

Health and Physical Education (New)

10th (Fresh/Reappear)

۱۔ ہر سوال کے سامنے چار دائرے دیئے گئے ہیں، صرف صحیح جواب والا دائرہ بھریں۔

۲۔ دائروں کو ٹیڑھ (بھرنے) کے لیے نیلے یا کالے رنگ کا مارکر استعمال کریں۔

۳۔ جواب میں ایک سے زائد دائرے بھرنے سے جواب غلط تصور ہوگا۔

Time: 15 Minutes

SECTION-A

Marks: 12

Q1: Choose the correct option i.e, A,B,C or D?

- Asthma is of _____ types.
☐ 2 ☒ 3 ☐ 4 ☐ 5
- Rickets is more commonly caused in.
☐ Men ☐ Women ☒ Children ☐ Elders
- A self-confident man has _____ in his own abilities.
☐ Belief ☒ Confidence ☐ Selfishness ☐ Strength
- There are _____ types of accidents.
☐ 2 ☒ 3 ☐ 4 ☐ 6
- In 800 meter race _____ meter stains will be given.
☐ 200 ☒ 400 ☐ 800 ☐ None
- The weight of shot put for women is _____ kg.
☒ 1 ☐ 2 ☐ 3 ☐ 4
- The weight of Javelin is _____ gram for men.
☐ 200 ☐ 400 ☒ 600 ☐ 800
- The attach area in volley ball is _____ meter(s).
☒ 3 ☐ 1 ☐ 2 ☐ 6
- The width of badminton single court is _____ meter.
☐ 15 ☒ 17 ☐ 20 ☐ 22
- A base ball ground is divided into _____ parts.
☐ 2 ☒ 3 ☐ 4 ☐ 6
- The diameter of center circle in a football ground is _____ meter.
☒ 9.10 ☐ 9.20 ☐ 9.30 ☐ 9.40
- In a hand ball game _____ players play inside the court.
☐ 7 ☒ 6 ☐ 9 ☐ 11

HEALTH AND PHYSICAL EDUCATION

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Note: Time allowed for Section-B & Section-C is 2:45 Hours.

SECTION-B

Marks: 32

Q2: Answer any EIGHT parts. Each part carries 4 marks?

1. Write down the effects of exercise on blood circulation system?
2. Write a note on rickets disease?
3. Write a note on communication?
4. What is meant by accidents?
5. Write a note on balance and movement?
6. What is meant by glide in shot put?
7. Write any two rules and two fouls of a Javelin Throw?
8. Write a note on LIBRO player in a volleyball game?
9. Explain the 8 second rule in basket ball?
10. Write a note on free kick in football?
11. Write a note on "Throw-In" in the game of hand ball?

SECTION-C

Marks: 21

Q3: Attempt any THREE questions. Each question carries equal marks?

1. Define blood circulation system and describe the importance of heart in-it?
2. Write detailed suggestions for dealing with emergency situations?
3. Draw a sketch of shot put sector and write down its rules?
4. (a) Write down the skills of a basket ball game?
(b) Write down the duties of a referee in basket ball?