HEALTH AND PHYSICAL EDUCATION  SSC–II
SECTION – A (Marks 12)

Time allowed: 20 Minutes

NOTE: Section–A is compulsory. All parts of this section are to be answered on the question paper itself. It should be completed in the first 20 minutes and handed over to the Centre Superintendent. Deleting/overwriting is not allowed. Do not use lead pencil.

Q. 1 Circle the correct option i.e. A / B / C / D. Each part carries one mark.

(i) Tolerance, immunity and fitness are the characteristics of a good:
   A. Leader
   B. Sportsman
   C. Politician
   D. Student

(ii) The length of hockey ground is ________ yards.
   A. 100
   B. 110
   C. 115
   D. 120

(iii) In hockey if a defender commits a foul in 25 yard area, umpire will award:
   A. Penalty stroke
   B. Penalty corner
   C. Free hit
   D. Corner

(iv) 05 teams will play ________ matches in single league system.
   A. 8
   B. 10
   C. 12
   D. 16

(v) In javelin throw if 6 athletes are competing, every athlete will be given ________ attempts.
   A. 6
   B. 5
   C. 4
   D. 3

(vi) The minimum length of Javelin is ________ meters for men. (For Boys)
    A. 2.80
    B. 2.20
    C. 2.40
    D. 2.60

    The minimum length of javelin is ________ meters for women. (For Girls)
    A. 2.60
    B. 2.80
    C. 2.50
    D. 2.20

(vii) The distance between poles of high jump is ________ meters.
     A. 2.00
     B. 3.00
     C. 4.00
     D. 5.00

(viii) Which beverage saves the body from sun stroke?
    A. Tea
    B. Coffee
    C. Whisky
    D. Lassi

(ix) Which of the following is an alcoholic beverage?
    A. Coffee
    B. Sharbat
    C. Juices
    D. Whisky

(x) Spending nights at open and ideal environment away from city population is called:
    A. Hiking
    B. Camping
    C. Picnic
    D. Scouting

(xi) The diseases which transfer from one person to another person are called:
    A. Infectious diseases
    B. Social diseases
    C. Chemical diseases
    D. Mental diseases

(xii) How many sources are there to purify the air?
     A. 2
     B. 3
     C. 4
     D. 5
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HEALTH AND PHYSICAL EDUCATION  SSC-II

Time allowed: 2:40 Hours  Total Marks Sections B and C: 53

NOTE: Answer any eleven parts from Section ‘B’ and any two questions from Section ‘C’ on the separately provided answer book. Use supplementary answer sheet i.e. Sheet–B if required. Write your answers neatly and legibly.

SECTION – B (Marks 33)
Q. 2 Answer any ELEVEN parts. The answer to each part should not exceed 3 to 4 lines.  (11 x 3 = 33)
   (i) Write a short note on goal posts in hockey.
   (ii) When is penalty stroke awarded in hockey?
   (iii) Write about a “small area play” for recreation.
   (iv) Write down any three rules of Javelin throw.
   (v) Write down any three fouls of 800 m race.
   (vi) Write a short note on camping.
   (vii) Write a short note on cleanliness of school.
   (viii) What does food adulteration mean?
   (ix) Write a short note on juices.
   (x) Write down the disadvantages of coffee.
   (xi) Write down any three exercises for fitness.
   (xii) Write any three precautionary measures of infectious diseases.
   (xiii) What is air?
   (xiv) Write names of six ingredients of balance diet.
   (xv) Write a note on knockout system for conducting games.

SECTION – C (Marks 20)
Note: Attempt any TWO questions. All questions carry equal marks.  (2 x 10 = 20)
Q. 3 What is physical fitness? Write a detailed note on its importance.
Q. 4 Write a detailed note on the fouls and their punishments in hockey.
Q. 5 What is diet? Write a detailed note suggesting the quantity of food for different individuals.