

SN	Chapters	Very short questions	Short questions	Long questions	Total Marks
1	Human Body	3×1=3	3×2=6	1×4=4	13
2	Community Health And Mental Health	3×1=3	3×2=6	2×4=8	17
3	Physical Training And Drill	2×1=2	2×2=4	1×4=4	10
4	Introduction To Arts, Drawing And Colour	2×1=2	2×2=4	1×4=4	10
	Total	10×1=10	10×2=20	5×4=20	50

Model question for First Terminal Examination

(Attempt all the following questions)

Group: A (Very short questions)

10×1=10

1. Which blood cells fight against disease?
2. How many members are there in a heart ?
3. Which is the last track of digestive system ?
4. Who are called new born ?
5. Write one role of auxiliary health worker of Nepal ?
6. Write some herbal medicine found in Nepal ?
7. Define drill ?
8. Write one importance of physical exercise ?
9. What is an art ?
10. Write the name of cool colour.

Group: B (Short questions)

10×2=20

11. Write the main function of Kidney.
12. Write one differences between Artery & Veins ?
13. Write the name of organs in digestive system ?
14. Define community health?
15. Write two short-term effects of using drugs.
16. Write two improtions of the immunizations .
17. How can we stay attention positions ?
18. Difine disper command in drill .
19. Draw some geometrical shape in drawing .
20. Why pencil is popular tool ?

Group: C (Long questions)

5×4=20

21. Draw a well-lebelled drigram of urinary system?
22. Make a list of the services provided by the auxiliary health worker in Nepal ?
23. Explain about forward march and mark time .
24. What are the basic rules of art ?

Class: 7(seven)

Grid for Second Terminal Examination-2081

Subject: Health, Physical and Creative Arts

Time: 2hrs

FM: 50

PM: 18

SN	Chapters	Very short questions	Short questions	Long questions	Total marks
1	Human Body	1×1=1	2×2=4	1×4=4	9
2	Community Health And Mental Health	2×1=2	1×2=2	2×4=8	12
3	Nutrition And Food Security	1×1=1	2×2=4	1×4=4	9
4	Physical Training And Drill	1×1=1	1×2=2		3
5	Athletics and adventure activities	2×1=2	1×2=2		4
6	Introduction To Arts, Drawing And Colour	1×1=1	2×2=4	1×4=4	9
7	Printing, Clay Work, collage and construction	2×1=2	1×2=2		4
	Total	10×1=10	10×2=20	5×4=20	50

Model question for Second Terminal Examination

Subject: Health, Physical and Creative Arts

Time: 2hrs

FM: 50

PM: 18

(Attempt all the following questions)

Group: A (Very short questions)

10×1=10

1. Which blood vessel carry oxygenated blood from the heart to different part of the body?
2. Write a function of health center .
3. Mention an importance of mental health.
4. Which vitamin strengthens our eyesight .
5. Define dismiss command in drill.
6. Name any two sports played in water ?
7. What is athletics ?
8. Define shape in drawing .
9. Write one use of clay?
10. Write the name of warm colours?

Group: B (Short questions)

11. Define urinary bladder .
12. What are the types of blood vessels ?
13. Name some sources of protein.
14. Write two causes of using drugs .
15. Write down main effects of using junk food.
16. When is the eyes right command used?
17. What are the skills of high-jump ?
18. Mention any three dimensions of art ?
19. Write any two properties of clay?
20. Define printmaking .

10×2=20

Group: C (Long questions)

5×4=20

21. Describe blood –circulation process.
22. Write the role of auxiliary nurse midwifery (ANM).
23. Write preventive measures of using drugs .
24. What are the harmful effects of food-adulterations .
25. Describe the types of colour.

Class: 7(seven)

Grid for Third Terminal Examination-2081

Subject: Health, Physical and Creative Arts

Time: 2hrs

FM: 50

PM: 18

SN	Chapters	Very short questions	Short questions	Long questions	Total marks
1	Human Body	1×1=1		1×4=4	5
2	Community Health And Mental Health	1×1=1	2×2=4	1×4=4	9
3	Nutrition And Food Security	1×1=1	2×2=4		5
4	Disease, Safety Education And First Aid	1×1=1	2×2=4	1×4=4	9
5	Physical Training And Drill	1×1=1	1×2=2		3
6	Athletics and adventure activities	1×1=1	1×2=2		3
7	Games	1×1=1		1×4=4	5
8	Introduction To Arts, Drawing And Colour	1×1=1	1×2=2		3
9	Printing, Clay Work, collage and construction	1×1=1	1×2=2		3
10	Singing And Playing Instruments	1×1=1		1×4=4	5
	Total	10×1=10	10×2=20	5×4=20	50

Model question for Third Terminal Examination

Subject: Health, Physical and Creative Arts

Time: 2hrs

FM: 50

PM: 18

(Attempt all the following questions)

Group: A (Very short questions)

10×1=10

1. Write the one function of nose ?
2. What are diseases ?
3. What are drugs ?
4. Name some example of junk-foods.
5. How drill is done in a group.
6. Write some examples of athletics activities.
7. What are the basic skills of football ?
8. Define pencil.
9. How collage is done?
10. How many counts or taal in Kaharawa Taal.

Group: B (Short questions)

10×2=20

11. Define Mental -Health ?
12. What are the long-term effects of drug ?
13. Write two preventive-measures against food adulteration ?
14. What are the functions of carbohydrates ?
15. Define first-aid.
16. What are the symptoms of tonsillitis.
17. Why drum is used in drill ?
18. Why art is called an universal language ?
19. How can we play short-put .
20. What is coiling in clay work.

Group: C (Long questions)

5×4=20

21. Draw a well-labeled diagram of human heart.
22. Why Yoga therapy is beneficial for human-body.
23. What are the first-aid for snake bite.
24. How kho-kho game is played ?
25. What is singing ? Write the importance of it .

विशिष्टीकरण तालिका
विषय : स्वास्थ्य, शारीरिक तथा सिर्जनात्मक कला

कक्षा ६-८

पूर्णाङ्क : ५०

प्रश्न योजना तथा अङ्कभार वितरण																				
क्र. स.	क्षेत्र/एकाइ	समग्र पाठ्य घण्टा	सै. पाठ्य घण्टा	अङ्क भार	ज्ञान			बोध			प्रयोग			उच्च दक्षता			जम्मा प्रश्न संख्या			जम्मा अङ्कभार
					अ. छे.	छो.	ता.	अ. छे.	छो.	ता.	अ. छे.	छो.	ता.	अ. छे.	छो.	ता.	अति छोटो	छोटो	तामो	
१.	मानव शरीर	५	४	४	४	१		२	१	१		१	१		१	१	६	४	३	६
२.	सामुदायिक स्वास्थ्य र मानसिक स्वास्थ्य	८	७	७																
३.	पोषण र खाद्य सुरक्षा	५	४	४																
४.	रोग, सुरक्षा र प्राथमिक उपचार	८	७	७																
५.	यौनिक तथा प्रजनन स्वास्थ्य	६	४	४																
६.	शारीरिक व्यायाम र क्वाज	६	२	२																
७.	एथेलेटिक्स र सार्हासिक क्रियाकलापहरू	६	२	२	२				१	१		१			१		२	३	१	२
८.	खेलहरू	१४	५	६																
९.	योग	६	२	२																
१०.	कलाको परिचय, रेखाचित्र र रङ	१०	४	४																
११.	छपाइ, माटाको काम, कोलाज र निर्माण	६	२	२	२				१			१	१		१		२	३	१	२
१२.	गायन र वादन	१०	३	४																
१३.	नृत्य र अभिनय	६	२	२																
जम्मा		९६	४८	५०	८	१		२	३	२		३	२		३	१	१०	१०	५	१०

नोट :

- प्रश्न निर्माण गर्दा निम्न तहका प्रश्न (ज्ञान, बोध र प्रयोग) तथा उच्च तहका प्रश्न (विश्लेषण, मूल्याङ्कन र सिर्जना) सबै तहका प्रश्नहरू र सबै एकाइको पाठ्यघण्टालाई ध्यानमा राखेर प्रश्न बनाउनुपर्ने छ।
- अति छोटो प्रश्न १ अङ्क, छोटो प्रश्न २ अङ्क र तामो प्रश्न ४ अङ्कका दरले सोझुपर्ने छ।
- स्वास्थ्यका खण्डमा अङ्कभारमा २६ घटवढ नहुने गरी यस खण्डभित्रका एकाइहरूमा + - २ हुन सक्ने गरी प्रश्न बनाउन सकिने छ।
- शारीरिक खण्डमा जम्मा अङ्कभार १२ घटवढ नहुने गरी यस खण्डभित्रका एकाइहरूमा + - २ हुन सक्ने गरी प्रश्न बनाउन सकिने छ।
- सिर्जनात्मक कलाको खण्डमा जम्मा अङ्कभार १२ घटवढ नहुने गरी यस खण्डभित्रका एकाइहरूमा + - २ हुन सक्ने गरी प्रश्न बनाउन सकिने छ।

Class: 7(seven)

Grid for Final Terminal Examination-2081

Subject: Health, Physical and Creative Arts

Time: 2hrs

FM: 50

PM: 18

SN	Chapters	Very short questions	Short questions	Long questions	Total marks
1	Human Body	2×1=2	1×2=2		4
2	Community Health And Mental Health	1×1=1	1×2=2	1×4=4	7
3	Nutrition And Food Security	2×1=2	1×2=2		4
4	Disease, Safety Education And First Aid	1×1=1	1×2=2	1×4=4	7
5	Sexual and reproductive Health			1×4=4	4
6	Physical exercise and drill		1×2=2		2
7	Athletics and adventure Activities		1×2=2		2
8	Games		1×2=2	1×4=4	6
9	Yoga		1×2=2		2
10	Introduction to Arts, Line art and colour			1×4=4	4
11	Printmaking, clay work, collage and construction	2×1=2			2
12	Singing and playing instrument	2×1=2	1×2=2		4
13	Dance and acting	2×1=2			2
	Total	10×1=10	10×2=20	5×4=20	50

Question Construction Check List-1

<u>S.N.</u>	<u>Unit</u>	<u>Marks</u>	<u>K</u>	<u>U</u>	<u>A</u>	<u>HA</u>	<u>Total Marks</u>
१	मानव शरीर	४	<u>1VS</u>	<u>1VS</u> <u>1S</u>			<u>26</u>
२	सामुदायिक स्वास्थ्य र मानसिक स्वास्थ्य	७	<u>1VS</u> <u>1S</u>			<u>L</u>	
३	पेषण खाद्य सुरक्षा	४	<u>1VS</u>	<u>1VS</u>	<u>S</u>		
४	रोग, सुरक्षा र प्राथमिक उपचार	७		<u>L</u>	<u>L</u>		
५	यौनिक तथा प्रजनन स्वास्थ्य	४	<u>1VS</u>	<u>L</u>		<u>S</u>	
६	शारीरिक व्यायम र कवाज	२			<u>S</u>		<u>12</u>
७	एथलेटिक्स र साहसिक क्रियाकलापहरु	२		<u>S</u>			
८	खेलहरु	६	<u>2VS</u>	<u>L</u>			
९	योग	२				<u>S</u>	
१०	कलाको परिचय र रेखाचित्र रङ	४			<u>L</u>		<u>12</u>
११	छपाइ, माटाको काम, कोलाज र निर्माण	२	<u>2VS</u>				
१२	गायन र वादन	४		<u>S</u>	<u>S</u>		
१३	नृत्य र अभिनय	२				<u>S</u>	
		५०	<u>10</u>	<u>16</u>	<u>14</u>	<u>10</u>	<u>50</u>

Model question for Final Terminal Examination

Subject: Health, Physical and Creative Arts

Time: 2hrs

FM: 50

PM: 18

(Attempt all the following questions)

Group: A (Very short questions)

10×1=10

1. Define Blood.
2. Write the main function of Urinary system ?
3. Write the full-form of FCHV.
4. Write one long-term effect of Junk food ?
5. Define nutrient.
6. What is Lesbian.
7. How many players are there in Kabaddi ?
8. Which is the national game of Nepal ?
9. What are the different materials used in collage .
10. Draw a circular Geometric Shape in drawing.

Group: B (Short questions)

10×2=20

11. Describe about Heart in circulatory System.
12. Name some traditional health service system.
13. What are the ways to avoid junk food in school area.
14. Write the role of family in safer sexual behavior ?
15. "Drills develop discipline and social qualities " Why ?
16. Define relay run.
17. What is yoga ?
18. Write Some Local- folk instruments found in Nepal .
19. What is Singing ?

20. Write two importance of drama and acting .
21. Make a list of material required for relief printing?

Group: C (Long questions)

5×4=20

22. What is a drug ? write down three reasons for consuming it .
23. Write first-aid methods for snake bites.
24. Write the symptoms of tuberculosis and its preventive measures.
25. What are the Skills used in Football. Describe the brief.
26. Define art. Draw any picture based in your imagination and colour it.