

**Student Name:** \_\_\_\_\_**Class:** \_\_\_\_\_**Student ID:** \_\_\_\_\_**Date:** {{DATE}}

## Assessment Details

<b>Duration:</b> 30 minutes	<b>Total Marks:</b> 100
<b>Topics Covered:</b>	<ul style="list-style-type: none"><li>• Music Theory</li><li>• Art Techniques</li><li>• Physical Fitness</li><li>• Healthy Habits</li></ul>

## Instructions to Students:

1. Read all questions carefully before attempting.
2. Show all working out - marks are awarded for method.
3. Use the provided space for your answers.
4. If you need more space, use the additional pages at the end.
5. Time management is crucial - allocate approximately 1 minute per mark.

**Question 1**

**[2 marks]**

Identify the note on the staff:

A) C

B) D

C) E

D) G

**Question 2**

**[2 marks]**

Describe the difference between rhythm and melody:

**Question 3**

**[3 marks]**

Create a simple melody using the notes C, D, E, and G:

**Question 4**

**[2 marks]**

Explain the concept of harmony:



**Question 5**

**[2 marks]**

Identify the art material:

A) Paint

B) Pencil

C) Marker

D) Chalk

**Question 6**

**[2 marks]**

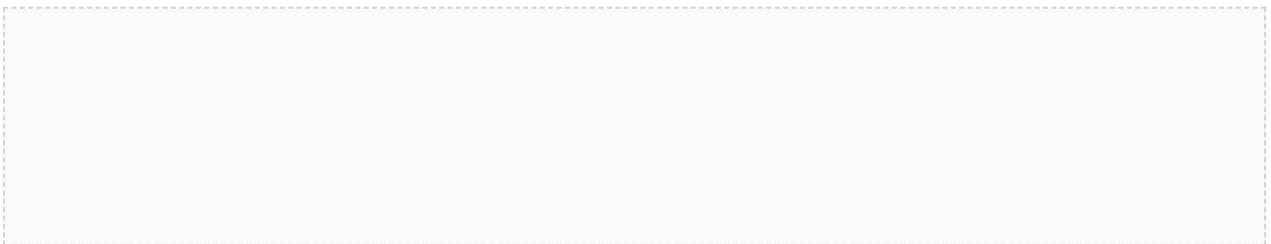
Describe the technique of shading in drawing:



**Question 7**

**[3 marks]**

Create a simple still-life drawing using basic shapes:



**Question 8**

**[2 marks]**

Explain the concept of color theory:



**Question 9**

**[2 marks]**

Identify the type of exercise:

A) Cardiovascular

B) Strength Training

C) Flexibility

D) Balance

**Question 10**

**[2 marks]**

Describe the importance of warm-up and cool-down routines:

**Question 11**

**[3 marks]**

Design a simple workout routine for a friend:

**Question 12**

**[2 marks]**

Explain the concept of cardiovascular endurance:



**Question 13**

**[2 marks]**

Identify the healthy food option:

A) Fruits

B) Vegetables

C) Whole Grains

D) Processed Foods

**Question 14**

**[2 marks]**

Describe the importance of hand hygiene:

**Question 15**

**[3 marks]**

Create a poster promoting healthy habits:

**Question 16**

**[2 marks]**

Explain the concept of mental well-being:









