

HEALTH AND PHYSICAL EDUCATION9th (Fresh/Reappear)

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

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

۳۔ جواب میں ایک سے زائد دائرے بھرنے سے جواب غلط تصور ہو گا۔

Time: 20 Minutes

SECTION-A

Marks: 15

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

1. The width of the pitch in cricket is.
☐ 8' - 8" ☐ 8' - 7" ☐ 8' - 9" ☒ 8' - 10"
2. The width of net ball court is _____ feet.
☐ 40 ☒ 50 ☐ 60 ☐ 70
3. In Kabaddi the maximum height of the pale is _____ inches.
☒ 6 ☐ 7 ☐ 8 ☐ 9
4. The distance between goal posts in hockey is _____ yards.
☐ 2 ☐ 3 ☒ 4 ☐ 5
5. In long jump if the number of athletes are more than 8, each athlete will be given _____ attempts.
☒ 3,3 ☐ 4,4 ☐ 5,5 ☐ 6,6
6. The weight of discuss is _____ kg for men.
☐ 1 ☒ 2 ☐ 3 ☐ 4
7. The height of table tennis net is _____ inches.
☐ 3 ☐ 4 ☐ 5 ☒ 6
8. The height of the post in rounder is _____ feet.
☐ 2 ☒ 4 ☐ 6 ☐ 8
9. _____ is exchanged within the body through respiration.
☐ Energy ☐ Air ☒ Gases ☐ Blood
10. _____ is responsible for improving human health.
☒ Balance diet ☐ Heavy meal ☐ Protein ☐ Carbohydrate
11. Heroin is obtained from.
☐ Alcohol ☐ Marijuana ☒ Opium ☐ Morphine
12. The increase in child labor is due to _____ in addition to domestic condition.
☐ Teacher behavior ☐ Friends scolding
☐ Bullying ☒ Illiteracy

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Note: Time allowed for Section-B & Section-C is 2 Hours and 15 Minutes.

SECTION-B

Marks: 32

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

1. Why is exercise important for health?
2. Explain the difference between poor and balance diet?
3. Explain physical bullying?
4. Write the measurements of the long jump runway and arena?
5. Describe the discuss throw skills?
6. Write a note on division of lanes in 4×100 meter race?
7. Write a note on the ball and net in table tennis?
8. Write a short note on batting in rounder?
9. Explain the wide ball in cricket?
10. Write a note on throw-in in netball?
11. Write a note on free hit in hockey?

SECTION-C

Marks: 21

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

1. Write the causes of diabetes and list the measures to prevent them?
2. (a) How does addiction occur?
(b) Explain the first aid in land slide or earthquake?
3. Draw a sketch of a table tennis table and list its rules and fouls?
4. (a) Draw a sketch of netball court?
(b) Write the names and duties of netball officials?

