

Introduction

This worksheet is designed to evaluate the understanding and application of basic concepts in Music, Art, Physical Education, and Health among 11-12 year old students. The assessment is divided into four sections, each focusing on a specific subject area.

Section 1: Music Theory

Multiple Choice Questions

Choose the correct answer for each question:

1. What is the name of the symbol that raises the pitch of a note?
 - a) Sharp
 - b) Flat
 - c) Natural
 - d) Rest
2. Which of the following notes is a quarter note?
 - a) Open circle with a stem
 - b) Closed circle with a stem
 - c) Open circle without a stem
 - d) Closed circle without a stem

Short Answer Questions

Answer each question in complete sentences:

1. Describe the difference between rhythm and melody. (2 marks)

2. Explain the concept of harmony. (2 marks)

Project-Based Task

Create a simple melody using the following notes: C, D, E, G. (3 marks)

Section 2: Art Techniques

Multiple Choice Questions

Choose the correct answer for each question:

1. What is the term for the technique of creating a three-dimensional effect in a drawing?
 - a) Shading
 - b) Texture
 - c) Color
 - d) Shape
2. Which of the following art materials is used to create a smooth, blended effect?
 - a) Pencil
 - b) Charcoal
 - c) Paint
 - d) Pastel

Short Answer Questions

Answer each question in complete sentences:

1. Describe the technique of shading in drawing. (2 marks)

2. Explain the concept of color theory. (2 marks)

Project-Based Task

Create a simple still-life drawing using basic shapes. (3 marks)

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Section 3: Physical Fitness

Multiple Choice Questions

Choose the correct answer for each question:

1. What is the term for the ability of the body to transport oxygen and nutrients to the muscles?
 - a) Cardiovascular endurance
 - b) Strength
 - c) Flexibility
 - d) Agility
2. Which of the following exercises is an example of a cardiovascular exercise?
 - a) Push-up
 - b) Squat
 - c) Running
 - d) Yoga

Short Answer Questions

Answer each question in complete sentences:

1. Describe the importance of warm-up and cool-down routines. (2 marks)

2. Explain the concept of cardiovascular endurance. (2 marks)

Project-Based Task

Design a simple workout routine for a friend. (3 marks)

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Section 4: Healthy Habits

Multiple Choice Questions

Choose the correct answer for each question:

1. What is the recommended daily intake of fruits and vegetables?
 - a) 2-3 servings
 - b) 3-5 servings
 - c) 5-7 servings
 - d) 7-10 servings
2. Which of the following is an example of a healthy snack?
 - a) Chips
 - b) Cookies
 - c) Fresh fruit
 - d) Candy

Short Answer Questions

Answer each question in complete sentences:

1. Describe the importance of hand hygiene. (2 marks)

2. Explain the concept of mental well-being. (2 marks)

Project-Based Task

Create a poster promoting healthy habits. (3 marks)

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Marking Guide

The marking guide is provided to help teachers assess student performance and provide feedback. The marks allocated to each question and task are indicative and may vary depending on the specific requirements of the assessment.

- Multiple Choice questions: 1 mark each
- Short Answer questions: 2 marks each (1 mark for content, 1 mark for clarity)
- Project-Based tasks: 3 marks (1 mark for creativity, 1 mark for technical skill, 1 mark for overall presentation)

