NOTE: There are THREE sections in this paper i.e. Section A, B and C.

Time: 20 mins.

Section - A

1. State the correct option i.e. A, B, C and D as the empty box provided opposite to each part.

   i. Heart consists of .......... chambers.
      (A) 4                  (B) 5                  (C) 2                  (D) 3

   ii. Width of netball court is ............ metres.
       (A) 60                 (B) 50                 (C) 60                 (D) 70

   iii. There are ............... type of blood components.
        (A) 2                  (B) 3                  (C) 4                  (D) 5

   iv. 400m relay race running zone consists of ............... metres.
        (A) 20                 (B) 16                 (C) 26                 (D) 30

   v. ............... play vital role in respiratory system.

   vi. Length of high jump landing area is ............... metres.
       (A) 2.75                (B) 1.75                (C) 2.50                (D) 3.5

   vii. The larger chamber of heart is called .......... .
        (A) Atrium                (B) Ventricle               (C) Captorones             (D) Veneur

   viii. Duration of one note is ............... seconds.
        (A) 16                 (B) 36                 (C) 40                 (D) 60

   ix. Total distance of standard track is ............... metres.
       (A) 400                 (B) 400                 (C) 400                 (D) 500

   x. There are unlimited changes of .......... in volleyball.
       (A) Ball                 (B) Hit                  (C) Capiton               (D) Jockey

   xi. Length of football ground is ............... metres.
       (A) 120                 (B) 110                 (C) 200                 (D) 150

   xii. 

   xiii. Length of table of board is ............... metres.
      (A) 1.22                (B) 2.5                  (C) 2.5                 (D) 4

   xiv. Weight of shot put for women is ............... pound.
      (A) 16                 (B) 3                    (C) 10                 (D) 14

   xv. Penalty kick mark placed on ............... yards.
      (A) 12                 (B) 9                    (C) 11                 (D) 12

   xvi. Weight of baton is ............... gram.
      (A) 50                 (B) 50                 (C) 45                 (D) 50

   xvii. Height of volleyball net for women is ............... metres.
       (A) 2.25                (B) 2.24                (C) 2.20                (D) 2.20

   xviii. Width of 400 metre track lane is ............... metres.
       (A) 2.50                (B) 1.68                (C) 1.22                (D) 3.5
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Total Amount: 5940
Q. 2 Answer any Ten parts. Each part carries 4 marks.
(i) Define Physical Education.
(ii) oral hijo.
(iii) Volleyball official.
(iv) Causes of Hypnosis
(v) Symptoms of cholera.
(vi) Recreational Activities.
(vii) First Aid
(viii) Define Health Education.
(ix) Penalty Killa
(x) Advantages of blood
(xi) Red Blood Cells
(xii) Lung
(xiii) Draw sketch of shot put throw.

SECTION - C

NOTE: Attempt any Three questions. Each question carries equal marks.
Q. 3 Explain aims and objectives of health Education.
Q. 4 Define posture and also explain characteristics of a good posture.
Q. 5 Draw sketch of Football ground and explain major rules of Football.
Q. 6 Define communicable disease and also explain causes and treatment of diabetes.