

ANSWERS

SECTION A (20 MARKS)

1. B
2. D
3. B
4. A
5. C
6. B
7. A
8. A
9. B
10. A
11. A
12. C
13. C
14. C
15. B
16. A
17. C
18. B
19. B
20. A

SECTION B

21. Folk dance

- Isukuti
- Gikuyu traditional dance
- Taarab dance (Coastal region)
- Adumu (Maasai jumping dance)

22. Symbol connecting treble and bass staff

- Brace
- Grand staff bracket

23. Ledger lines

- Short lines added above or below the staff
- Used to write notes that go beyond the normal staff range

24. Note extensions (any 2)

- Dot (dotted notes)
- Tie
- Triplet
- Fermata

25. Rhythm in 4/4 time (any correct pattern)

Examples:

♪ ♪ ♪ ♪ / ♪ ♪ ♪ ♪ / ♪ ♪ ♪ ♪ / ♪ ♪ ♪ ♪

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26. Triple jump phases (correct order)

1. Hop
2. Step
3. Jump
4. Landing

27. Still life drawing (Food Security theme)

- Drawing of crops like maize, beans, vegetables, fruits
 - Food storage items (granary, basket, sack)
 - Kitchen items showing food preparation
- (Any correct labeled drawing idea earns marks)*

28. Reaction time games (any 3)

- Relay races
- Catching ball games
- Starting sprint races
- Dodge ball
- Whistle reaction games

29.

(a)

- semibreve

(b)

- crotchet

OPTIONAL SECTION

30. SWIMMING

(a)

- Prone position

(b) Water entry techniques:

- Diving
- Slide-in entry

(c) Gliding:

- Moving smoothly in water without strokes after pushing off

(d) Safety precaution:

- No running near the pool
- Swimming under supervision
- Use of life jacket

31. INDIGENOUS GAMES

(a)

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- Games where players chase/tag each other using traditional rules

(b) Examples:

- Kati
- Hide and seek (traditional version)
- Ndondi ya mduara

(c) Roles:

- Promotes physical fitness
- Encourages teamwork
- Preserves culture

