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A-14 (IX) Health & Phy. Edu. -2100

Roll No.

Yearly Examination 2022-23

Subject : Health and Physical Education

Class : IX (Nineth)

Time : 3¼ Hrs.

M.M. : 30

General Instructions :

- (1) All the questions are compulsory.
- (2) Candidates must write first their Roll Nos. on the question paper.
- (3) Write answers of all questions in your answer-book only.

Objective Type Questions :

1. Does Physical education develop :
(a) Of body (b) Of mind (c) Of impulse (d) Full personality ½
2. Adolescence is :
(a) Birth of 3 year (b) 6 to 9 year (c) 13 to 19 year (d) After 20th year ½
3. Is harmful to the environment :
(a) Air Pollution (b) Water Pollution (c) Noise Pollution (d) All of the above ½
4. Is the patient's temperature taken :
(a) With Ribbon (b) With Pencil (c) With Thermometer (d) With X - Ray ½

Short Type Question :

5. When is "International Yoga Day" celebrated? 1
6. What is meant by Balanced Diet? 1
7. Which disease is caused by deficiency of Vitamin-C? 1
8. When is "National Sports Day" celebrated? 1
9. Write about good habits for healthy body? 1
10. Mention any two rules of traffic? 1
11. Why is food necessary for the body? 1
12. What is meant by clean toilet? 1

Essay Type Question :

13. How many types of races are there? What are long distance races? 4
14. What is meant by first aid? What are the essential items in the First Aid Box? 4
15. Write what contribution you will make to keep your school clean under the "School Cleanliness Campaign"? 4
16. Draw a labeled diagram of a Kabaddi or Volleyball playing field? 4
17. Write the symptoms of Corona disease and its Preventive measures? 4



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