



### Science:

1. A rare phenomenon from lightning that unlike a lightning bolt, travels horizontally close to the ground.  
a. Monsoon                      b. Climate                      c. Cyclone                      **d. Ball Lightning**
2. A narrow band of high-speed wind, in the upper troposphere.  
a. Catchments                      **b. Jet Stream**                      c. Ozone                      d. Latitude
3. An electrical discharge that results from the build-up of positive and negative charges within a thunderstorm.  
a. Monsoon                      b. Thunder                      **c. Lightning**                      d. Cyclone
4. Is often used to mean a violent, swirling wind storm.  
**a. Cyclone**                      b. Flood                      c. Down pour                      d. High pressure
5. The center of a tropical cyclone in an area characterized by light winds and often by clear skies.  
a. Cyclone                      b. Monsoon wind                      **c. The Circular eye**                      d. Horizon

### Health Education:

1. Aerobic means "with \_\_\_\_\_."  
**a. air**                      b. atmosphere                      c. oxygen                      d. nitrogen
2. \_\_\_\_\_ refers to the absolute range of movement in a joint or series of joints and length in muscles across the bones.  
a. strength                      **b. flexibility**                      c. endurance                      d. transportation
3. An aerobic exercise of \_\_\_\_\_ per week is essential to weight management.  
**a. 3-5**                      b. 7-9                      c. 5-8                      d. 6-8
4. Aerobic gymnastics is also known as \_\_\_\_\_.  
**a. sports aerobics**                      b. dance aerobics                      c. tumbling                      d. competitive dancing
5. Which of the following is a basis for scoring a performance in aerobic gymnastics?  
a. creativity                      b. difficulty of routine  
c. height of performer                      d. a and b