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

(i) Increase in muscular power and agility along with decrease in fatigue, are the qualities of a good:
   A. Social worker
   B. Student
   C. Leader
   D. Sportsman

(ii) The distance of penalty stroke-mark from the goal posts, is ________ yards in hockey.
   A. 8
   B. 7
   C. 6
   D. 4

(iii) If a defender commits a foul in shooting circle in hockey, umpire will award:
   A. Penalty stroke
   B. Free hit
   C. Penalty corner
   D. Corner

(iv) Eight teams will play ________ matches in Knock-out system.
   A. 5
   B. 7
   C. 9
   D. 11

(v) In Javelin Throw, if seven athletes are competing, every athlete will be given ________ attempts.
   A. 2
   B. 3
   C. 4
   D. 6

(vi) The minimum distance of runway is ________ meters in Javelin Throw.
   A. 30
   B. 35
   C. 40
   D. 45

(vii) The length of cross bar is ________ meters in high jump.
   A. 2
   B. 3
   C. 4
   D. 5

(viii) Which one is an alcoholic drink?
   A. Squash
   B. Beer
   C. Juice
   D. Tea

(ix) Walking on the mountains is called:
   A. Camping
   B. Picnic
   C. Hiking
   D. Small area games

(x) The ingredients of balanced diet are:
   A. 6
   B. 5
   C. 4
   D. 3

(xi) Which race is completed in track without lanes?
   A. 200 m
   B. 400 m
   C. 800 m
   D. 1500 m

(xii) The activity performed willingly in leisure time for pleasure, is called:
   A. Gymnastics
   B. Recreation
   C. Fitness activity
   D. Camping

For Examiner's use only:

Total Marks: 12
Marks Obtained: [Blank]
سوالات عبارات

(ii)

الف: کمال کر
پ: ظال غلمان
و: ایبیر
د: کلی گالری

(iv)

الف: نیکی ہاوای
ب: نجی میا
پ: تیززی کا قدر
و: کئی ہی لاء
د: کل کل کر

(vii)

الف: نعرہ ہورے
ب: نیکی کوئی
پ: جنگل
و: ایک ہی چیل
د: نقش کا سیر

(xi)

الف: لانس
ب: لانس
پ: 800m
و: 200m
د: کئی ہی مسیر
HEALTH AND PHYSICAL EDUCATION  

**SECTION - B (Mark: 33)**

Q. 2 Answer any ELEVEN parts. The answer to each part should not exceed 3 to 4 lines.  

(i) Write down the length and width of hockey ground.  
(ii) When is penalty corner awarded in hockey?  
(iii) Write down a small game area for recreation.  
(iv) Write down three rules of high jump.  
(v) Write down three fouls of 1500 meter race.  
(vi) Write a short note on hiking.  
(vii) Write a short note on the cleanliness of home.  
(viii) How can we save the food from contamination?  
(ix) Write a short note on tea.  
(x) Write the benefits of sharbat.  
(xi) What is physical fitness?  
(xii) What are infectious diseases?  
(xiii) Write down the three sources of purifying the air.  
(xiv) Write a short note on balanced diet.  
(xv) Write a short note on league system for conducting games.

**SECTION - C (Mark: 20)**

Note: Attempt any TWO questions. All questions carry equal marks.

Q. 3 Write down the qualities of a good sportsman.

Q. 4 What are beverages? Write their kinds in detail.

Q. 5 Write the rules of 800 meter race and also mention the fouls of Javelin Throw.