

1. ◦ Visual arts,
 - Music and dance
 - Film and sports
2. ◦ They help to increase the range of motion
 - They help to relieve the pain after exercise



3.

4. ◦ Sharp,
 - Flat,
 - Natural
5. ◦ G major,
 - D major,
 - A major

6. ◦ Color,
 - Form,
 - Line,
 - Shape

7. ◦ Setting,
 - Character,
 - Theme

8. Overarm serve

9. ◦ Elbow stand,
 - Fence vault
 - Dive forward roll into squat stand
 - Partner balances

10. ◦ Siiriri-luhya
 - Litungu- kuria
 - Adeudeu- Teso

11. ◦ Semibreve - taa-aa-aa-aa
 - Crotchet - taa
 - Two quavers -ta- te

12.
 - o Approach,
 - o Take-off,
 - o Sail or flight,
 - o Landing
13. back stroke
14.
 - a. Chivoti,
 - b. Nzumari
15.
 - o Hitting,
 - o Shaking,
 - o Striking
16.
 - o Positioning,
 - o Number of forms
 - o Perspective
17.
 - o Repetition of note values
 - o Variation of note values
18.
 - o Glue,
 - o Surface such as cardboard
 - o Scissors
19. Scissors technique
20. For efficiency

For psychological benefits

It is sometimes

used as a race

strategy

Reinforces

proper

technique

Helps in maintenance of endurance

21.

- a) It is easily portable
- b) Helps in development of skill
- c) Used for historical significance
- d) It is affordable
- e) Its versatility is high

22.

- a) Creates musical diversity
- b) Portrays expressiveness
- c) Gives dynamic contrast
- d) Enhances cultural exploration
- e) Promotes technical development

23.

- a) Let the learner indicate the following; Sound hole
- b) Fingering holes Headstock Nut
- c) Strings Body

24.

- a) Evoking our emotional connection
- b) Improves identity formation
- c) Helps in coping up mechanism
- d) Improves social connection
- e) Enhances self-expression (asses)

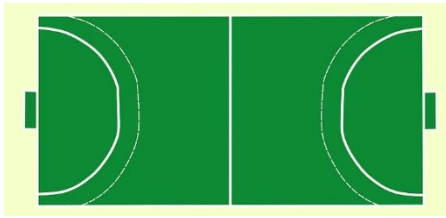
25.

- a) Musical context
- b) Musical expression and creativity
- c) Type of accompaniment
- d) Level of skill development
- e) Posture

26.

- a) It expresses cultural expression
- b) Enhances personal expression
- c) Contributes in bringing people together.
- d) It enriches education and enlightens
- e) Promotes inspiration and innovation
- f) Positively impacts economy
- g) Promotes global understanding
- h) Promotes visual continuity
- i) Provides temporal compression
- j) Creates visual depth and texture
- k) Promotes narrative complexity

27.



28. A handball game is played in 2 30-minute halves with a 10 minute break in between. Youth or tournament games are shorter, played in 2 15-minute or 20-minute halves instead

29. There are many ways to commit a rule violation. If one team commits a violation, then that means that the other team is awarded the ball, either as a throw-in, free-throw, or goalie-throw. Here are the different violations:

- a) Passive play. This means keeping the ball within one team's possession without trying to attack or to score. This basically means stalling with the ball.
- b) Endangering an opponent with the ball.
- c) Pulling, hitting, or punching the ball of the hands of an opponent.
- d) Making contact with the ball below the knee.
- e) Diving on the floor for a ball that is rolling or not moving.
- f) Outstretching your arms or legs to push, hold, obstruct, trip, or hit the opponent or to charge into a defensive player

30. A-warning B-disqualification

31.

- a) *A warning/yellow card.* Each player can only receive one warning for a rule violation, and each team can only receive a total of three warnings.
- b) *A 2-minute suspension.* This is given for serious and repeated rule violations, illegal substitution, and unsportsmanlike conduct. You do not need a warning first to get a 2-minute violation. For this violation, the player sits out for 2 minutes and is not replaced, so his team has to play one player short.
- c) *Disqualification/red card.* A player is given this as an equivalent of three suspensions that last 2 minutes each. After the first 2-minute suspension, the player can be replaced.
- d) *Exclusion.* The exclusion is given for assault and the player is excluded for the rest of the game. This is a serious offense and this player's team is at a huge disadvantage because it has to play one player short for the rest of the game

32. Character
Setting

33.

- a) Visual arts
- b) Performing arts
- c) Literary arts
- d) Fine arts

34.

- a) Brings unity and cohesion
- b) Creates emphasis on focal point
- c) It brings communication ideas
- d) Creates melodies
- e) Promotes harmony (asses)
- f) Convey movement

35. Build blocks of visual arts Adds vibrancy to the art work (asses)

