprint, stop, jump
26. What should an athlete **always do** before training?
- A. Eat heavy food
 - B. Warm-up
 - C. Start running immediately
 - D. Skip stretching
27. In **rugby**, a try is scored when a player:
- A. Kicks the ball into the net
 - B. Runs with the ball and crosses the opponent's try-line
 - C. Passes the ball backward
 - D. Tackles an opponent
28. The **officials in volleyball** include:
- A. Umpire, referee, and scorer
 - B. Referee, captain, and timekeeper
 - C. Coach, goal judge, and scorer
 - D. Player, manager, and trainer
29. **Which element of art** refers to how light or dark an object appears?
- A. Line
 - B. Tone
 - C. Texture
 - D. Space
30. **Photomontage** is created by:
- A. Drawing with charcoal
 - B. Cutting and arranging photographs
 - C. Painting on canvas
 - D. Making clay sculptures

SECTION B: (60 Marks)

31. Jane is preparing to act in a school play but struggles with confidence on stage.

a) **Three ways Jane can improve her acting skills.** (6 marks)

b) **Two reasons why stage presence is important.** (4 marks)

Sports (20 Marks)

32. Mary plays netball for her school team. During a recent match, her coach noticed that she had difficulty making accurate passes and lost possession of the ball several times.

Question:

a) Give **three** passing techniques Mary can use to improve. (6 marks)

b) Explain **two** reasons why teamwork is important in netball. (4 marks)

33. Peter is a goalkeeper in his school football team but often fails to stop shots during a match.

a) **Three techniques Peter can use to improve his goalkeeping skills.** (6 marks)

b) **Two qualities of a good goalkeeper.** (4 marks)



34. Susan loves athletics but gets tired quickly when running long distances.



a) **Three ways Susan can improve her endurance in running.** (6 marks)

b) **Two reasons why breathing techniques are important for athletes.** (4 marks)

35. Daniel wants to create a **collage** for an art competition but is unsure of what materials to use.



a) **Three materials Daniel can use for a collage.** (6 marks)

b) **Two differences between a collage and a painting.** (4 marks)

36. A teacher notices that students' drawings appear **flat and unrealistic** due to lack of shading.



a) **Three shading techniques they can use.** (6 marks)

b) **Two reasons why shading is important in drawing.** (4 marks)

SERIES 2

Section A: (40 marks)

Each question carries 1 mark. Choose the correct answer and circle it.

1. **Which of the following is an indigenous Kenyan musical instrument?**

- A) Violin
- B) Nyatiti
- C) Guitar
- D) Drums

2. **What is the primary function of a melody in music?**

- A) To add rhythm
- B) To provide harmony
- C) To provide the main theme or tune
- D) To keep the time signature

3. **In visual arts, which of the following is considered a principle?**

- A) Color B) Line
- C) Balance D) Texture

4. **Which of the following is the time signature used in most folk songs?**

- A) 4/4
- B) 2/4
- C) 3/4
- D) 6/8

5. **What is the main component of a dance performance?**

- A) Costumes
- B) Music
- C) Movements and Choreography

D) Stage

6. **Which of the following is a form of communication in sports?**

A) Teamwork

B) Playing rules

C) Verbal signals

D) All of the above

7. **Which of the following is used in flipbook animation?**

A) Still pictures

B) Sound recordings

C) Moving images

D) None of the above

8. **What does the term "pitch" in music refer to?**

A) The speed of the music

B) The loudness of the sound

C) The quality or tone of a sound

D) The rhythm pattern

9. **In sports, what is the main purpose of a drill?**

A) To practice skills

B) To have fun

C) To show off skills

D) To warm up

10. **What does the term "scoring" refer to in netball?**

A) Running with the ball

B) Defending the goal

C) Throwing the ball into the hoop

D) Passing the ball to teammates

11. **Which of the following is a traditional Kenyan dance?**

- A) Ballet B) Isukuti
- C) Salsa D) Tango

12. What is the primary role of a conductor in a musical performance?

- A) To sing the song
- B) To direct the performers
- C) To play the music
- D) To write the music

13. Which of the following is NOT a technique used in javelin throwing?

- A) Grip B) Follow-through
- C) Bending the knees
- D) Dribbling

14. What is an important aspect of storytelling in dance?

- A) Costume design
- B) How movements convey emotions
- C) The lighting effects
- D) The time signature of the music

15. What does the term "rhythm" refer to in music?

- A) The melody of the music
- B) The arrangement of beats and pauses
- C) The volume of sound
- D) The pitch of the sound

16. In volleyball, what is the term "dig" used to describe?

- A) Serving the ball
- B) Passing the ball to a teammate
- C) A defensive move to receive a low ball
- D) Blocking the ball

17. Which of the following is NOT a characteristic of a good melody?

- A) Repetition
- B) Rhythm
- C) High complexity

D) Smooth flow

18. Which of the following describes photomontage in visual arts?

A) Combining multiple photographs into a single image

B) Drawing with charcoal

C) Painting on large canvas

D) Creating sculptures

19. What is a basic rule in football?

A) You cannot pass the ball

B) You must dribble the ball at all times

C) You cannot use your hands except for the goalkeeper

D) You must always pass the ball to teammates

20. Which of the following techniques is most used in animation?

A) Claymation

B) Watercolor painting

C) Photography

D) Paper cutting

21. What is the goal of sports like volleyball and netball?

A) To pass the ball

B) To score goals or points

C) To perform tricks

D) To maintain possession of the ball

22. In a netball game, which area of the court can the Goal Shooter enter?

A) Center Circle

B) The Goal Area

C) The Center Third

D) The Shooting Circle

23. Which of the following is essential when designing a storyboard for a performance?

- A) Choosing the music
- B) Deciding on the number of actors
- C) Planning the sequence of actions
- D) Writing the script

24. Which of the following best describes 'contrast' in visual arts?

- A) The balance of colors
- B) The variation in light and dark elements
- C) The harmony between lines and shapes
- D) The repetition of patterns

25. Which of the following is a key feature of good choreography in a dance?

- A) High-speed movements
- B) Smooth transitions between movements
- C) Uncoordinated actions
- D) No use of space

26. In music, a 'rest' indicates what?

- A) A pause in the rhythm
- B) A louder section
- C) A change in key
- D) A fast tempo

27. What does 'endurance' refer to in sports?

- A) The ability to perform a skill
- B) The ability to withstand physical strain
- C) The ability to throw an object far
- D) The ability to jump high

28. In visual arts, which element is most associated with creating texture?

- A) Lines
- B) Shapes

C) Color

D) Surface quality

29. Which of the following describes a good composition in art?

A) Random placement of elements

B) Elements that are balanced and aligned

C) No use of light or shadow

D) Lack of harmony

30. What is the importance of hand-eye coordination in sports?

A) It helps players follow rules

B) It improves physical fitness

C) It helps players catch, throw, and control the ball

D) It helps with jumping higher

31. Which of the following is essential in swimming technique?

A) Using the backstroke

B) Maintaining balance in the water

C) Holding the breath for long periods

D) Keeping a fixed speed

32. Which dance style is typically performed during a Kenyan celebration?

A) Tango

B) Isukuti

C) Ballet

D) Hip-hop

33. What is the role of percussion instruments in an ensemble?

A) They provide melody

B) They provide rhythm and tempo

C) They provide harmony

D) They provide visual effects

34. What is the purpose of 'spiking' in volleyball?

- A) To serve the ball
- B) To block the opponent
- C) To score a point by forcefully hitting the ball over the net
- D) To catch the ball

35. Which term refers to the shape and size of an object in art?

- A) Space
- B) Form
- C) Texture
- D) Pattern

36. In athletics, what is 'agility'?

- A) The ability to jump high
- B) The ability to move quickly and easily
- C) The ability to run long distances
- D) The ability to throw objects accurately

37. What is the most important factor when composing a song?

- A) The tempo
- B) The lyrics
- C) The harmony and melody
- D) The rhythm

38. Which of the following is a key aspect of visual arts?

- A) Speed
- B) Texture
- C) Agility
- D) Endurance

39. Which is NOT a common technique used in animation?

- A) Claymation

- B) Stop-motion
- C) Live-action
- D) Cut-out animation

40. What is the importance of teamwork in sports?

- A) It helps players focus only on winning
- B) It improves the chances of winning through collaboration
- C) It increases competition among players
- D) It discourages individual skills

Section B: (60 marks)

41. (3 marks) List three elements of a story.

42. (3 marks) Define the following music terms:

- a) **Tempo** –
- b) **Harmony** –
- c) **Timbre** –

43. (4 marks) Identify and explain two types of dribbling used in football.

44. (3 marks) State three benefits of participating in creative arts and sports.

45. (4 marks) Differentiate between a play and a skit.

46. (4 marks) Draw a simple musical staff and write a 4-bar melody in $\frac{3}{4}$ time signature.

(Provide space for drawing.)

47. (5 marks) Name five traditional Kenyan dances and their communities.

Traditional Dance	Community
a.	—
b.	
c.	
d.	
e.	

- 48. (3 marks) State three qualities of a good performance in drama.**
- 49. (5 marks) Describe the process of making a simple storyboard for animation.**
- 50. (6 marks) Mention three types of endurance training and explain their importance in athletics.**
- 51. (5 marks) Draw and label a basketball court, indicating any five major parts.**
- 52. (5 marks) Explain five functions of costumes in drama performance.**
- 53. (4 marks) Identify four key elements of music and their significance.**
- 54. (6 marks) Explain the steps involved in setting up a successful play production.**

SERIES 3

SECTION A: (40 marks)

Answer all questions

(Performing Arts, Sports, and Visual Arts – 40 Questions, 1 mark each)

Performing Arts (Music, Dance, and Drama)

1. Which of the following is **NOT** a component of Creative Arts?
 - A. Music
 - B. Dance
 - C. Mathematics
 - D. Visual Arts
2. In a **$\frac{3}{4}$ time rhythmic pattern**, how many beats are in each measure?
 - A. 2
 - B. 3
 - C. 4
 - D. 6
3. What is the **main purpose** of a descant recorder in music?
 - A. Producing bass sounds
 - B. Playing melody
 - C. Keeping rhythm
 - D. Adding harmony
4. Kenyan folk songs are **mainly used for**:
 - A. Religious ceremonies
 - B. Political rallies
 - C. Celebrations and storytelling
 - D. Teaching mathematical concepts
5. Which of the following is a **Western solo instrument**?
 - A. Nyatiti
 - B. Guitar
 - C. Orutu
 - D. Kayamba
6. A **two-bar rhythmic pattern** in $\frac{3}{4}$ time contains:
 - A. 2 beats per measure
 - B. 3 beats per measure
 - C. 4 beats per measure
 - D. 6 beats per measure
7. **Which of the following is an element of play?**
 - A. Space
 - B. Time
 - C. Characters
 - D. All of the above
8. A **triplet in music** means:
 - A. Three notes played in the space of two
 - B. Three notes played slowly
 - C. A three-bar melody
 - D. A high-pitched note
9. **Which of the following is an element of a play?**
 - A. Characters
 - B. Speed

- C. Balance
 - D. Flexibility
10. Which of the following is **NOT** a key feature of storytelling?
- A. Voice modulation
 - B. Facial expression
 - C. Swimming techniques
 - D. Gestures

Sports (Athletics, Swimming, Handball, Netball, Football, Rugby, Volleyball)

11. Which of the following is a **middle-distance race**?
- A. 100m sprint
 - B. 200m sprint
 - C. 800m race
 - D. Marathon
12. **Which skill is required for successful passing in netball?**
- A. Spiking
 - B. Pivoting
 - C. Shooting
 - D. Marking
13. **How many players are in a rugby team on the field at one time?**
- A. 7
 - B. 10
 - C. 15
 - D. 18
14. The best way to **improve endurance** in athletics is:
- A. Sprinting
 - B. Weightlifting
 - C. Long-distance running
 - D. Jumping
15. **Which of the following is NOT a technique used in volleyball?**
- A. Serving
 - B. Blocking
 - C. Spiking
 - D. Pivoting
16. **Which of the following is a key component of agility in sports?**
- A. Flexibility
 - B. Speed
 - C. Strength
 - D. Endurance
17. The **standard length of a handball court** is:
- A. 20m
 - B. 30m
 - C. 40m
 - D. 50m
18. **Which swimming style uses the flutter kick and freestyle arm movement?**
- A. Backstroke
 - B. Breaststroke
 - C. Butterfly
 - D. Front crawl
19. A rugby ball is **shaped like**:
- A. A circle
 - B. A rectangle
 - C. An oval
 - D. A square

20. A **successful football pass** requires:
- A. Power and force
 - B. Precision and timing
 - C. Jumping ability
 - D. Weightlifting

Visual Arts (Drawing, Design, Photomontage, Collage, Principles of Visual Arts)

21. **Which of the following is a principle of visual arts?**
- A. Balance
 - B. Dribbling
 - C. Passing
 - D. Shooting
22. The main purpose of **photomontage** is to:
- A. Create a single image from multiple photos
 - B. Paint a realistic picture
 - C. Draw sketches with pencil
 - D. Carve sculptures
23. **Collage is best described as:**
- A. An arrangement of objects in a room
 - B. A collection of photos glued together
 - C. A type of shading technique
 - D. A dance movement
24. The **most common element of dance** is:
- A. Melody
 - B. Balance
 - C. Space
 - D. Color
25. **A well-composed melody should have:**
- A. Random notes
 - B. No rhythm
 - C. A balanced structure
 - D. Unlimited high pitches
26. **Which artistic technique involves creating pictures by sticking various materials onto a surface?**
- A. Drawing
 - B. Painting
 - C. Collage
 - D. Sculpting
27. **Which of the following is NOT a principle of visual arts?**
- A. Balance
 - B. Contrast
 - C. Dribbling
 - D. Unity
28. **Which of the following is an element of a play?**
- A. Characters
 - B. Weightlifting
 - C. Basketball
 - D. Sprinting
29. **In a 3/4 rhythmic pattern, how many beats are in one measure?**
- A. 2
 - B. 3
 - C. 4
 - D. 5
30. **Which of the following is an example of a Western solo instrument?**
- A. Orutu
 - B. Flute

- C. Nyatiti
 - D. Kayamba
31. **What is the purpose of shading in drawing?**
- A. To add color
 - B. To create depth and dimension
 - C. To erase mistakes
 - D. To reduce contrast
32. **Which component of Creative Arts involves body movements that express emotions and ideas?**
- A. Dance
 - B. Visual arts
 - C. Singing
 - D. Sculpting
33. **Which type of balance is achieved when elements are equally distributed around a central point?**
- A. Symmetrical balance
 - B. Asymmetrical balance
 - C. Radial balance
 - D. Tonal balance
34. **Which Kenyan community is famous for the Isukuti dance?**
- A. Kikuyu
 - B. Luhya
 - C. Maasai
 - D. Luo
35. **What is the main function of costumes in a play?**
- A. To make actors comfortable
 - B. To indicate time, place, and character roles
 - C. To show dance moves
 - D. To help in singing
36. **What is the first step in preparing a photomontage?**
- A. Cutting out images
 - B. Painting the background
 - C. Arranging the photos
 - D. Gluing the images
37. **Which of the following is an example of a triple jump phase?**
- A. Takeoff
 - B. Glide
 - C. Spin
 - D. Rotation
38. **Which of the following is NOT a feature of a good story?**
- A. Strong characters
 - B. Clear plot
 - C. No conflict
 - D. A well-developed setting
39. **Which term describes the lightness or darkness of a color in visual arts?**
- A. Tone
 - B. Line
 - C. Shape
 - D. Contrast
40. **What is the purpose of a storyboard in animation?**
- A. To plan movement and sequences visually
 - B. To record sound effects
 - C. To create realistic sculptures
 - D. To design costumes for actors

SECTION B: (60 Marks)

(Performing Arts, Sports, and Visual Arts – 40 Questions, 60 marks total)

Performing Arts (Music, Dance, Drama)

41. Define rhythm and give an example of a **three-beat rhythmic pattern**. (3 marks)

42. (5 marks) Write a **two-bar rhythmic pattern** in 3/4 time.

43. (4 marks) List four elements of a play.

44. (3 marks) Explain the importance of storytelling in Kenyan folk traditions.

45. (5 marks) Compose a simple **four-bar melody in 4/4 time** using at least four different note values.

46. (4 marks) Explain two **passing techniques used in volleyball**.

47. (5 marks) Name three **Kenyan folk dances** and the communities they originate from.

48. (3 marks) Identify three key **safety precautions when swimming**.

49. (4 marks) Differentiate between **endurance and agility** in athletics.

50. (5 marks) Study the **triple jump diagram** below and:

a) Label the three phases.

b) Explain the correct landing technique.

51. (4 marks) Explain the difference between **photomontage and collage**.

52. (3 marks) Name three **principles of visual arts**.

53. (5 marks) Draw and label a simple **three-panel storyboard** for a short animation.

53. (3 marks) Define the term "**collage**" and explain how it differs from a **photomontage**.

54. (4 marks) Describe two techniques used in shading a drawing.

55. (5 marks) Create and label a simple **two-panel storyboard** for a short scene about a football match.

56. (3 marks) Explain the importance of balance in visual arts.

57. (4 marks) List and define any two **elements of play** in performing arts.

Performing Arts (Music, Dance, Drama)

58. (5 marks) Compose a **two-bar rhythmic pattern** in 3/4 time using quarter and eighth notes.

59. (3 marks) Identify three **qualities of a good melody** in music.

60. (4 marks) Explain two ways in which Kenyan folk songs are passed down through generations.

61. (5 marks) Compare and contrast two **traditional Kenyan dances** in terms of movements and meaning.

62. (3 marks) List three **functions of storytelling in African culture**.

63. (4 marks) Why is rhythm important in music and dance?

Sports (Athletics, Swimming, Handball, Netball, Football, Rugby, Volleyball)

64. (4 marks) Explain the relationship between **agility and endurance** in sports.

65. (5 marks) Study the **triple jump diagram** below and:

- a) Label the three phases of the jump.
- b) Explain the correct landing technique.

66. (4 marks) List two types of passes used in **netball and football**, and explain how they differ.

67. (3 marks) State three **key safety precautions when swimming**.

68. (5 marks) With the help of a diagram, illustrate the **correct technique for passing in handball**.

69. (3 marks) Identify three common mistakes athletes make when running middle-distance races.

70. (5 marks) Explain how **photomontage and collage** can be used in sports marketing to promote athletics events.

SERIES 4 PAPER 2

PART I: PERFORMING ARTS (10 mks)

Task: This is a practical performance of a play Guidelines:

(1) Working in groups of 10-15 members, learners are required to write a script of a short play addressing the impact of Artificial Intelligence (AI) in school. The script should follow the following format.

- i. Title
- ii. Playwright
- iii. Characters
- iv. Acts
- v. Scenes
- vi. Setting
- vii. Stage directions
- viii. Dialogue

(2) Each learner is expected to play a role in the a) Tempo runs for 1500m (Endurance and race play performance.

(3) The following elements of a play should be brought out clearly by the end of the play.

- i. Theme
- ii. Character
- iii. Plot
- iv. Setting
- v. Conflict
- vi. Language

(4) The performance should take 3-5 minutes.

2. PART II: SPORTS (10 marks) Performing middle distance running Warm-up:

1. Dynamic stretching (10-15 minutes); Focus on the legs, hips and arms. Include high knees, leg swings, butt kicks and lunges.
2. Light jog (5-10 minutes): Gradually increase the pace to prepare the body for interval work.

Main activity:

- a) Interval training for 800m (Pacing and speed work)

1. Sprint 200 m.
2. Rest for 90 seconds after each 200 m.
3. Focus on maintaining consistent pace.

b) Tempo runs for 1500 m (Endurance and race pace)

1. Run 600m.
2. Rest for 3 minutes between sets.
3. Focus on maintaining steady pace and controlled breathing.

c) Time trial simulation

1. Race Simulation (800m or 1500m):
2. Perform one full lap or 1500m, trying to replicate a race scenario.
3. Practice a strong start, managing the middle section, and finishing with a sprint.

d) Cool-down:

1. Light jog (5-10 minutes) gradually slow the pace.
2. Static stretching.

3. PART III: VISUAL ARTS. (10 marks)

Practical activity: Creating a javelin sculpture

Create a sculpture representing a javelin using various materials and techniques while learning about form, proportion, texture and balance in sculpture.

Materials needed:

1. Clay, wire, or any other mouldable material (e.g., plaster, wood, or metal depending on resources)
2. Sculpting tools (e.g., carving tools, spatulas, knives)
3. Paints and brushes
4. Wire cutters Protective gloves and aprons

Instructions:

1. Sketch a design of the javelin sculpture, noting key features like the point, shaft and balance.
2. Create the basic shape of the javelin using wire or another solid base material for the shaft.
3. Ensure that the wire, firmly secured and stable for the structure.
4. Use clay or another malleable material to shape the pointed tip of the javelin.
5. Sculpt the tip to be sharp and angular as it would be in a real javelin.
6. Add details such as textures to the shaft or any additional features you want to emphasize.
7. Use carving tools or modeling tools to refine the shape.
8. Once the sculpture is complete allow it to dry (if using clay or plaster).
9. Paint or finish the sculpture with any desired textures or color.

SERIES 4

PAPER 1

TASK 1: PERFORMING ARTS

1. Keya, a Grade 8 learner, was asked to analyse a play performed by his classmates. Which one of the following elements of a play describes the flow of events in the play?
 - A. Plot
 - B. Character
 - C. Theme
 - D. Resolution
2. During a Grade 7 Creative Arts and Sports lesson, the teacher asked learners to count how many quavers are equivalent to a dotted crotchet. How many quavers does a dotted crotchet have?
 - A. One and a half
 - B. Two
 - C. Three
 - D. Four
3. Study the staff below and name the notes on the staff in order:



- A. Note C, Note E, Note B
 - B. Note C, Note E, Note A
 - C. Note C, Note A, Note E
 - D. Note E, Note G, Note
4. Grade 8 learners were preparing to perform a piece of music on a descant recorder. While interpreting the score, they saw the performance direction symbol below:

mf

What does the symbol indicate?

- A. Moderately loud
 - B. Loud
 - C. Moderately soft
 - D. Very soft
5. Learners were tasked to consider important aspects when interpreting a musical piece. The following are factors to consider except:

- A. Key signature
- B. Number of bars
- C. Note values
- D. Time signature

6. How many counts are there in the notes below?



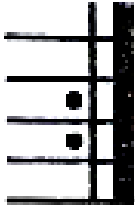
- A. Four
- B. Three
- C. Four and a half
- D. Five

7. The figure below is a symbol of a performance direction used in music to indicate a gradual increase in volume:



What is the name of the symbol above?

- A. Crescendo
 - B. Smaller than
 - C. Diminuendo
 - D. Decrescendo
8. Auma, a Grade 7 learner, was learning different ways of extending a melody during composition practice. Which one of the following is a method of extending a melody?
- A. Extending a melody by changing the clef
 - B. Extending a melody by making it louder
 - C. Extending a melody by using varied repetition
 - D. Extending a melody by using long notes only
9. The following are techniques of playing a recorder except:
- A. Embouchure
 - B. Fingering
 - C. Plucking
 - D. Pinching
10. During a Creative Arts lesson, learners were asked to identify the musical symbol below: What is the name of the symbol?



- A. Double Bar Line
- B. Bar Line
- C. Repeated Marks
- D. Dotted line

Task 2: SPORTS

11. During the annual athletics, athletes participating in middle distance races required the following skills except?

- A. Pacing
- B. Resilience
- C. Recovery
- D. Longs strides

12. During practice Grade 8 learners learnt about landing techniques. Identify the landing skill below?



- A. Double landing
- B. Single landing
- C. Pivoting
- D. Marking

13. When performing a javelin throw a learner started by making a short run then making a strong stride towards the start line. Identify the phase he was in

- A. Approach run
- B. Release
- C. Carriage
- D. Grip

14. Serving is a very important skill used in volleyball. What is the name given to the serve below?

- A. Volley serve
- B. Jump serve
- C. Overarm

D. Underarm serve

15. What is the name given to the job given to a person who enforces rules of a sport during games so that the play can be fair?

A. Coach

B. Referee

C. Team manager

D. Linesman

16. The skill below is very important for swimming. What is the name given to the swimming skill below?

A. Diving

B. Water floating

C. Water treading

D. Water balance

17. When participating in javelin one has to be careful in order to avoid getting hurt. Which one of the following is not a safety measure in javelin?

A. Keep away from the landing area.

B. Do not use a broken javelin

C. Wear the appropriate sportswear

D. When passing a javelin to your teammates throw it at them.

18. Passing in handball is used to ensure the ball gets to the opponent's goal. When is the flick pass commonly used?

A. When the player is closely guarded

B. When shooting a goal

C. When passing to a teammate who is far

D. To prevent interception

19. During a Creative Arts lesson a learner was asked to give a reason why it's important to learn Creative Arts. He gave the following answers Which one is correct?

A. It's a career subject.

B. Helps us to understand other people's culture

C. Provides understanding on different aspects of life

D. It enables us to acquire scientific skills

20. Grade 9 learners were asked to name types of indigenous rope games in Kenya. They mentioned the following except?

A. Tag of war

B. Kati

C. Kamba

D. Kaathi

Task 3: Visual Arts

21. When learning about careers related to creative arts learners mentioned the following except?

- A. Athletes
- B. Graphic design
- C. Journalism
- D. Medicine

22. Kenyan communities create basketry to be used for different reasons. Identify the method that has been used to create the item below



- A. Coiling technique
 - B. Burnishing
 - C. Knitting technique
 - D. Sanding technique
23. During a creative arts lesson learners were asked to create montage. When creating the montage they considered the following factors except?
- A. Subject
 - B. Colour
 - C. Posture
 - D. Centre of interest
24. Tasha created the sculpture below, what are some of the safety measures she observed during creating



- A. Take the shortest time possible during creation
 - B. Use the tools appropriately.
 - C. Use the tools appropriately.
 - D. Only use tools that are available.
25. When creating beadwork one should focus on the following factors except?
- A. Size
 - B. Shape
 - C. Colour
 - D. Community

26. During opening day Faith a grade 7 learner picked up her school skirt. Name the decoration method below that she observed?



- A. Pleating
 - B. Tie and die
 - C. Marbling
 - D. Knitting
27. During a painting lesson Abel was asked to define the term balance .What is the answer that he was likely to give?
- A. Balance is a visual effect that makes the painting stable and appealing to the eye
 - B. Balance is when two things are in contrast
 - C. Balance refers to the brightness of the pictures that makes it appear brighter.
 - D. Balance refers to the difference between tone and colour.
28. When creating a flip book one can follow the steps below: i. Binging the paper ii. Collating the papers iii. Collecting materials Arrange the steps above in the correct order
- A. iii, i, ii
 - B. iii, ii, i,
 - C. i, ii, iii.
 - D. ii, iii, i
29. The following are raw materials in creating basketry except?
- A. Sisal
 - B. Banana fibres
 - C. Raffia
 - D. Clay
30. Identify a decorating technique that involves the use of a needle and a thread to make designs
- A. Applique
 - B. Marbling
 - C. Emroidery
 - D. Fabric painitng

SECTION 2

Task 1: Performing Arts

31. Complete the bars on the staff below using the note values provided below. Use each symbol once (3 mks)



32. Compose a four-bar rhythmic pattern in $\frac{4}{4}$ time signature. Use the crotchets, minim, dotted minims, dotted crotchet, semi breve and quavers. (2 mks)

b) How many counts are there in a dotted crotchet? (1 mk)

33. State the three types of variation that can be used to make a melody more interesting (3 mks)

- a.

- b.

- c.

34. Describe how the pinching technique can be used to play some notes in a descant recorder. (1 mk)

35. Grade 8 learner in Mountain View School were instructed to carry a traditional drum when going for a PE lesson. How can they improvise accompaniment patterns for sports? (2 mks)

36. Using crotchets construct the F Major on a Bass clef both ascending and descending on the staff below. (3 mks)

37. **Task 2: Sports**

When walking home from school, Kelvin came across the sporting activity in the picture below.

Use the picture below to answer the questions that follows.



- a. Identify the sporting activity above (1 mk)

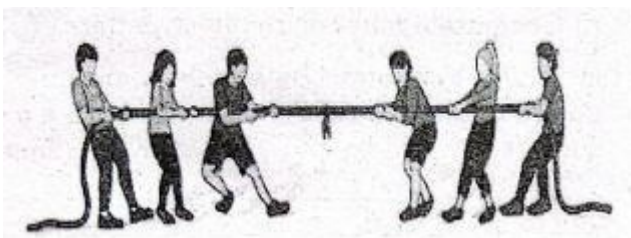
- b. Name the skill that can be used by the player in the picture (1 mk)

38. When playing volleyball, volleying is a very important skill used by all the players. What is the importance of volleying? (2mks)

a.

b.

39. Use the picture below to answer the questions that follow:



- a. Identify the rope game above? (1mk)

b. What are some of the importance of rope games to the Kenyan children? (2mks)

40. Randy was asked to define the following terms used in handball. What are some of the outcomes expected (2mks)

a. Pivoting

b. Passing

41. When playing handball, a player used the shooting skill below

a. Identify the type of shot (1mk)

b. When is the shot above mostly used? (1mk)

42. Kenya is known worldwide for being the best country in athletics. Identify two middle distance races that Kenyans participate in (2mks)

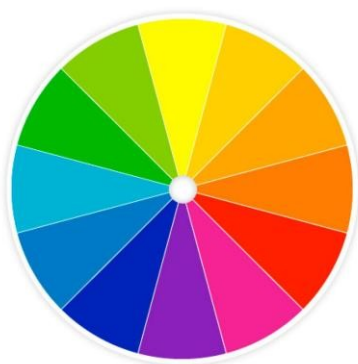
43. There are different ways to enter a pool. State two ways one can use to enter water (2mks)

a.

b.

Task 3: Visual Arts

44. While in painting class Sandra came across the following circle



a. What is the name given to the drawing above? (1mk)

b. Identify a colour complementary to red (2mks)

1. State **five** careers in creative arts and sports. **(5mks)**

2. State the **four** categories of creative arts and sports. **(4mks)**

3. State **five** phases in a javelin throw. **(5mks)**

4. State **five** creative arts forms appreciated through sense of sight. **(5mks)**

5. Explain the meaning of the following elements of play. **(4mks)**

a.) Theme

b.) Character

c.) Plot

d.) Setting

6.

a.) Name **two** types of passes used in netball.

(2mks)

b.) Give two types of landing techniques in the game of netball.

(2mks)

c.) Give three importance of pivoting in the game of netball.

(2mks)

7. Grade 8 learners designed a dress and decorated with the following decorations techniques. Identify the techniques illustrated in the pictures below.

(2mks)

A



B

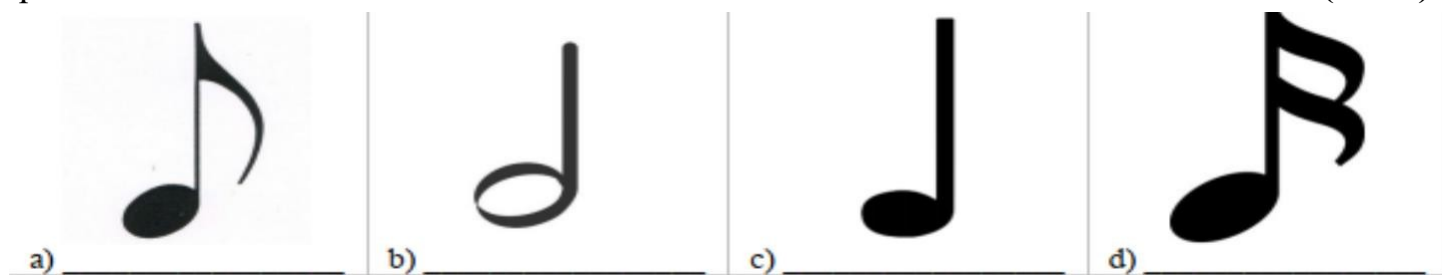


8. Give **four** techniques of playing a descant recorder.

(4mks)

9. List three safety measures to observe when performing a high jump. **(3mks)**

10. Identify the following types of music notes as either crotchet, minim, quaver and semi-quaver. **(4mks)**



11. Name five different types of beads used in beadworks **(5mks)**

12.
a.) What is physical fitness? **(1mk)**

b.) Name two components of physical fitness. **(2mks)**

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SERIES 6

PAPER 1

Section A: Multiple Choice Questions (20 Marks)

SECTION A: MULTIPLE CHOICE QUESTIONS (40 MARKS)

(Answer all questions. Each question carries 2 marks.)

1. Which of the following is NOT an element of design in visual arts?
 - a) Line
 - b) Texture
 - c) Sound
 - d) Shape
2. In music notation, which note has the longest duration?
 - a) Quarter note
 - b) Half note
 - c) Whole note
 - d) Eighth note
3. The primary colors in painting are:
 - a) Red, Yellow, and Green
 - b) Red, Blue, and Yellow
 - c) Red, Green, and Blue
 - d) Blue, Yellow, and White
4. Which Kenyan traditional instrument produces sound by blowing?
 - a) Nyatiti
 - b) Orutu
 - c) Borro
 - d) Wandindi
5. The main purpose of warming up before engaging in sports is to:
 - a) Increase body weight
 - b) Prevent injuries
 - c) Improve diet
 - d) Reduce flexibility
6. The following are examples of traditional dances EXCEPT:
 - a) Isukuti
 - b) Benga
 - c) Mugithi
 - d) Chivoti
7. What is the role of a referee in a football game?
 - a) To score goals
 - b) To keep time
 - c) To enforce rules and ensure fair play
 - d) To manage a football club
8. In art, **hatching and cross-hatching** are techniques used to create:
 - a) Texture and shading
 - b) Color balance

- c) Shapes
 - d) Patterns
9. Which of the following is NOT a type of drawing?
- a) Still life
 - b) Abstract
 - c) Perspective
 - d) Athletics
10. A good athlete should practice the following virtues EXCEPT:
- a) Perseverance
 - b) Fair play
 - c) Teamwork
 - d) Laziness
11. Which material is commonly used in sculpture making?
- a) Wood
 - b) Ink
 - c) Canvas
 - d) Paper
12. In drama, **improvisation** refers to:
- a) Performing without prior preparation
 - b) Reading a script
 - c) Wearing a costume
 - d) Memorizing lines
13. The Maasai community is known for which type of traditional dance?
- a) Kayamba
 - b) Adumu
 - c) Isukuti
 - d) Ohangla
14. Which of the following is NOT a type of sports facility?
- a) Stadium
 - b) Swimming pool
 - c) Chessboard
 - d) Gymnasium
15. The following are reasons why artists use warm colors EXCEPT:
- a) To create an exciting mood
 - b) To make a drawing dull
 - c) To bring warmth in a picture
 - d) To attract attention
16. A standard football match is played for how many minutes?
- a) 60 minutes
 - b) 70 minutes
 - c) 90 minutes
 - d) 120 minutes
17. The process of mixing colors to create new shades is called:
- a) Layering
 - b) Blending
 - c) Shading
 - d) Texturing

18. Which is NOT a benefit of physical exercise?
- a) Improves physical health
 - b) Enhances mental well-being
 - c) Leads to laziness
 - d) Promotes teamwork
19. The instrument used to measure beats in music is called:
- a) Metronome
 - b) Tuning fork
 - c) Compass
 - d) Drum
20. Which of the following best describes **choreography**?
- a) A type of music
 - b) The art of designing dance movements
 - c) Playing a musical instrument
 - d) Organizing a concert

SECTION B: STRUCTURED QUESTIONS (60 MARKS)

(Answer all questions. Marks are indicated in brackets.)

21. (a) Define the term **visual arts** and give two examples. (3 marks)

- (b) State three functions of art in society. (3 marks)

22. (a) Name three different techniques used in shading a drawing. (3 marks)

- (b) Describe the **stippling** technique in drawing. (3 marks)

23. (a) List three traditional African musical instruments. (3 marks)

- (b) Explain the role of music in African culture. (3 marks)

24. (a) Define **sportsmanship** and explain its importance in games. (3 marks)

(b) Give three reasons why teamwork is essential in team sports. (3 marks)

25. (a) Name any three famous Kenyan athletes. (3 marks)

(b) What are the benefits of participating in athletics? (3 marks)

26. (a) Explain the difference between **warm colors** and **cool colors** in painting. (3 marks)

(b) Why is proper lighting important in an art gallery? (3 marks)

27. (a) What is the role of costumes in drama and theatre? (3 marks)

(b) Give three examples of drama genres. (3 marks)

28. (a) Define the term **calligraphy**. (2 marks)

(b) Why is neat handwriting important in visual communication? (3 marks)

29. (a) Identify three key rules in volleyball. (3 marks)

(b) Explain why a balanced diet is essential for athletes. (3 marks)

30. (a) Name any two dance styles found in Kenya. (2 marks)

(b) State three benefits of dancing as a physical activity. (3 marks)

SERIES 6 PAPER 2

INSTRUCTIONS:

1. Candidates must complete both Section A (Creative Arts) and Section B (Sports).
2. All work must be original and neat.
3. Follow the teacher's instructions carefully for each practical task.

SECTION A: CREATIVE ARTS PRACTICAL (50 MARKS)

(Answer any TWO questions from this section. Each question carries 25 marks.)

1. Drawing and Painting (25 Marks)

You are required to create a still-life drawing of a fruit arrangement using **pencil shading** or **colored paints**.

Instructions:

- (a) Draw an arrangement of at least **three different fruits** (e.g., mango, banana, and apple) on a table. *(5 marks)*
- (b) Apply appropriate **shading or coloring techniques** to show texture and depth. *(10 marks)*
- (c) Ensure proper use of **proportions, balance, and perspective** in your artwork. *(5 marks)*
- (d) Present your work neatly and creatively. *(5 marks)*

2. Craftwork (25 Marks)

You are required to design and make a decorative item using recycled materials such as paper, beads, or fabric.

Instructions:

- (a) Select an appropriate item to create, such as a **bracelet, wall hanging, or flower vase**. *(5 marks)*
- (b) Use at least **two different materials** (e.g., paper and beads). *(5 marks)*
- (c) Apply neatness, creativity, and innovation in your design. *(10 marks)*
- (d) Present the final product ready for display. *(5 marks)*

3. Music and Dance (25 Marks)

You are required to perform either a **traditional song and dance** or a **self-composed song** in front of an examiner.

Instructions:

- (a) Choose a **traditional song or compose your own song** with meaningful lyrics. *(5 marks)*
- (b) Ensure the song has **clear rhythm, melody, and structure**. *(5 marks)*
- (c) Accompany the performance with an appropriate **dance or body movement**. *(5 marks)*
- (d) Show confidence and stage presence in your performance. *(5 marks)*
- (e) Present the song with proper **intonation and vocal clarity**. *(5 marks)*

SECTION B: SPORTS PRACTICAL (50 MARKS)

(Answer any TWO questions from this section. Each question carries 25 marks.)

4. Athletics – 100m Sprint (25 Marks)

You are required to participate in a **100m sprint race** and be timed by the examiner.

Instructions:

- (a) Take the correct **starting position** before the race begins. *(5 marks)*
- (b) Maintain the proper **running posture and coordination** throughout the sprint. *(5 marks)*
- (c) Complete the race with good **speed and endurance**. *(5 marks)*
- (d) Observe proper sportsmanship and respect for other competitors. *(5 marks)*
- (e) Demonstrate controlled breathing and finishing technique. *(5 marks)*

5. Ball Games – Football or Volleyball (25 Marks)

You will demonstrate your skills in either **football (soccer) or volleyball**.

Instructions for Football:

- (a) Dribble the ball between cones using **proper foot control**. *(5 marks)*
- (b) Pass the ball accurately to a teammate over a **10-meter distance**. *(5 marks)*
- (c) Take a shot at the goal and aim for precision. *(5 marks)*
- (d) Demonstrate teamwork by participating in a small **team play exercise**. *(5 marks)*
- (e) Show good sportsmanship and fair play. *(5 marks)*

Instructions for Volleyball:

- (a) Serve the ball correctly over the net using an **underarm or overarm serve**. *(5 marks)*
- (b) Perform at least **three successful passes (bumping or setting)** with a partner. *(5 marks)*
- (c) Attempt a **spike or block** in a controlled game situation. *(5 marks)*
- (d) Demonstrate teamwork and good court positioning. *(5 marks)*
- (e) Show respect and fair play during the game. *(5 marks)*

6. Gymnastics or Aerobics (25 Marks)

You are required to perform a **gymnastics routine or aerobics session** that includes at least three moves.

Instructions:

- (a) Start with a warm-up routine, such as **jumping jacks or stretching**. *(5 marks)*
- (b) Perform at least **three basic moves**, such as a **cartwheel, forward roll, or balance stance**. *(10 marks)*
- (c) Demonstrate proper **body coordination and flexibility**. *(5 marks)*
- (d) Complete the routine with a **smooth transition and control**. *(5 marks)*

SERIES 7

PAPER 1

SECTION A:

1. Which of the following is **NOT** considered a visual art form?

- A) Painting
- B) Sculpture
- C) Dance
- D) Photography

2. In sports, what does the term '**offside**' mean?

- A) A player is positioned beyond the goal line without the ball
- B) A player is in front of the ball carrier when receiving a pass
- c) A player has violated a rule by not following a play correctly
- d) A player is positioned outside the playing field

3. Which of the following is an example of a percussion instrument?

- a) Violin
- b) Trumpet
- c) Drums
- d) Flute

4. What is the term for the speed of a dance?

- a) Tempo
- b) Choreography
- c) Pirouette
- d) Allegro

5. In basketball, how many points is a basket worth if taken from beyond the three-point line?

- A) 1 point
- B) 2 points
- c) 3 points
- D) 4 points

6. Which of the following is **NOT** a traditional Olympic sport?

- A) Swimming
- B) Ice Hockey
- c) Baseball
- D) Karate

7. Which of the following is a primary color in art?

- A) Green
- B) Red
- C) Purple
- D) Orange

8. What is the term used to describe the height or low pitch of a musical note?

- A) Timbre
- B) Duration

- c) Dynamics
- D) Pitch

9. In which sport is the term "**touchdown**" used?

- A) Rugby
- B) Football (American)
- c) Basketball
- D) Hockey

10. What is the main purpose of the "**dribbling**" technique in basketball?

- A) To pass the ball
- B) To shoot the ball into the hoop
- C) To move the ball while maintaining control
- D) To block an opponent

11. In what type of music is the term "**legato**" used to describe the performance of the notes?

- A) Smooth and connected
- B) Fast and sharp
- C) Loud and forceful
- D) Broken and disconnected

12. Which of the following is the term for the highest scoring part of a soccer field?

- A) Halfway line
- B) Goalkeeper's box
- C) Goal line
- D) Penalty area

13. Which visual art technique involves creating an image from small pieces of colored material, often paper or glass?

- A) Collage
- B) Mosaic
- C) Watercolor
- D) Charcoal sketch

14. What is the name of the gymnastics event performed on a narrow beam?

- A) Vault
- B) Rings
- C) Floor Exercise
- D) Balance Beam

15. Which of the following is **NOT** a type of musical instrument?

- A) Strings
- B) Percussion
- C) Vocal
- D) Jump Rope

16. Which of the following is a technique used in visual arts to create a sense of three-dimensionality?

- A) Color mixing
- B) Shading
- C) Texturing
- D) Gridding

Section B:

VISUAL ARTS:

1. Describe the role of color in conveying emotions in a piece of art. Give an example of how different colors can affect the viewer's perception.

2. Explain the concept of "balance" in visual art and provide an example of a artwork that uses balance effectively.

3. Create a design for a poster advocating for environmental conservation. Use at least three principles of design in your poster and explain how they contribute to the message.

PERFORMING ARTS:

4. Define the term "harmony" in music and provide an example of how harmony is used in a popular song.

5. Explain the difference between "major" and "minor" scales in music, and how each scale evokes a different emotional response.

6. Write a short piece of music (using notation or description) for a simple melody and provide the rhythmic pattern used.

7. Discuss the role of dialogue and body language in creating a believable character in a drama.

8. Describe the difference between "monologue" and "dialogue" in a dramatic performance, and explain their importance in character development.

9. Imagine you are preparing for a role in a school play. Outline the steps you would take to prepare for your character.

10. Explain the importance of rhythm in dance and give an example of a dance style that relies heavily on rhythm.

11. Describe the use of space, time, and energy in creating a dance routine. How can a dancer use these elements to communicate a specific theme?

12. Create a simple dance sequence to accompany a song of your choice. Explain the movements and how they reflect the mood of the music.

Section C: SPORTS

Physical Fitness:

1. What is the importance of warming up before engaging in physical activity? List three benefits of warming up.

2. Explain the concept of “endurance” in sports and provide examples of activities that help improve endurance.

3. Describe the roles of the different positions in a soccer team (e.g., goalkeeper, defenders, midfielders, strikers) and how each contributes to the team’s overall strategy.

4. In basketball, explain the importance of communication between team members during a game and provide an example of how effective communication can lead to a successful play.

5. Compare and contrast the strategies used in rugby and football. How do the strategies in these two team sports differ in terms of offense and defense?

6. In athletics (track and field), what are the differences between a sprint race and a long-distance race? How do training methods for each differ?

7. Describe the basic rules of badminton and explain how strategy plays a role in winning a match.

8. Explain what sportsmanship is and why it is important both in and outside of sports.

9. Describe a situation where you witnessed good sportsmanship. What made the behavior stand out, and how did it affect the outcome of the event?

10. List five common injuries that can occur in physical activities and explain how to prevent them.

11. What is the importance of hydration before, during, and after exercise? Explain how it affects athletic performance.

SERIES 7 PAPER 2

General Instructions:

- a) Perform all tasks given.
- b) Facilitators will provide drawing sheets.
- c) ICT integration in the project is highly recommended

Section A: Visual Arts

Task 1: Drawing (20 marks)

- Draw a nature-inspired scene using pencils, focusing on shading, perspective, and composition. Include at least 3 elements (trees, mountains, water, etc.).

Task 2: Craftwork (20 marks)

- Create a simple handcrafted item using available materials such as clay, wire, or paper. The item should be both artistic and functional (e.g., a decorative bowl or flowerpot).

Section B: Performing Arts

Task 3: Drama (20 marks)

- Perform a short monologue or dialogue from a play or a self-written piece. Focus on emotion, voice modulation, and physical expression.

Task 4: Dance (20 marks)

- Perform a dance piece (1-2 minutes) in a style of your choice. The routine should demonstrate rhythm, coordination, and creativity.

Section C: Music

Task 5: Instrumental Performance (20 marks)

- Perform a simple song on an instrument (e.g., guitar, piano, or drums).

Task 6: Vocal Performance (20 marks)

- Sing a short song (verse and chorus). Focus on pitch, rhythm, and tone.

Sports Practical Assessment

Section A: Athletics

Task 1: Track Event (30 marks)

Run a 200-meter sprint. The assessment will assess speed, technique, and endurance.

Task 2: Field Event (20 marks)

Complete a long jump or high jump, demonstrating proper form and technique.

Task 3: Endurance Test (20 marks)

Run the 800 meters, assessing your pacing, stamina, and speed.

Section B: Team Sports**Task 4: Football/Netball (20 marks)**

Demonstrate your skills in passing, dribbling, and shooting. After individual skill demonstration, participate in a short mini-match.

Task 5: Basketball/Volleyball (20 marks)

Perform a series of drills: dribbling, passing, shooting (for basketball) or serving and passing (for volleyball). Then, play a mini-game.

Section C: Fitness & Conditioning**Task 6: Fitness Test (20 marks)**

Perform a series of strength exercises (push-ups, sit-ups) and a flexibility test (touching toes or a similar stretch).

Answer ALL the Questions in the spaces provided (50mks)

1. Grade eight learners of Kanyamedha Junior School have definition of a learning area that allows learners use their imagination, creativity to pass a message to audience. Name the learning area they were defining. (2 marks)

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2. What are the three components of Creative Arts and Sports? (3 marks)

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.....

.....

3. Define the following terms; (2 marks)

i. Music :.....

.....

ii. Dance :

4. Draw a picture of an apple (3marks)

5. Name the **four** phases in triple jump. (2 marks)

.....

.....

.....

.....

.....

.....

6. Give **two** examples of themes in a play (2 marks)
-
-
-
7. What is a sprint? (1 mark)
-
-
-
8. Name three ways of starting a race in athletics (3 marks)
-
-
-
-
9. What is Photomontage (2marks)
-
-
-
10. Give reasons as to why!
- (a) The ball used in Netball should be rough (1mark)
-
-
- (b) Netball should be red or **orange** (1mark)
-
-
11. (a) Name any three types of passes in Netball (3 marks)
-
-
-
-
-
- (b) Of the passes you have mentioned above, which is the most common pass in Netball? (1mark)
-
-
12. Explain the following terms (3 marks)
- a. Dodging:.....
-
-

- b. Single landing:
-
-
- c. Double landing:
-
-

13. Match the table below

(2marks)

Baton technique	The receivers palm and finger facing
Upsweep.	Upwards
Down sweep	Downwards

14. Nyaoke a student at Kanyamedha Junior School is preparing to take part in long jump competitions. State **three** techniques he is likely to use during competitions (3 marks)
-
-
-
-

15. List **five** career opportunities related to Creative Arts and Sports

(5 marks)

-
-
-
-
-
-

16. Draw and label parts of a javelin

(4 marks)

17. Name the following symbols as used in Music (4 marks)

pg. 3

Note Symbol	Note name

18. Name any **three** types of relays that you know .

(3 marks)

.....

.....

SERIES 9

1. State **five** careers in creative arts and sports. **(5mks)**
2. State the **four** categories of creative arts and sports. **(4mks)**
3. State **five** phases in a javelin throw. **(5mks)**
4. State **five** creative arts forms appreciated through sense of sight. **(5mks)**
5. Explain the meaning of the following elements of play.
 - a.) Theme **(4mks)**
 - b.) Character
 - c.) Plot
 - d.) Setting
6.
 - a.) Name **two** types of passes used in netball. **(2mks)**
 - b.) Give two types of landing techniques in the game of netball. **(2mks)**
 - c.) Give three importance of pivoting in the game of netball. **(2mks)**
7. Grade 8 learners designed a dress and decorated with the following decorations techniques.
Identify the techniques illustrated in the pictures below. **(2mks)**

A



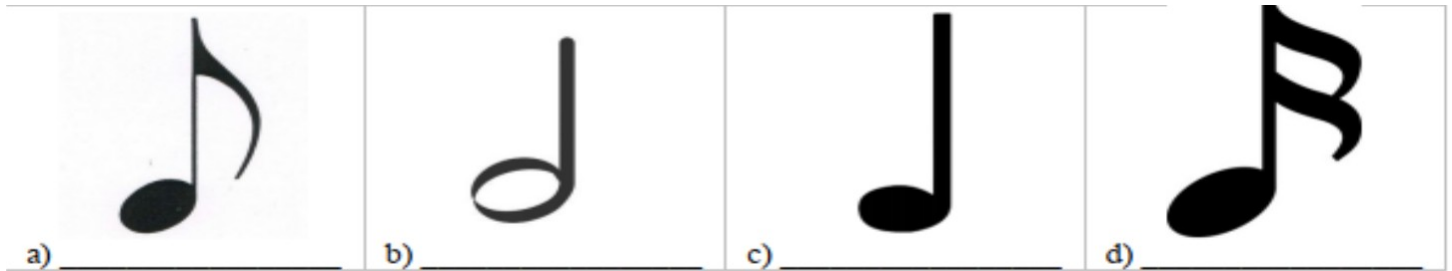
B



8. Give **four** techniques of playing a descant recorder.(4mks)

9. List three safety measures to observe when performing a high jump. (3mks)

10. Identify the following types of music notes as either crotchet, minim, quaver and semi-quaver. (4mks)



11. Name five different types of beads used in beadworks (5mks)

12.
a.) What is physical fitness? (1mk)

b.) Name two components of physical fitness. (2mks)

CREATIVE ARTS & SPORTS PAPER 1

Instructions to the learner

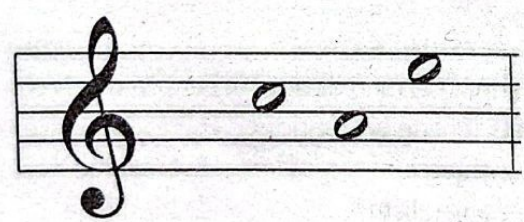
- This paper has two sections totaling 70 marks.
- Read instructions in each part and answer the questions appropriately.

SECTION 1 (30mks)
Task 1: Performing Arts (10mrks)

- Keya, a Grade 8 learner, was asked to analyse a play performed by his classmates. Which one of the following elements of a play describes the flow of events in the play?

A. Plot	B. Character
C. Theme	D. Resolution
- During a Grade 7 Creative Arts and Sports lesson, the teacher asked learners to count how many quavers are equivalent to a dotted crotchet. How many quavers does a dotted crotchet have?

A. One and a half	C. Two
C. Three	D. Four
- Study the staff below and name the notes on the staff in order:



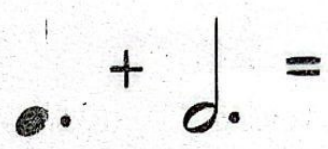
- | |
|---------------------------|
| A. Note C, Note E, Note B |
| B. Note C, Note E, Note A |
| C. Note C, Note A, Note E |
| D. Note E, Note G, Note B |
- Grade 8 learners were preparing to perform a piece of music on a descant recorder. While interpreting the score, they saw the performance direction symbol below:

mf

- What does the symbol indicate?
- | | |
|--------------------|--------------|
| A. Moderately Loud | B. Loud |
| C. Moderately Soft | D. Very Soft |

- Learners were tasked to consider important aspects when interpreting a musical piece. The following are factors to consider except:

A. Key signature	B. Number of bars
C. Note values	D. Time signature
- How many counts are there in the notes below?



- | | |
|--------------------|----------|
| A. Four | B. Three |
| C. Four and a half | D. Five |
- The figure below is a symbol of a performance direction used in music to indicate a gradual increase in volume:



- What is the name of the symbol above?
- | | |
|---------------|-----------------|
| A. Crescendo | B. Smaller than |
| C. Diminuendo | D. Decrescendo |
- Auma, a Grade 7 learner, was learning different ways of extending a melody during composition practice. Which one of the following is a method of extending a melody?

A. Extending a melody by changing the clef
B. Extending a melody by making it louder
C. Extending a melody by using varied repetition
D. Extending a melody by using long notes only
 - The following are techniques of playing a recorder except:

A. Embouchure	B. Fingering
C. Plucking	D. Pinching
 - During a Creative Arts lesson, learners were asked to identify the musical symbol below:



- What is the name of the symbol?
- | | |
|--------------------|----------------|
| A. Double Bar Line | B. Bar Line |
| C. Repeat Marks | D. Dotted Line |

Task 2: Sports**(10mks)**

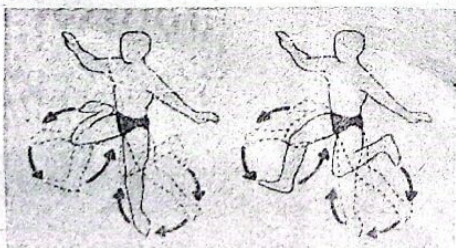
- During the annual athletics, athletes participating in middle distance races required the following skills **except**?
A. Pacing
B. Resilience
C. Recovery
D. Long strides
- During practice Grade 8 learners learnt about landing techniques. Identify the landing skill below?



- | | |
|-------------------|-------------------|
| A. Double landing | B. Single landing |
| C. Pivoting | D. Marking |
- When performing a javelin throw a learner started by making a short run then making a strong stride towards the start line. Identify the phase he was in
A. Approach run
B. Release
C. Carriage
D. Grip
- Serving is a very important skill used in volleyball. What is the name given to the serve below?



- | | |
|-----------------|-------------------|
| A. Volley serve | B. Jump serve |
| C. Overarm | D. Underarm serve |
- What is the name given to the job given to a person who enforces rules of a sport during games so that the play can be fair?
A. Coach
B. Referee
C. Team manager
D. Linesman
- The skill below is very important for swimming. What is the name given to the swimming skill below?



- | | |
|-----------|-------------------|
| A. Diving | B. Water floating |
|-----------|-------------------|

- When participating in javelin one has to be careful in order to avoid getting hurt. Which one of the following is not a safety measure in javelin?
A. Keep away from the landing area.
B. Do not use a broken javelin.
C. Wear the appropriate sportswear.
D. When passing a javelin to your teammates throw it at them.
- Passing in handball is used to ensure the ball gets to the opponent's goal. When is the flick pass commonly used?
A. When the player is closely guarded.
B. When shooting a goal.
C. When passing to a teammate who is far.
D. To prevent interception.
- During a Creative Arts lesson a learner was asked to give a reason why it's important to learn Creative Arts. He gave the following answers. Which one is **correct**?
A. It's a career subject.
B. Helps us to understand other people's culture.
C. Provides understanding on different aspects of life.
D. It enables us to acquire scientific skills.
- Grade 9 learners were asked to name types of indigenous rope games in Kenya. They mentioned the following **except**?
A. Tag of war
B. Kati.
C. Kamba
D. Kaathi

Task 3: Visual Arts**(10mks)**

- When learning about careers related to creative arts learners mentioned the following **except**?
A. Athletes
B. Graphic design
C. Journalism
D. Medicine.
- Kenyan communities create basketry to be used for different reasons. Identify the method that has been used to create the item below



- | | |
|----------------------|-----------------------|
| A. Coiling technique | B. Knitting technique |
| C. Burnishing | D. Sanding technique. |
- During a creative arts lesson learners were asked to create montage. When creating the montage they considered the following factors **except**?

4. Tasha created the sculpture below, what are some of the safety measures she observed during creating



- A. Use only sharp tools.
 B. Take the shortest time possible during creation.
 C. Use the tools appropriately.
 D. Only use tools that are available.
5. When creating beadwork one should focus on the following factors **except**?
- A. Size
 B. Shape
 C. Colour
 D. Community
6. During opening day Faith a grade 7 learner picked up her school skirt. Name the decoration method below that she observed?



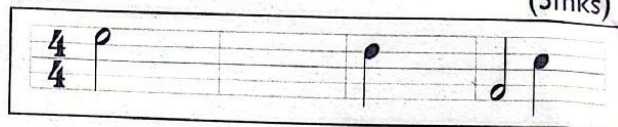
- A. Pleating
 B. Tie and die
 C. Marbling
 D. Knitting.
7. During a painting lesson Abel was asked to define the term balance. What is the answer that he was **likely** to give?
- A. Balance is a visual effect that makes the painting stable and appealing to the eye.
 B. Balance is when two things are in contrast.
 C. Balance refers to the brightness of the pictures that makes it appear brighter.
 D. Balance refers to the difference between tone and colour.
8. When creating a flip book one can follow the steps below:
- Binging the paper
 - Collating the papers
 - Collecting materials
- Arrange the steps above in the **correct** order.
- A. iii, i, ii.
 B. iii, ii, i,
 C. i, ii, iii.
 D. ii, iii, i
9. The following are raw materials in creating basketry **except**?
- A. Sisal
 B. Banana fibres
 C. Raffia
 D. Clay
10. Identify a decorating technique that involves the use of a needle and a thread to make designs.
- A. Applique
 B. Marbling

SECTION 2

(40mks)

Task 1: Performing Arts

1. Complete the bars on the staff below using the note values provided below. Use each symbol once. (3mks)



2. a) Compose a four-bar rhythmic pattern in $\frac{4}{4}$ time signature. Use crotchets, minim, dotted minims, dotted crotchet, semi breve and quavers. (2mks)

- b) How many counts are there in a dotted crotchet? (1mk)

3. State three types of variation that can be used to make a melody more interesting. (3mks)

4. Describe how the pinching technique can be used to play some notes in a descant recorder. (1mks)

5. Grade 8 learners in Mountain View School were instructed to carry a traditional drum when going for a PE lesson. How can they improvise accompaniment patterns for sports? (2mks)

6. Using Crotchets construct the F Major on a Bass clef both ascending and descending on the staff below. (3mks)

Task 2: Sports

1. When walking home from school, Kelvin came across the sporting activity in the picture below. Use the picture below to answer the questions that follows.

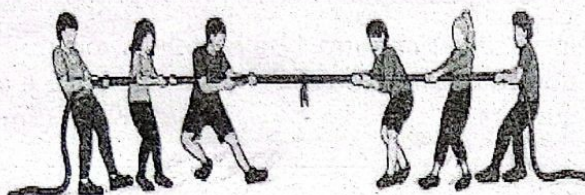


- a. Identify the sporting activity above. (1mk)

b. Name the skill that has been used by the player in the picture. (1mk)

2. When playing volleyball, volleying is a very important skill used by all the players. What is the importance of volleying? (2mks)

3. Use the picture below to answer the questions that follow:



a. Identify the rope game above? (1mk)

b. What are some of the importance of rope games to the Kenyan children? (2mks)

4. Randy was asked to define the following terms used in handball. What are some of the outcomes expected (2mks)

- a. Pivoting
- b. Passing

5. When playing handball, a player used the shooting skill below



a. Identify the type of shot (1mk)

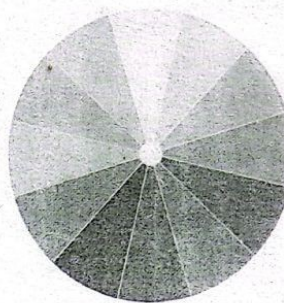
b. When is the shot above mostly used? (1mk)

6. Kenya is known worldwide for being the best country in athletics. Identify two middle distance races that Kenyans participate in (2mks)

7. There are different ways to enter a pool. State two ways one can use to enter water (2mks)

Task 3: Visual Arts

1. While in painting class Sandra came across the following circle



a. What is the name given to the drawing above? (1mk)

b. Identify a colour complementary to red (2mks)

2. When performing tie and dye a learner used a natural dye from available sources. Name two sources of red dyes found in the environment (2mks)

3. Study the picture below and use it to answer the questions that follow



a. Identify two materials used to create the item above? (1mk)

b. What is the importance of jewellery in Kenyan Community? (2mks)

4. In order for your flip book to look realistic, what should one emphasize when riffling the flip book? (2mks)

5. Help grace fill the table below with the correct answers (2mks)

Career	Jobs
Education	

LEARNER'S NAME: _____

ASSESSMENT NUMBER: _____ GRADE: _____

SCHOOL: _____ DATE: _____

Instructions to the learner

- a) This paper has three tasks totaling 30 marks.
- b) Read instructions in each part and answer the questions appropriately.

PART I: PERFORMING ARTS (10 mks)**Task:** This is a practical performance of a play**Guidelines:**

1. Working in groups of 10-15 members, learners are required to write a script of a short play addressing the impact of Artificial Intelligence (AI) in school. The script should follow the following format.

- i. Title
- ii. Playwright
- iii. Characters
- iv. Acts
- v. Scenes
- vi. Setting
- vii. Stage directions
- viii. Dialogue

2. Each learner is expected to play a role in the play performance.

3. The following elements of a play should be brought out clearly by the end of the play.

ii. Character

iii. Plot

iv. Setting

v. Conflict

vi. Language

4. The performance should take 3-5 minutes.

PART II: SPORTS (10 marks)**Performing middle distance running****Warm-up:**

- Dynamic stretching (10-15 minutes): Focus on the legs, hips and arms. Include high knees, leg swings, butt kicks and lunges.
- Light jog (5-10 minutes): Gradually increase the pace to prepare the body for interval work.

Main activity:

- a) Interval training for 800m (Pacing and speed work)
 - Sprint 200m.
 - Rest for 90 seconds after each 200m.
 - Focus on maintaining consistent pace.
- a) Tempo runs for 1500m (Endurance and race pace)
 - Run 600m.
 - Rest for 3 minutes between sets.

- Focus on maintaining steady pace and controlled breathing.

b) Time trial simulation

- Race Simulation (800m or 1500m):
- Perform one full lap or 1500m, trying to replicate a race scenario.
- Practice a strong start, managing the middle section, and finishing with a sprint.

c) Cool-down:

- Light jog (5-10 minutes) gradually slow the pace.
- Static stretching.

PART III: VISUAL ARTS. (10 marks)

Practical activity: Creating a javelin sculpture

Create a sculpture representing a javelin using various materials and techniques while learning about form, proportion, texture and balance in sculpture.

Materials needed:

- Clay, wire, or any other mouldable material (e.g., plaster, wood, or metal depending on resources)
- Sculpting tools (e.g., carving tools, spatulas, knives)

- Paints and brushes
- Wire cutters
- Protective gloves and aprons

Instructions:

- Sketch a design of the javelin sculpture, noting key features like the point, shaft and balance.
- Create the basic shape of the javelin using wire or another solid base material for the shaft.
- Ensure that the wire, firmly secured and stable for the structure.
- Use clay or another malleable material to shape the pointed tip of the javelin.
- Sculpt the tip to be sharp and angular as it would be in a real javelin.
- Add details such as textures to the shaft or any additional features you want to emphasize.
- Use carving tools or modeling tools to refine the shape.
- Once the sculpture is complete allow it to dry (if using clay or plaster).
- Paint or finish the sculpture with any desired textures or color.

SERIES 11

Answer ALL the Questions in the spaces provided (50mks)

1. Grade seven learners of Kanyamedha junior school gave a definition of a learning area as the activities that allow performers to use their imaginations, creativity to pass a message to the audience. Name the learning area they were defining. (1mks)

.....
.....

2. Mr.Olango asked grade seven learners to discuss the benefits of learning creative arts and sports.List down five benefits of learning creative arts and sports. (5mks)

.....
.....

3. Kanyamony grade seven junior school learners participated in discussing activities involved in Visual arts.State four activities they mentioned (4mks)

.....
.....
.....

4. Draw a well picture of an Egg (3mks)

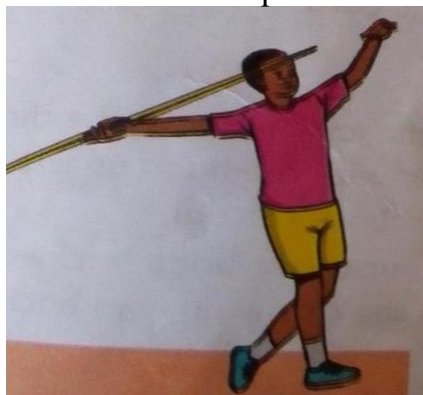
5. Give the two categories of Visual arts (2mks)

.....
.....
.....

6. Grade seven learners of Bar Andingo junior school participated in practicing throws in javelin.State of **five** safety measures they observed during the throws [5mks]

.....
.....
.....

7. Study the picture below and answer the questions that follow



- a) identify the sporting activity shown in the picture

[1mk]

b) List down the six phases of a javelin throw

[6mks]

.....

.....

.....

.....

.....

c) Name the instrument used in measuring distance covered in a throw

[1mk]

.....

.....

8. Match the table below

[2mks]

Baton change technique	The receivers palm and finger facing
Upsweep	Upwards
Downsweep	Downwards

9. Identify the following techniques of starting a sprint race

[3mks]



a)

b)

c).....

10. Imani a grade seven learner is an athlete. During the interschool competition, Imani would apply the phases of sprinting and emerge as a winner . Identify three running phases

[3mks]

.....

.....

11.a] Study the picture below and identify the technique the athlete used to finish the race [1mk]



b] Apart from the technique mentioned above list other techniques you would use in finishing a race [2mks]

.....

.....

.....

12. Peter a learner in grade seven is preparing to take part in athletics competition with others learners from other schools in long jump. State **three** jumping techniques He might use during the competition [3mks]

.....

.....

.....

13. Draw a well labelled diagram showing three major parts of a Javelin (3mks)

14. List five career opportunities related to Creative Arts and Sports [5mks]

.....

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SERIES 12

SECTION A: (40 Marks) (Choose the correct answer for each question.)

1. Which of the following is NOT a component of Creative Arts and Sports?
 - A) Visual Arts
 - B) Performing Arts
 - C) Mathematical Arts
 - D) Sports
2. What is the meaning of tempo in music?
 - A) The speed of the music
 - B) The loudness of the music
 - C) The melody of the song
 - D) The type of instrument used
3. In visual arts, which technique involves cutting and pasting images to create new artwork?
 - A) Sketching
 - B) Photomontage
 - C) Carving
 - D) Molding
4. Which of the following sports is categorized as a middle-distance race?
 - A) 100m sprint
 - B) 200m race
 - C) 800m race
 - D) 5000m race
5. The descant recorder is a type of:



- A) Percussion instrument
 - B) Wind instrument
 - C) String instrument
 - D) Brass instrument
6. What is the role of a storyboard in creative arts?
 - A) It helps in creating dance moves
 - B) It is a script for a play
 - C) It organizes visual ideas before animation or filmmaking
 - D) It is used for composing music
 7. What does pivoting mean in netball?



- A) Passing the ball while running
 - B) Jumping to intercept the ball
 - C) Rotating on one foot without moving the other
 - D) Kicking the ball to a teammate
8. Which of the following is a quality of a good melody?
 - A) It is complicated and hard to sing
 - B) It has no rhythm
 - C) It is repetitive and easy to remember
 - D) It lacks harmony

9. **What is the time signature of a waltz?**

- A) 4/4
- B) 3/4
- C) 2/4
- D) 6/8

10. **In javelin throwing, which technique improves accuracy?**



- A) Running faster before throwing
- B) Carving the javelin correctly
- C) Throwing from a high point
- D) Using a shorter javelin

11. **Which of the following is NOT an element of a story?**

- A) Plot
- B) Theme
- C) Equation
- D) Characters

12. **Which is a Western solo instrument?**

- A) Nyatiti
- B) Violin
- C) Orutu
- D) Drums

13. **The technique used to pass the ball in volleyball using fingertips is called:**

- A) Underarm serve
- B) Set pass
- C) Spike
- D) Dig

14. **Which of the following is NOT an element of dance?**

- A) Space
- B) Time
- C) Energy
- D) Paint

15. **A collage in visual arts is created by:**

- A) Mixing colors
- B) Pasting different materials on a surface
- C) Carving wood
- D) Drawing with a pencil

16. **The process of composing music is called:**

- A) Playwriting
- B) Songwriting
- C) Storytelling
- D) Conducting

17. **The instrument used to measure the speed of music is called:**

- A) Tuner
- B) Metronome
- C) Guitar
- D) Recorder

18. **What is agility in sports?**

- A) Running for long distances
- B) The ability to change direction quickly
- C) The ability to jump high
- D) Throwing objects accurately

19. **Which is NOT a Kenyan folk dance?**

- A) Isukuti
- B) Bhangra
- C) Ohangla
- D) Mwomboko

20. **Which of the following is NOT a percussion instrument?**

- A) Drums

- B) Tambourine
 - C) Flute
 - D) Maracas
21. **What is the main purpose of warm-up exercises before an athletic event?**
- A) To make athletes tired
 - B) To increase body temperature and flexibility
 - C) To reduce energy levels
 - D) To make muscles stiff
22. **Which of the following is an essential quality of a good athlete?**
- A) Dishonesty
 - B) Endurance
 - C) Laziness
 - D) Impatience
23. **The Kenyan folk song "isukuti" is commonly associated with which community?**
- A) Kikuyu
 - B) Luhya
 - C) Luo
 - D) Kamba
24. **What is the primary function of a coach in sports?**
- A) To sell sports equipment
 - B) To organize matches only
 - C) To train and guide athletes
 - D) To create competition rules
25. **Which of the following is a technique used in the javelin throw?**
- A) Scissors jump
 - B) Overhead release
 - C) Bicycle kick
 - D) Dribbling
26. **What is the function of rhythm in music?**
- A) It determines the loudness of the song
 - B) It organizes sounds into patterns of beats
 - C) It controls the color of musical notes
 - D) It changes the words of a song
27. **What is the rest sign for a half-beat in music?**
- A) ♪
 - B) ♪
 - C) ♪
 - D) ♪
28. **Which of the following skills is used in volleyball?**
- A) Drop kick
 - B) Dig pass
 - C) Free throw
 - D) Bicycle kick
29. **What do we call the speed of movement in dance?**
- A) Pitch
 - B) Tempo
 - C) Melody
 - D) Dynamics
30. **In a $\frac{4}{4}$ time signature, how many beats are there in a single bar?**
- A) 2
 - B) 3
 - C) 4
 - D) 6
31. **Which part of a play contains the main conflict?**
- A) Resolution
 - B) Climax

- C) Introduction
 - D) Setting
32. **What type of race is the 1,500m run?**
- A) Sprint
 - B) Middle-distance
 - C) Marathon
 - D) Relay
33. **What is the purpose of a percussion instrument in music?**
- A) To produce melody
 - B) To provide rhythm
 - C) To control tempo
 - D) To change the pitch
34. **A flipbook animation is made up of:**
- A) Videos
 - B) Sequential drawings
 - C) Paintings
 - D) Digital images
35. **Which netball skill allows a player to stop suddenly and keep one foot on the ground while moving the other?**
- A) Marking
 - B) Pivoting
 - C) Passing
 - D) Dodging
36. **The act of playing a role in a play is called:**
- A) Directing
 - B) Acting
 - C) Singing
 - D) Dancing
37. **What is the correct technique for serving in volleyball?**
- A) Hitting the ball downward
 - B) Striking the ball from behind the baseline
 - C) Throwing the ball in the air and catching it
 - D) Kicking the ball over the net
38. **Carving in javelin throwing is important because it:**
- A) Reduces the weight of the javelin
 - B) Helps the javelin to fly straight
 - C) Makes the javelin shorter
 - D) Makes throwing unnecessary
39. **Which of the following is an example of a Western percussion instrument?**
- A) Trombone
 - B) Piano
 - C) Xylophone
 - D) Flute
40. **In African storytelling, the narrator often uses:**
- A) Microphones
 - B) Gestures and voice variations
 - C) Mobile phones
 - D) Projectors

SECTION B: Structured Questions (60 Marks)

(Answer all the questions in the spaces provided.)

41. (3 marks) List three components of **Visual Arts**.

- a. _____.
- b. _____.
- c. _____.

42. (3 marks) Define the following musical elements:

a) Pitch

b) Rhythm

c) Dynamics

43. (4 marks) Identify and explain two types of passes used in handball.

- a. _____.
- b. _____.

44. (3 marks) Explain the **role of Creative Arts and Sports** in personal development.

- a. _____.
- b. _____.
- c. _____.

45. (4 marks) Differentiate between **photomontage** and **collage**.

46. (4 marks) Draw a simple **musical staff** and write a **4-bar rhythm** in **4/4 time signature**.

47. (5 marks) Mention five **Kenyan indigenous musical instruments** and their communities.

Musical instrument	Community
a.	
b.	
c.	
d.	
e.	

48. (3 marks) State three **qualities of a good melody**.

- a. _____.
- b. _____.
- c. _____.

49. (5 marks) Describe the **steps in creating a flipbook animation**.

- a. _____
- b. _____

- c. _____
- d. _____
- e. _____ - _____

50. (6 marks) Name three types of **middle-distance races** and their importance in athletics.

- a. _____.
- b. _____.
- c. _____.

51. (5 marks) Draw and label a football field, indicating any five major parts.

52. (5 marks) Explain the role of **playwriting** in drama production.

- a. _____.
- b. _____.
- c. _____.
- d. _____.
- e. _____.

53. (4 marks) Identify four key elements of **dance** and their significance.

- a. _____
- b. _____
- c. _____
- d. _____

54. (6 marks) Describe the **process of carving a javelin** and its importance in sports.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

SERIES 13

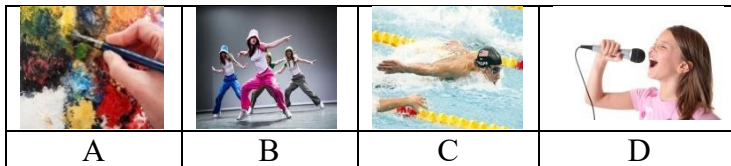
SECTION A: (60 marks)

ANSWER ALL QUESTIONS IN THIS SECTION

1. Mwangi was learning about Creative arts. What is the main purpose of creative arts?

- A. To develop critical thinking and creativity
- B. To discourage artistic expression
- C. To replace physical education
- D. To reduce cultural identity

2. Which of the following is NOT a form of arts?



3. What are the basic elements of music?

- A. Lines and shapes
- B. Rhythm, melody, and harmony
- C. Color and texture
- D. Weight and balance

4. Which of the following is a type of performing arts?

- A. Sculpture
- B. Drawing
- C. Drama
- D. Weaving

5. Which of the following is NOT a type of sport?

- A. Football
- B. Basketball
- C. Karate
- D. Sketching

6. What does a semibreve represent in music?

- A. 2 beats
- B. 4 beats
- C. 1 beat
- D. $\frac{1}{2}$ beat

7. What is the first step in creating a painting?

- A. Mixing colors
- B. Choosing a subject
- C. Framing the artwork
- D. Selling the artwork

8. What is the primary purpose of warm-up exercises?



- A. To increase flexibility
- B. To cool down the body
- C. To prevent sweating
- D. To make a person tired

9. Which of the following is NOT a category of fitness?

- A. Muscular endurance
- B. Cardiovascular endurance
- C. Artistic balance
- D. Flexibility

10. What are the basic passes in handball?

- A. Chest pass, bounce pass, and overhead pass
- B. Dribbling, jumping, and diving
- C. Running, skipping, and hopping
- D. Kicking, throwing, and bouncing

11. Which of the following is NOT an element of a story?

- A. Characters
- B. Setting
- C. Language
- D. Plot

12. What is the main role of a goalkeeper in football?

- A. To score goals
- B. To defend the goalpost
- C. To pass the ball
- D. To coach the team

13. Which instrument belongs to the percussion family?



14. What do we call the ability to move a joint fully through its range of motion?

- A. Strength
- B. Endurance

- C. Flexibility
- D. Speed

15. What is the meaning of tempo in music?

- A. The speed of music
- B. The loudness of music
- C. The softness of music
- D. The rhythm of music

16. Which sport involves dribbling, passing, and shooting?

- A. Netball
- B. Football
- C. Athletics
- D. Javelin

17. What is the main material used in sculpting?

- A. Water
- B. Clay
- C. Paper
- D. Ink

18. Which Kenyan folk dance is performed by the Luo community?



- A. Isukuti
- B. Dodo
- C. Chaka
- D. Mugoiyo

19. Which game is played with a shuttlecock and a racket?



- A. Tennis
- B. Badminton

- C. Volleyball
- D. Hockey

20. What is the main function of sports in society?

- A. To promote violence
- B. To improve health and teamwork
- C. To replace education
- D. To discourage competition

21. The horizontal lines on a music staff are called?

- A. Bars
- B. Notes
- C. Staves
- D. Chords

22. What is the first phase of an athletic race?

- A. Acceleration phase
- B. Takeoff phase

- C. Recovery phase
- D. Landing phase

23. What is the main material used in making a basketball?

- A. Metal
- B. Leather
- C. Glass
- D. Plastic

24. What is the main purpose of dance?

- A. To make people tired
- B. To express emotions and tell stories
- C. To make noise
- D. To avoid studying

25. Which of the following is NOT a type of visual art?

- A. Drawing
- B. Painting
- C. Weaving
- D. Running

26. How many players make a full football team?

- A. 10
- B. 11
- C. 5
- D. 7

27. The Kenyan currency notes are decorated with which features?

- A. Symbols and pictures of leaders
- B. Cartoon drawings
- C. Advertising messages
- D. Animal drawings only

28. What is the role of a referee in a game?

- A. To play with the team
- B. To keep scores only
- C. To enforce rules and ensure fair play
- D. To collect money from spectators

29. What is the common time signature in most songs?

- A. 2/4
- B. 4/4
- C. 6/8
- D. 3/4

30. What does the red card in football indicate?



- A. A warning
- B. A substitution
- C. A penalty kick
- D. A player is sent off

31. Which of the following is an example of a wind instrument?

- A. Piano B. Flute C. Guitar D. Drums

32. Which Kenyan community is known for the Isukuti dance?

- A. Kikuyu B. Luhya
- C. Maasai D. Luo

33. Which of the following is NOT a principle of design in visual arts?

- A. Balance B. Harmony
- C. Proportion D. Dribbling

34. The technique used to create a three-dimensional effect in drawing is called?

- A. Sketching B. Shading
- C. Painting D. Molding

35. What does the treble clef symbol represent in music notation?

- A. High-pitched notes B. Low-pitched notes
- C. Fast music D. Quiet music

36. What is the name of the race where athletes jump over hurdles?

- A. Relay race B. Long jump
- C. High jump D. Hurdles race

37. Which of the following is a common material for making sculptures?

- A. Metal
- B. Paper
- C. Cloth
- D. Rubber

38. What is the main role of teamwork in sports?

- A. To promote individualism
- B. To improve cooperation and success
- C. To discourage participation
- D. To reduce competition

39. The process of making pictures using small pieces of colored materials is called?

- A. Molding B. Sketching
- C. Collage D. Printing

40. What do we call the person who writes a play?

- A. Director B. Composer
C. Playwright D. Actor

41. What is the maximum number of players allowed on a basketball team?



- A. 10 B. 5 C. 6 D. 11

42. In netball, what is the main role of the Goal Shooter (GS)?

- A. Defend the goalpost
B. Dribble the ball
C. Score goals
D. Block opponents

43. What are the three basic primary colors?

- A. Red, yellow, blue
B. Green, black, white
C. Orange, pink, purple
D. Blue, white, black

44. What is the term used for designing clothes and accessories?

- A. Architecture B. Fashion design
C. Engineering D. Painting

45. Which of the following is a characteristic of a good melody?

- A. Random notes
B. Lack of rhythm
C. Pleasant and organized sounds
D. High volume only

46. In football, which part of the body should NOT be used to touch the ball (except for the goalkeeper)?

- A. Head B. Legs C. Hands D. Chest

47. Which of the following is an example of a percussion instrument?

- A. Violin B. Trumpet
C. Drum D. Saxophone

48. What is the name of the Kenyan currency?

- A. Dollar B. Pound
C. Shilling D. Yen

49. What is the main purpose of rhythm in music?

- A. To create melody
- B. To provide structure and movement
- C. To make music sound slow
- D. To remove harmony

50. In athletics, what is the standard length of a marathon race?

- A. 10 km
- B. 21 km
- C. 42 km
- D. 100 meters

SECTION B: (50 marks)
ANSWER ALL QUESTIONS IN THIS SECTION

51. Define the following terms. (4mks)

- a.) Creative arts. _
- b.) Sports.

52. Give three roles of creative arts and sports in the society. (6mks)

53. Name the four categories of creative arts and sports. (4mks)

54. State the four elements of a story. (4mks)

55. Identify two components of fitness. (2mks)

56. Fill the following correctly. (8mks)

Note English name	Note value	Their rests
Semibreve		
Minim		
Crotchet		
Quaver		

57. Name six careers one can pursue in creative arts & sports. (6mks)

58. Grade 7 learners were practising the game shown below.



a.) Identify the game. (2mks)

b.) Give two safety measures the learner must observe. (2mks)

c.) Give the four phases used in the game. **(4mks)**

d.) When preparing the stick above state the three methods of decorating used. **(6mks)**

59. Grade 7 learners were watching the game shown below in a television.



a.) Which game were they watching. **(2mks)**

b.) Give the three types of passes in the game of handball. **(3mks)**

c.) During the game you can either dribble _____ or _____. **(2mks)**

d.) Give three safety measures to observe when practising the game shown above. **(3mks)**

SERIES 14

SECTION A: (20 Marks)

Answer all questions

1. **Joy is composing a new song. She wants to set the rhythm properly. What will help her do this?**
 - A) The tempo of the song
 - B) The key signature
 - C) The lyrics of the song
 - D) The time signature
2. **Brian wants to take a deep breath before playing the descant recorder. Why is this important?**
 - A) It helps in tuning the recorder
 - B) It improves breath control and sound quality
 - C) It increases the speed of playing
 - D) It reduces mistakes in fingering
3. **In an athletics competition, Sharon is competing in a 1500m race. Which skill does she need most?**
 - A) Sprinting speed
 - B) Endurance and stamina
 - C) Jumping power
 - D) Strength and flexibility
4. **Which of the following is NOT a component of Creative Arts and Sports?**
 - A) Drama and storytelling
 - B) Visual arts
 - C) Mathematics
 - D) Dance and movement
5. **When dribbling a football, why is it better to use the inside of the foot instead of the toe?**
 - A) It makes the ball bounce higher
 - B) It allows better control and direction
 - C) It makes the ball roll faster
 - D) It prevents the ball from stopping
6. **Which is the correct grip for holding a javelin before throwing?**
 - A) Holding it loosely to allow free movement
 - B) Clenching it tightly with all fingers
 - C) Holding it firmly but with relaxed fingers
 - D) Keeping it straight and stiff
7. **Sarah is drawing a greeting card for her teacher. Which technique will help her create beautiful patterns?**
 - A) Stencil motif
 - B) Musical composition
 - C) Handball passing
 - D) Dribbling technique
8. **Which of the following is NOT a pass used in handball?**
 - A) Chest pass
 - B) Bounce pass
 - C) Lob pass
 - D) Dribble pass
9. **Why is it important to stretch before an athletic event?**
 - A) To waste time before the event
 - B) To prevent injuries and improve flexibility
 - C) To show off muscles
 - D) To slow down heart rate
10. **Which of the following instruments is a Western solo instrument?**
 - A) Kayamba
 - B) Nyatiti

- C) Violin
- D) Orutu

SECTION B:

11. Define rhythm and explain its importance in music. (2 marks)

12. Look at the musical notes below and name them. (4 marks)

(Provide diagrams for a quarter note, half note, whole note, and eighth note.)



13. State three components of Creative Arts and Sports. (3 marks)

- a) _____
- b) _____
- c) _____

14. Jane wants to play a melody on a descant recorder. Explain two playing techniques she should use. (2 marks)

- a) _____
- b) _____

15. Draw a simple melody in the key of G-major. (5 marks)

16. Describe two qualities of a good melody. (2 marks)

- a) _____
- b) _____

17. Handball requires different types of passes. Explain how to execute a perfect jump shot. (5 marks)

- a. _____
- b. _____
- c. _____
- d. _____

18. Athletes must follow a proper throwing technique in javelin. Explain three important steps. (3 marks)

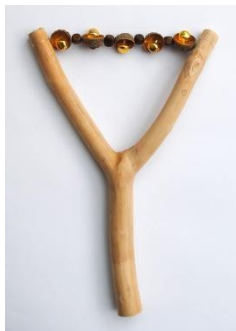
- a. _____
- b. _____
- c. _____

19. Draw a basic athletics track and label the following: Start line, Finish line, Lanes, and Curve. (6 marks)

20. Describe four steps in designing a creative greeting card. (4 marks)

- a) _____
- b) _____
- c) _____
- d) _____

21. Identify the following percussion instruments. (3 marks)



A _____ b _____ c _____

22. Percussion instruments are played by two methods. Name them. (2 marks)

- a) _____
- b) _____

SECTION C: PRACTICAL TASKS (30 Marks)

Choose any TWO tasks from the list below.

- a) Each task carries **10 marks**.
 - b) Demonstrate as instructed.
-
- 1. **Music Performance:**
 - a) Play a simple melody in G-major on a descant recorder.
 - b) Demonstrate proper breath control and finger placement.
 - 2. **Creative Art:**
 - a) Design a greeting card using stencil motifs.
 - b) Use at least two colors and include a unique artistic pattern.
 - 3. **Handball Skills:**
 - a) Demonstrate three types of passes: Chest pass, Bounce pass, and Lob pass.
 - b) Show correct posture and hand positioning.
 - 4. **Javelin Throw:**
 - a) Demonstrate the correct grip, stance, and throwing technique.
 - b) Ensure a smooth and controlled release.
 - 5. **Dance and Movement:**
 - a) Perform a simple rhythmic body movement routine.
 - b) Maintain balance and coordination throughout.

SERIES 15

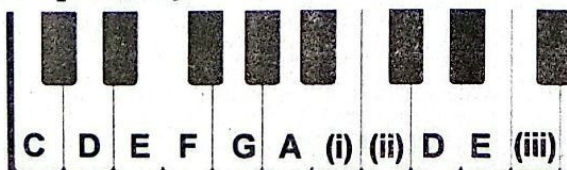
SECTION A

PART I: PERFORMING ARTS

- Which of the followign is **not** the role of performing arts in the society? To
 - entertain.
 - educate.
 - bring people together.
 - gossip.
- What is a dance?
 - movement of the body in a rhythmic way.
 - Beat of a song.
 - Written work.
 - Collection of sound.
- _____ is a combination of sound silence and emphasis.
 - Melody
 - Rhythm
 - Harmony
 - Tone
- Performing Arts involves performance and presentation to the audience. Which of the following is **not** used when performing?
 - Body movement
 - Facial expression
 - Voice expression.
 - Shouting loudly
- This is the treble clef. What is the other name for it?
 - B clef
 - G clef
 - Bass clef
 - F- clef



- Name the keys marked (i), (ii) and (iii) respectively.



- G A C
- B C F
- D A B
- E G D

- What is the value of this dotted note?
 - 3 quaver beats
 - 2 crochets
 - 3 crotchet beats
 - 1 crochet beats



- What are the names of the notes written below?



- GDFA
 - ACEG
 - GBDF
 - FACE
- Which one of the following is a career in the Performing Arts?
 - Architect
 - Athlete
 - Coach
 - Playwright
 - $\frac{4}{4}$ time in music means
 - 4 quaver beats in a bar.
 - 4 crochet beats in a bar.
 - 4 minim beats in a bar.
 - 4 beats ina bar
 - Which one of the following is **not** an element of a play?
 - Theme
 - Character
 - Costume
 - Language
 - In the grand staff, the F-clef and G-clef are joined by a note in the middle of the two staves. What is the name of the note?
 - Ledger line
 - Middle C
 - Bar
 - Tie

- In music, note can be increased by a semitone or reduced by a semitone and also it can be restored to its original state. What do we call these symbols?
 - Accidentals
 - Notation
 - Tie
 - Bar

PART II: SPORTS

14. Learners in Jimbo School were asked to identify careers in the sports. Which of the following careers is **not** related to sports?
 - A. Sports coach
 - B. Fitness trainer.
 - C. Performance analysts
 - D. Playwright.
15. These are some of the practices that enhance reaction time. Which one is **not**?
 - A. Squat jump
 - B. Ball drop
 - C. Wall jungle
 - D. Crawling
16. Which one of the following is a role of sports in the society?
 - A. Physical fitness
 - B. Playing
 - C. Drama
 - D. Sing
17. Learners in Biddi School were practising on the strategies to be used in middle distance race. Which of the following is **not** a strategy?
 - A. Running
 - B. Racing
 - C. Recovery
 - D. Stride strength
18. Learners in a school were practising volleyball. Which one of the following is a precaution when playing volleyball?
 - A. Never fist the ball as you could hit someone's face.
 - B. Throw the ball over the net.
 - C. Swinger the post
 - D. Jump over the net.
19. What is the work of physical therapist in sports?
 - A. Trains the athletes.
 - B. Helps them recover from injuries and improve physical mobility.
 - C. Guides
 - D. Coaches the team.

20. In netball, learners were taught how to do body feigning. What is feigning in netball?

- A. way of confusing or deceiving your opponents through quick body movements.
- B. Playing of netball.
- C. Scoring a goal.
- D. Passing the ball.

21. This is kind of a shot in handball game.



What is the name given to such a shot?

- A. Dive shot
- B. Jump shot
- C. Running shot
- D. Head shot

22. During sports event in a school, the Grade 9 learners were asked to do a long jump hang technique. They performed approach, take off and

- A. Flight
- B. Running
- C. Jumping
- D. Walking

23. The following are some of the warm up activities a learner can get involved before a sports event. Which one is **not**?

- A. Running
- B. Skipping
- C. Jogging
- D. Sitting

24. The below image shows a swimmer.



What kind of swimming style is this?

- A. Breaststroke
- B. Pencil dive
- C. Roll back
- D. Water treading

25. In soccer there are various ways of tackling a player while playing the game. Which of the following is one of the tackles?

- A. Slide tackle
- B. Front tackle
- C. Back tackle
- D. Moving tackle.

26. In basket ball there are various shots a play can use while playing. The shot used when the player is stationary position is known as

- A. jump shot B. dive shot
- C. set shot D. lay-up shot.

PART III: SPORTS

27. In visual there are various categories which one can undertake as a career. Among the ones below which one is the odd one out?

- A. Teacher B. Sculptor
- C. Illustrator D. Coach.

28. A learner was asked by her teacher to make an artwork by cuttnig and pasting images onto a surface. What type of artwork was the learner making?

- A. Painting B. Mosaic
- C. Collage D. Montage.

29. Who is an Art Curator in Visual Arts?

- A. The person in charge of an art exhibition.
- B. The person who makes the artworks
- C. An artist
- D. A person who buys artworks.

30. Colours which are opposite each other on the colour wheel are known as

- A. Tertiary colours
- B. Analogous colours
- C. Primary colours
- D. Complimentary colours.

31. A method creating rapid or fast display still images to create an illusion movement is called

- A. flip book B. Animation
- C. Frame D. Speed

32. What is the name of the pattern below?



- A. Pattern
- B. Repeat pattern
- C. Alternate repeat pattern
- D. Motif

33. There are different types of colours when painting. Some colours are warm and other cool. Which of the following shows the cool colours?

- A. Red, orange B. Blue, white
- C. Black, yellow D. Purple, red

34. Which one of the following is **not** a principle of Art?

- A. Proportion B. Dominance
- C. Texture D. Balance

35. In photograph there are different views in which a picture can be taken. Which one of the following is **not** a positoin of taking photographs?

- A. Bird's view B. Normal view
- C. Front view D. Worm's view

36. What is a logo design?

- A. A symbol to show case products.
- B. Symbol used to identify an individual.
- C. For buying products.
- D. For display of products.

37. In modelling using clay, various techniques are used. Of the following which one is the odd one out?

- A. Coil B. Coil and stitch
- C. Slab D. Pinch

38. What is drawing in visual arts?

- A. colouring of artworks.
- B. Making marks on a surface using dry media.
- C. Applying paint on paper.

39. Kigoi Primary School were doing a project of making a javelin to be used during their sports day by using wood. Which are some of the method did they use to decorate the javelin?

- A. Cutting and pasting
- B. Incising/Polishing
- C. Carving
- D. Modelling

40. Who is sculptor? A person who

- A. makes sculptures.
- B. makes pots.
- C. makes sign.
- D. cuts wood.

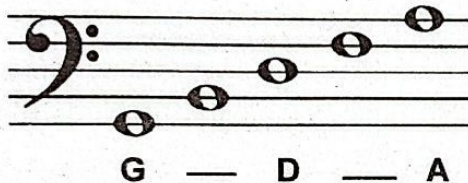
SECTION B

PART I: PERFORMING ARTS

41. a) Identify two elements of a verse. (2mks)

- i) _____
- ii) _____

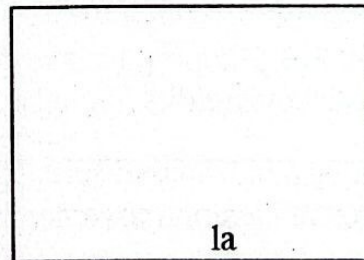
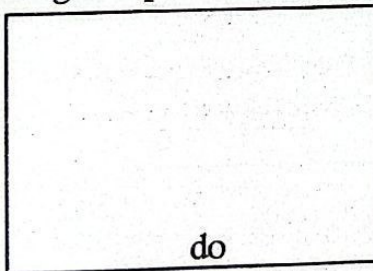
b) Write the corresponding notes on the bass staff on the spaces as shown below. (2mks)



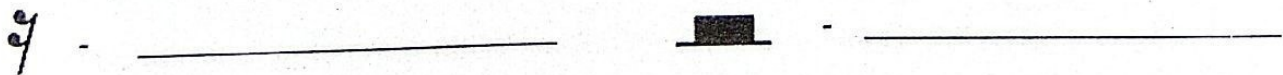
42. a) In music we use accidentals to raise the pitch of a note, lower it or to restore a note to its natural state. Write down **three** names of the accidentals and their corresponding signs. (3mks)

- i) _____
- ii) _____
- iii) _____

b) When performing music, we use different hand signs to show a particular note. Draw the hand signs representing the notes doh and la? (2mks)



43. a) Rhythm is a pattern of sound, silence and emphasis in a song. Write down the names of notes represented by the rests below. (2mks)



b) Write down the French rhythm names associated to the following dotted notes (2mks)



- c) A descant recorder is played by using various techniques. Describe the techniques. (2mks)
- i) Tonguing

- ii) Fingering (2mks)

44. a) We use different symbols in music in order to get the correct interpretation on how to sing a particular part or phrase. What do the symbols below mean? (2mks)



- b) Write down three factors which you can use to classify the Kenyan folk dances. (3mks)

- i) _____
- ii) _____
- iii) _____

PART II: SPORTS

45. a) In physical fitness you need to adhere to the main key components of physical fitness. Which ones are they? (2mks)

- i) _____
- ii) _____

- b) Kamau was planning to take part in the olympics this year. He was practising for the middle distance races. Give two examples of such races (2mks)

- i) _____
- ii) _____

46. a) The picture below shows a netball player passing a ball. What is the name of this pass? (2mks)



b) Before performing or taking part in volleyball, one needs to do some warm up activities before engaging in playing. Write down **two** warm up activities for volleyball playing for over arm serve. (2mks)

i) _____

ii) _____

47. In swimming using the inverted breaststroke, there are various performances one needs to undertake. Write in short, what you need to do to perform well in the swimming. (5mks)

48. During a netball game Rita wanted to catch a ball from her teammate. Which are some of the landing skills she did while landing? (5mks)

49. a) In learning Creative Arts and Sports, we learn about the various roles it plays in the society. List down **three** roles it plays. (2mks)

i) _____

ii) _____

b) Players in netball playing, practice the use of footwork as a way of moving and passing the ball. Name **two** kinds of footwork used in netball. (2mks)

i) _____

ii) _____

50. a) An artist wanted to create an artwork by drawing and painting. During the process, he used various principles of art. List **two** principles. (2mks)

i) _____

ii) _____

b) Montage artwork is made by cutting and pasting of related image. Which are some the elements to consider when making the artwork? List **two**. (2mks)

i) _____

ii) _____

51. a) Mary wanted to decorate a fabric by using a stencil to create a pattern. What kind of pattern did she create? (2mks)

i) _____

ii) _____

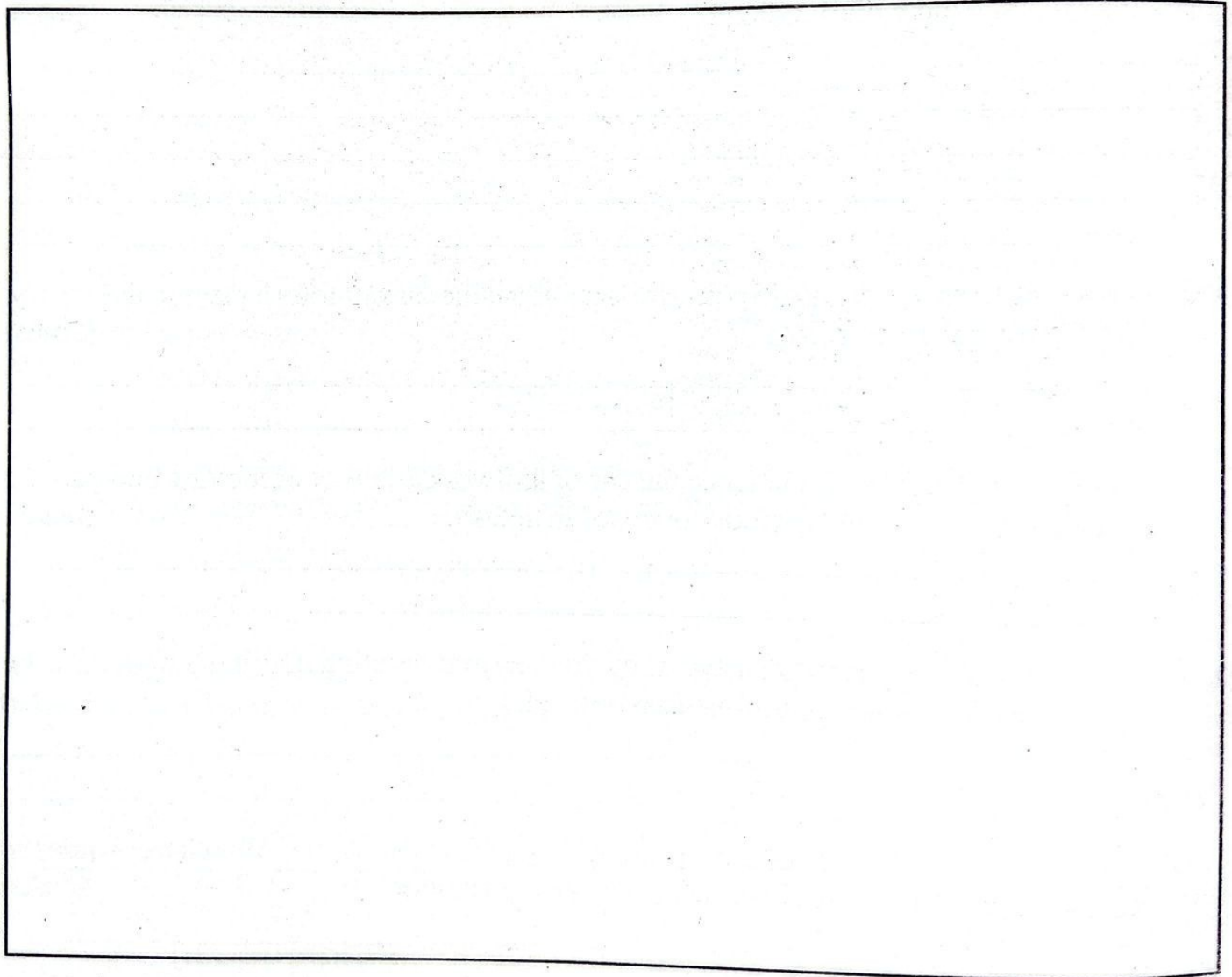
b) John would like to pursue a career in Visual Arts though he has not decided which one. (3mks)
Suggest two careers for him.

- i) _____
ii) _____

52. Draw or paint a still life composition from imagination of your own choice. The composition can either be shaded or painted. (10mks)

Judging will be done as follows:

- a) Use of $\frac{3}{4}$ of the drawing space.
- b) Overlapping of forms (placement)
- c) Use of a wide range of values to create a 3D forms
- d) The skill of shading or painting.
- e) Neatness



SERIES 16

1. List two ways in which a Grade seven learner can perceive the visual arts. (2 marks)
 - (a)
 - (b)
2. What is the importance of doing research on the categories of art. (3marks)
.....
.....
3. Highlight career pathways related to Arts. (3marks)
 - (a)
 - (b)
 - (c)
4. Define the following terms as used in visual Arts. (2marks)
 - (a) Architecture
 - (b) Education
5. Identify three things to consider when preparing and making a presentation on the categories of the arts. (3marks)
 - (a)
 - (b)
 - (c)
6. Differentiate between the terms photography and film making. (2marks)
.....
.....
7. Explore and classify samples of 2D and 3D artworks. (2marks)
.....
.....
8. Explain the 2 major characteristics of colours as used in the colour wheel. (2marks)
 - (i) Hue
 - (ii) Value
9. Set up a still –life composition of cuboid forms. (4marks)
10. Explain how one colour complements another. (2marks)
.....
.....
11. Define the term accidental as used in music. (2marks)
.....
.....
12. Explain the meaning of the following terms as used in a skit. (4marks)
 - (a) Millstone
 - (b) Plot
13. State two issues that can be addressed in a narrative. (2marks)
 - (a)
 - (b)
14. Outline three voice techniques used when reciting a verse. (3marks)
 - (a)
 - (b)
 - (c)
15. Define the term theme. (1mark)
.....
.....

16. Name 3 parts of a descant recorder. (3marks)

- (a)
- (b)
- (c)

17. Write the function of the following participants in a folk dance. (2marks)

- (a)
- (b)

18. Write down 3 elements of music. (3marks)

- (a)
- (b)
- (c)

19. Explain what you understand by the following criteria for evaluating a verse. (5marks)

- (a) Body
- (b) Voice
- (c) Movement
- (c) Theme
- (e) Poetic language

20. During an inter-class athletic competition, Wafula asked his learners to identify three ways of starting a race. What three ways can you start a race? (3mks)

- (i)
- (ii)
- (iii)

21. During a jumping technique in a long jump, a jumper can use different techniques in the flight phase. Name two such techniques. (2 marks)

- (i)
- (ii)

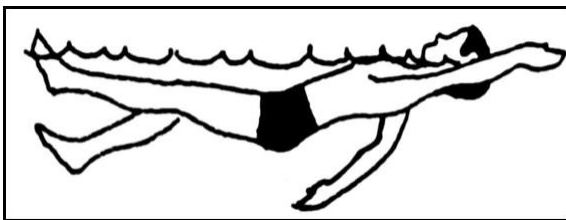
22. When playing a hockey game, Wanyoike asked his learners to observe safety. Which three safety measures were the learners likely to observe? (3 mks)

- (i)
- (ii)
- (iii)

23. A grade five teacher asked his learners to identify any two defensive positions in a kabaddi game. State two positions the learners were likely to give. (2 mks)

- (i)
- (ii)

24. During a swimming lesson, a learner was seen swimming in water using the technique shown below.



What is the name of the technique shown? (2 mks)

.....

25. When playing a game of handball, Mogaka was seen dribbling a ball. Why did the player dribble the ball? (2mks)

.....

26. When playing a hockey game, leraners can pass the ball to their team mates using different techniques. Name two techniques. (4 mks)

- (i)
- (ii)

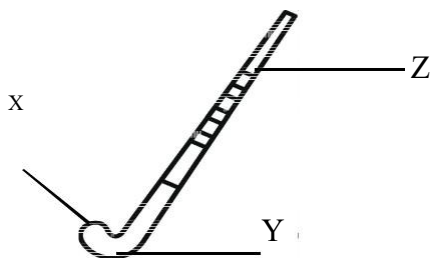
27. Niuguna encourages his learners to always perform cool down activities immediately after performing

28. You have been appointed as your school kabaddi captain. Name two types of tackles you will advise your defenders to use while playing. (2mks)

- (i)
 (ii)

29. The figure below shows a hockey stick used while playing a game of hockey. Name the parts marked X, Y and Z.

(3 mks)



X
 Y

Z

30. A teacher wrote the following statements on a manilla paper and asked learners to complete the statements using a term related to health and fitness. Complete the statements. (4 mks)

(i) Ability of a joint to move through a range of motion without feeling pain.

.....

(ii) Ability to use two or more body parts together efficiently at the same time to achieve a given goal.

.....

31. Passing a ball in handball involves delivering a ball to a teammate during play. Which three types of passes can you

use? (3 mks)

- (i) (ii)
 (iii)

32. A boy finished a 100M athletics event as shown below. (2 mks)



The technique shown above is known as

.....

33. Mokuia advised his learners to practise a single feign dodge back at home. How is a single feign dodge performed. (2 mks)

34. Brian a grade 7 boy was seen practising a health related skill using a sit and reach test. What component of physical health was he likely to be evaluating? (2 mks)

.....

35. When swimming, one should observe pool safety measures. Give three safety measures you should observe. (3mks)

- (i)
 (ii)
 (iii)

36. Your friend wants to study a sport related career at university level. Which three career opportunities will you advise him to take? (3 mks)

- (i) (ii) (iii)

37. The diagram below shows a learner performing a skill in basketball. (2 mks)



What skill is shown alongside?

- 38. When playing a game of Netball, one should grip the ball properly. How is the correct grip made? (2 mks)
- 39. A grade 7 teacher asked his learners to practice a ropework technique which involved skipping with the toes touching and heels apart, then heels touching and toes apart. The technique learners practised was known as (1 mk)

SERIES 17

1. Paul visited the art gallery, and discovered there were various categories of art. State three categories of arts. [3marks]

- (a)
- (b)
- (c)

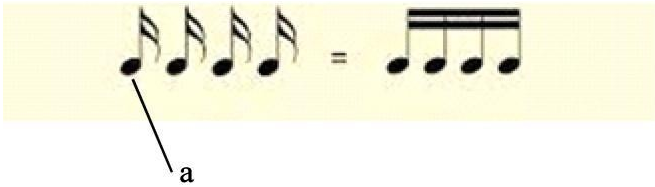
2. During a Creative Arts and Sports class, a learner was drawing and creating light and dark effects on diagrams. State two techniques of shading that he may have used. [2marks]

- (a)
- (b)

3. Before performing at the choir rehearsals, Anita was trying to recall the types of rhythm. State four different types of rhythm. [4marks]

- (a)
- (b)
- (c)
- (d)

4. At the national music contest, the soloist gave the rhythmic pattern below.



- (a) State the name given to the quaver. [1mark]
- (b) Identify the part marked a [1mark]

5. Hassan and his friends went to the national museum and identified the musical instrument below.



- (a)What is its name? [1mark]
- (b) State three materials used to make it. [3marks]
 - (i)
 - (ii)
 - (iii)

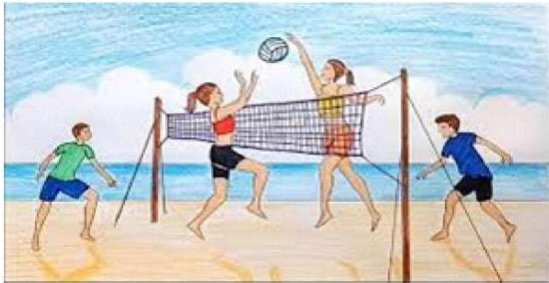
6. Nikita does gymnastics and encourages more learners to join in the class. Explain three ways sequencing in gymnastics fosters creativity. [3Marks]

- (a)

7. Grade seven learners were doing pottery and they used the slab technique to create geometrical forms. State three techniques they could use in creating these forms. [3marks]

(a)
(b)
(c)

8. Grade seven learners went to the field to play games and played volleyball as shown in the picture below. State three ways in which this game was played. [3marks]



(a)
(b)
(c)

9. Larry, a grade seven learner, researched on the career pathways related to Creative Arts and Sports from the internet. State three career areas in Creative Arts and Sports. [3marks]

(a)
(b)
(c)

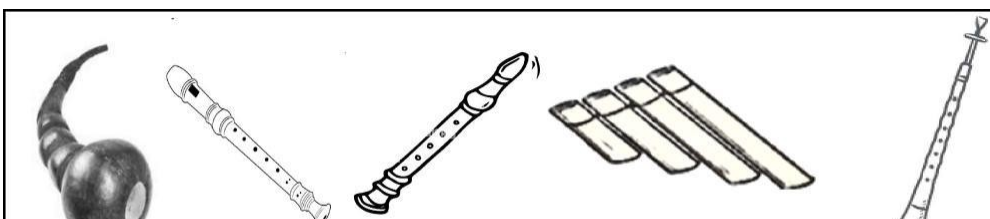
10. When preparing for the annual musical and drama festivals, grade seven learners were assigned to prepare the genre of performing arts. Give three genres of performing arts. [3marks]

(a)
(b)
(c)

11. Susan and her friends wanted to play skipping rope and had to improvise their own skipping rope. State three ways in which they chose the correct size or length. [3mark]

(a)
(b)
(c)

12. Grade seven learners went on a field trip to the cultural museum and learnt indigenous musical instruments used by artists in the traditional times. State three areas in which the instruments below were used. [3marks]



13. During the athletics competitions in school, learners were running different races as shown below.

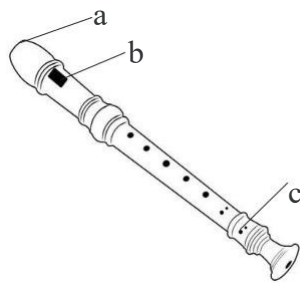


(a) State the type of relay shown above. [2marks]

(b) State two methods of exchanging the baton in relay races. [2marks]

.....

14. During a Creative Arts and Sports class, Achieng was playing different musical instruments and chose the instrument below.



(a) Name the above diagram. [1 mark]

(b) Name the parts of the diagram.

[3marks] a -

.....

b -

c-

15. Mishireti found an article about art and was concerned about visual arts. State three examples of visual arts he may have read about. [3marks]

(a)

(b)

(c)

16. John and his father were watching games on TV and saw the game below.



(a) Identify the game being played in the above diagram. [1mark]

.....

SERIES 19

1. Mary and Caro were demonstrating a pass used in the game of netball as shown below

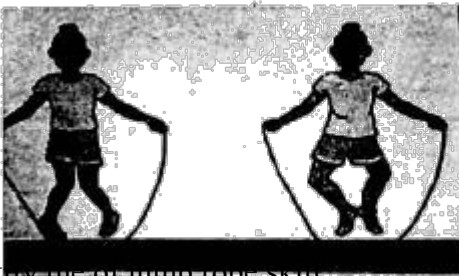


Identify the type of pass they executed(1mk)

2. Bridget and Stacy improvised a football ball. List three readily available materials they used. (3mks)
3. In a class discussion, Esther, a learner in grade seven, mentioned the three finishing techniques in sprints. Write down the correct techniques she mentioned. (3mks)
4. Name the following parts of a javelin(4mks)



5. You have been asked to name four phases of long jump. Write them down. (4mks)
6. In a physical education and health the learner practised the jump rope skill shown below



Identify the jump rope skill _____ (4mk)

7. _____ players per team are allowed in the field of play during the start of kabaddi game.(1mk)
8. List three swimming pool rules that need to be observed. (3mks)

9. When playing the game of kabaddi, a player entered the opposing team's side while chanting "kabaddi". What is the name of the player? (1mk)
10. During the interclass handball competition, the coach asked a player to dribble the ball. Write down the three reasons the coach would request learners to use that skill. (3mks)
11. During a 100m race start, an athlete was in a position as shown in the diagram.



What are the commands given during the start of this race on the above position? (3mks)

12. In a physical education lesson, the teacher defined the following terms. Write the correct meaning she gave (2mks)

Speed

Coordinatin

13. Name one type of bandage used in first aid. (4mks)

14. List **FOUR** ways of experiencing arts. (4 marks)

15. Define entrepreneurship. (1 mark)

16. Differentiate between visual arts and written arts. (2marks)

17. List **TWO** examples of each of the following categories of arts. (4 Marks)

a) Applied arts

b) Visual arts

18. Define teamwork as an aspect of preparing for a presentation. (2 marks)

19. List **TWO** roles played by the audience in performing arts. (2 marks).

20. Define performing arts. (2 marks)

21. Define the following terms as used in performing arts. (4 marks)

a) Artiste

b) Audience

c). Dialogue '

d) Performance

22. List five disciplines of performing arts. (5 marks)

23. Differentiate between drama and film. (2marks)

24. List **TWO** reasons why it is important to study performing arts. (2marks)

23.

1. **Drama** refers to a performance of a story or play, typically presented live on stage in front of an audience, where actors perform in real time with minimal or no technological effects.
2. **Film**, on the other hand, refers to a motion picture or movie that is recorded and edited, typically shown on a screen, and can include special effects, sound design, and editing to enhance the story. Films are not performed live and can be reproduced and viewed multiple times.

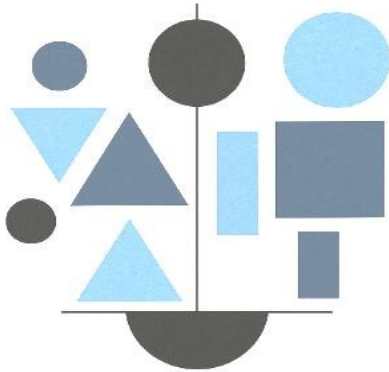
24. **Enhances Creativity** - Performing arts encourage creative expression, helping individuals to think imaginatively and explore new ways of communicating ideas.

Improves Communication Skills - It fosters effective verbal and non-verbal communication, as individuals learn to express emotions, ideas, and stories through acting, music, and movement

SERIES 20

SECTION A: (30 marks): Answer all questions in this section

1. A learner created a visual art piece using the principle of balance. Which of the following best describes balance in visual arts?



- A) Uneven distribution of elements
- B) Even distribution of elements
- C) Random placement of elements
- D) Overcrowding of visual elements

2. In a choir, the choir master requests a gradual increase in volume. Which musical term should the singers follow?

- | | |
|---------------|--------------|
| A) Diminuendo | B) Crescendo |
| C) Staccato | D) Forte |

3. A football player uses their foot to control the ball while preparing to make a pass. Which skill are they



demonstrating?

- A) Dribbling) Heading C) Passing D) Shooting

4. A teacher tells learners to identify a rhythm that involves long and short notes arranged in patterns. Which element of music are they studying?

- | | |
|-----------|------------|
| A) Melody | B) Texture |
| C) Rhythm | D) Harmony |

5. A learner is assigned to compose a short musical piece with a rising intensity. Which term refers to this gradual increase in volume?

- | | |
|---------------|---------------|
| A) Crescendo | B) Forte |
| C) Diminuendo | D) Pianissimo |

6. A netball player is learning how to pivot. What is the purpose of pivoting in netball?

- A) To move the ball faster
- B) To change direction without traveling
- C) To jump and shoot the ball
- D) To pass the ball to teammates

7. During a sprint race, the runner uses a technique where they lean forward and push off with their



back leg. Which type of starting technique is being used?

- A) Standing start
- B) Crouch start
- C) Running start
- D) Forward start

8. A learner has to create a story using rhythm and melody. Which form of creative art does this fall under?

- A) Visual arts
- B) Performing arts
- C) Digital arts
- D) Graphic arts

9. A teacher is explaining the importance of listening skills in choir practice. What is the purpose of these skills?

- A) To sing loudly
- B) To follow the conductor's cues
- C) To memorize the lyrics
- D) To dance while singing

10. A learner is trying to create a visual art piece that uses the principle of rhythm. Which of the following would be the best choice?

- A) Using repeated shapes or lines
- B) Randomly placing objects on the canvas
- C) Using bright contrasting colors
- D) Using only one color throughout

11. A netball team is practicing passing techniques. Which type of pass is used when a player passes the ball while jumping?

- A) Chest pass
- B) Overhead pass
- C) Bounce pass
- D) One-handed pass

12. A learner needs to create a visual art composition using lines. Which of the following best demonstrates the element of line in visual arts?

- A) Using curved and straight lines
- B) Using colors to fill in shapes
- C) Placing objects in the background
- D) Using multiple shapes in the composition

13. In a handball match, a player is using the technique of bouncing the ball before passing. What is this



type of pass called?

- A) Bounce pass
- B) Overhead pass
- C) Chest pass
- D) Dribble pass

14. A learner is learning about the history of Kenyan folk songs. Which community is most associated with the "Ishiriri" instrument?



- A) Kikuyu
- B) Luhya
- C) Luo
- D) Kamba

15. A sports coach wants to encourage teamwork during training. Which of the following activities would best promote teamwork?

- A) Individual sprinting
- B) Relay races
- C) Solo performances
- D) Personal drills

16. A soccer player is asked to demonstrate proper dribbling technique. What is the primary goal of dribbling?

- A) To pass the ball to teammates
- B) To control and advance the ball
- C) To shoot the ball at the goal
- D) To defend against the opponent

17. In an athletics competition, a runner uses the "drop finish" technique. What does this technique involve?

- A) Crossing the finish line by lowering the body
- B) Swinging the arms backward while crossing the finish line
- C) Leaning forward and crossing with the chest
- D) Using both arms to push ahead

18. A learner is learning about the principles of visual arts. Which of the following is an example of the principle of proportion?

- A) Balancing large and small elements
- B) Repeating shapes and patterns
- C) Using contrasting colors
- D) Placing objects in a random pattern

19. A choir is asked to perform in three different voice parts. Which vocal arrangement is required?



- A) Solo B) Duet C) Trio D) Quartet

20. A runner is asked to perform a relay baton exchange using an upsweep technique. How is this baton exchange performed?

- A) The baton is passed downward into the incoming runner's hand
- B) The baton is passed horizontally between runners
- C) The outgoing runner sweeps the baton upwards
- D) The baton is tossed into the air for the next runner

21. A player in a hockey match is wearing protective gear. Which of the following is NOT typically used by a goalkeeper in hockey?

- A) Face mask
- B) Hockey stick
- C) Elbow pads
- D) Leg pads

22. A learner is drawing an instrument called a "Nyatiti". Which community is most associated with this instrument?

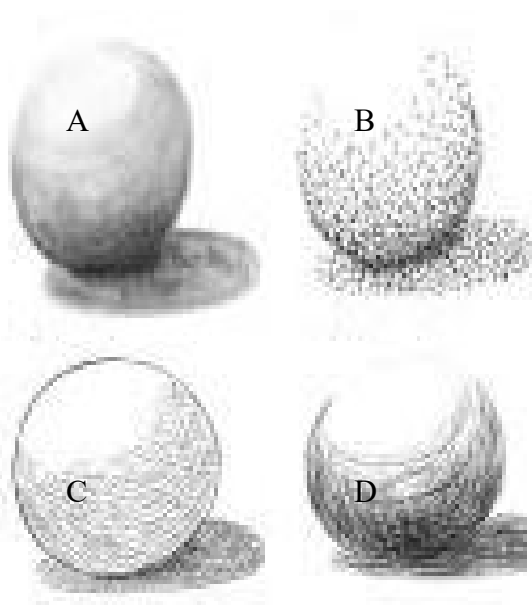


- A) Luo
- B) Kikuyu
- C) Luhya
- D) Maasai

23. A learner is creating a story with a melody in the background. What creative art form are they using?

- A) Visual arts
- B) Performing arts
- C) Literature
- D) Dance

24. A visual artist is using a technique of drawing by shading with parallel lines. What is this technique called?



25. A player is attempting to perform a javelin throw. What is the primary goal of this technique?



- A) To sprint as fast as possible
- B) To launch the javelin as far as possible
- C) To hit a target with precision
- D) To jump over a bar

26. A football player is dribbling with their feet while running. Which skill are they demonstrating?

- A) Passing
- B) Dribbling

- C) Shooting
- D) Tackling

27. A learner is learning to perform a handball pass where the ball is thrown with one hand. What type of pass is this?

- A) Chest pass
- B) Overhead pass
- C) One-handed pass
- D) Bounce pass

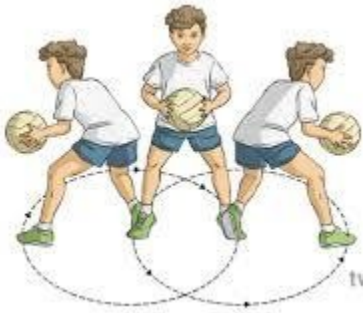
28. A coach is training a soccer team and teaches them how to perform a well-timed pass. Which pass is made when the ball is released from the feet with precision and timing?

- A) Aimed pass
- B) Long pass
- C) Short pass
- D) Through pass

29. A group of learners is practicing rhythmic movement to music. Which of the following elements are they likely focusing on?

- A) Time signature
- B) Melody
- C) Harmony
- D) Tempo

30. A netball player uses the technique of pivoting. Which is the correct definition of pivoting in netball?



- A) To rotate on one foot while holding the ball
- B) To jump and shoot the ball
- C) To move across the court rapidly
- D) To pass the ball to teammates

SECTION B: (50 Marks) ANSWER ALL QUESTIONS

31.a.) Differentiate between creative arts and sports. (2mks)

b.) Give **two** ways in which our culture is preserved through creative arts & sports.(2mks)

c.) Identify the categories of creative arts & sports in which the following are found.(4mks)

- i. Acting _____
- ii. Painting _____
- iii. Referee _____
- iv. Folk dance _____

32. Fill the following appropriately.

(3mks)

Note values	Rests
	
	

33. Highlight **four** elements of a story.(4mks)

34. Grade 8 learners were playing handball as shown below.



a.) Identify the type of dribbling skill shown in the pictures below.(1mk)

b.) Name three types of passes used in the game of handball. (3mks)

35.a.) Beads are mostly used in making of many craftworks such as jewellery. State **five** materials in which beads are made from.(5mks)

b.) What are complimentary colours?(1mk)

36.a.) Give **three** factors that can help you to classify folk songs according to different communities.(3mks)

b.) Write down **five** techniques of performing folk songs.(5mks)

37.a.) State three sports values learners get from playing different sports.(3mks)

b.) Identify three skills performed in the game of football.(3mks)

38.a.) Your teacher has invited an expert in story telling who wants to talk about story telling techniques. Give any **five** techniques the expert is likely to share with you.(5mks)

b.) State any **four** contemporary issues in the society you are likely to address when story telling.(4mks)

39. Identify the **two** types of middles distance races.(2mks)
