Health and Physical Education

(Part-II)

(Books/New Courses)

Section - A

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

Section A

Units Time Marks
I. 20 marks

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

1. (a) Truth (b) Fitness (c) Exercise (d) Unconcerned

2. The athlete eliminated from competition on ______ consecutive failure.

(a) 2 (b) 3 (c) 4 (d) 5

3. The formula provided ______

(a) 4.3 (b) 5.3 (c) 6.3 (d) 7.3

4. Length of basketball court is ______ feet.

(a) 60 (b) 90 (c) 44 (d) 10

5. Weighted record in High Jump in ______ kg.

(a) 2 (b) 3 (c) 4 (d) 5

6. Length of Table Tennis Table in ______ feet.

(a) 6 (b) 9 (c) 9 (d) 7

7. Length of stomach called ______

(a) Liver (b) Kidney (c) Duodenum (d) Pancreas

8. Length of Jawans for women is ______ meters.

(a) 2.20 (b) 1.20 (c) 3.20 (d) 4.20

9. Human body consists of ______ muscles.

(a) 400 (b) 500 (c) 300 (d) 600

10. In tennis, one set consists of ______ games.

(a) 6 (b) 7 (c) 8 (d) 9

11. Burning causes cancer of ______

(a) Skin (b) Mouth (c) Liver (d) Lungs

12. Weight of Jawans for men is ______ grams.

(a) 600 (b) 700 (c) 800 (d) 900

13. In basketball, each set consists of ______ point.

(a) 12 (b) 16 (c) 21 (d) 24

14. Sound of Hockey game is ______

(a) 10 (b) 20 (c) 30 (d) 40

15. Width of Basketball Court is ______ meters.

(a) 20 (b) 16 (c) 20 (d) 30

16. ______ is a major component of diet.

(a) Alcohol (b) Water (c) Salt (d) Sugar

17. Height of Basketball is ______

(a) 600 (b) 700 (c) 800 (d) 900

18. Length of steel frisbee is ______ meters.

(a) 6.5 (b) 7.1 (c) 6.1 (d) 4.5
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کل کل قیمت: 2220
Q. 2 Answer any Ten parts. Each part carries 4 marks.
(i) Penalty stroke
(ii) Recreational centre
(iii) Advantages of music
(iv) Darts of javelin sector
(v) 400m race officials
(vi) Drugs
(vii) Artificial respiration
(viii) Reach of basketball court
(ix) Small village
(x) Duration of Hockey
(xi) Basketball Technical foul

SECTION - C

Marks : 22

NOTE: Attempt any Three questions. Each question carries equal marks.
Q. 3 Explain importance of Games.
Q. 4 Explain fundamental rules of high jump.
Q. 5 Draw sketch of Hockey ground and show explain penalty corner.
Q. 6 Explain the term of games.