

EMBOCS NAWALPARASI

SPECIFICATION GRID FOR FIRST TERMINAL EXAMINATION-2080

SUB: HEALTH AND PHYSICAL EDUCATION TIME: 1 Hour

F.M:30

CLASS: 8

P.M:12

S.N	CHAPTER	TYPES OF QUESTION			TOTAL
		Very short	short	long	
1.	1	2x1	2x2	1x3	9
2.	2	2x1	2x2	1x3	9
3.	6	1x1	1x2	1x3	6
4.	10	1x1	1x2	1x3	6
	TOTAL	6x1=6	6x2=12	4x3=12	30

EMBOCS NAWALPARASI

Model Questions

FIRST TERMINAL EXAMINATION-2080

CLASS: 8

TIME: 1 Hour

F.M:30

SUB: HEALTH &PHYSICAL EDUCATION

P.M:12

Attempt all the questions.

GROUP A (6X1=6)

1. Where is the ovum fertilized by the sperm?
2. Which gland is called master gland?
3. What is community health?
4. What is malnutrition?
5. What is drill in physical education?
6. What is drape?

GROUP B (6X2=12)

7. Write two differences between endocrine and exocrine glands.

8. Describe the importance of pituitary gland.
9. Why should drug abuse be banned?
10. Write two ways to solve the community health problem in Nepal?
11. What are the benefits of physical exercise?
12. Write two importances of arts.

GROUP C (4X3=12)

13. Draw a well labeled diagram of female reproductive system.
14. Make a list of major community health problem in Nepal.
15. Draw the happy, sad and mad faces and color them.
16. Write three important steps of drill.

SPECIFICATION GRID FOR SECOND TERMINAL EXAMINATION-2080

SUB: HEALTH AND PHYSICAL EDUCATION TIME:1 hour

F.M:30

CLASS: 8

P.M:12

S.N	CHAPTER	TYPES OF QUESTION			TOTAL
		Very short	short	long	
1.	1	1x1	1x2	1x3	6
2.	2	1x1	1x2	-	3
3.	3	2x1	1x2	1x3	7
4.	6	-	1x2	-	2
5.	7	1x1	--	1x3	4
6.	10	--	1x2	-	2
7.	11	1x1	1x2	1x3	6
	TOTAL	6x1=6	6x2=12	4x3=12	30

EMBOCS NAWALPARASI

Model Questions

SECOND TERMINAL EXAMINATION-2080

CLASS: 8

TIME:

F.M:30

SUB: HEALTH & PHYSICAL EDUCATION

P.M:12

Attempt all the questions.

GROUP A (6X1=6)

1. Mention any two system of human body.
2. What is stress?
3. Write two symptoms of marasmus.
4. Name any two adventurous sports.
5. What is a drape?
6. What is printing?

GROUP B (6X2=12)

7. What is uterus?
8. What are the causes of depression?

9. Write two preventive measures of night blindness.

10. What are the benefits of physical exercises?

11. What are the steps of long jump?

12. Define carvings.

GROUP C (4X3=12)

13. Draw a well labeled diagram of neuron.

14. What is malnutrition? Write any two major causes of it in Nepal?

15. Write the importance of arts .describe any one.

16. What are the methods of wood carvings?

SPECIFICATION GRID FOR THIRD AND FINAL TERMINAL EXAMINATION-2080

SUB: HEALTH AND PHYSICAL EDUCATION TIME:1 hours

F.M:30

CLASS: 8

P.M:12

S.N	CHAPTER	TYPES OF QUESTION			TOTAL
		Very short	short	long	
1.	1	1x1	-	-	1
2.	2	1x1	-	-	1
3.	3	-	1x2	-	2
4.	4	1X1	1X2	1X3	6
5.	5	-	1X2	-	2
6.	6	-	1X2	-	2
7.	7	1X1	1X2		3
8.	8	-	-	1X3	3
9.	9	-	-	1X3	3
10.	10	1X1	-	-	1
11.	11	-	1X2	-	2
12.	12	1X1	-	-	1
13.	13	-	-	1x3	3
	TOTAL	6x1=6	6x2=12	4x3=12	30

Model Questions

THIRD&FINAL TERMINAL EXAMINATION-2080

CLASS: 8

TIME:

F.M:30

SUB: HEALTH &PHYSICAL EDUCATION

P.M:12

Attempt all the questions.

GROUP A (6X1=6)

1. Which gland is called master gland?
2. What is community health?
3. What are diseases?
4. Write the steps for shot put.
5. What is thank a painting?
6. What is dance?

GROUP B (6X2=12)

7. What safety measures should be considered for the protection of consumer health?
8. Write four safety measures against fire related accidents.

9. What are the benefits of yoga?

10. What is printing?

11. Define safe abortion.

12. What are the benefits of physical exercise?

GROUP C (4X3=12)

13. What is STI? Write any four measures that can be taken to prevent it.

14. What are the basic skills of volleyball?

15. What is yoga? Why is yoga necessary for healthy body and mind?

16. Write a short note on teej song.

THE END

PREPARED BY: RITA GAUDEL (NEPAL MODEL
SECONDARY SCHOOL, KEURENI)