

Subject : Health

**Course Division For First Terminal Examination**

Units to be taught: 1 , 2 , 3

Units	K	U	A	HA	Total Marks
1	3 S	3 VS			9
2	2 VS		1 S	L	8
3	2 VS	2 VS		2 S	8
Total Questions	7	5	1	3	25

Question Type ; Very short [ 9 x 1 = 9 ]

Short [ 6 x 2 = 12 ]

Long : [ 1 x 4 = 4 ]

Model Question

**First Term Examination**

**Class: Six**

**FM: 25**

**Subject: Health**

**Time : 1 hour**

**PM: 10**

Group A

**Very short answer questions. [ 9 x 1 = 9]**

1. What is sense organ
2. Name the types of joints.
3. Define mental health.
4. Write any one effect of environmental pollution.
5. What is Junk food? Give example.
6. Why should we eat a balanced diet?
7. Write any two energy giving foods?
8. What is the full form of ANM?
9. How many bones are there in an adult human body?

Group B'

**Short answer questions ( 6 x 2=12)**

10. Write any two -functions of skeleton system.
11. How can you take good care of your eyes ?
12. Mention any four services of health post.
13. Make a list of nutrients.
14. What are the effects of junk food on our health?
15. What are the characteristics of mentally healthy persons?

Group C

**Long answer question. ( 1 x 4 = 4 )**

15. what is environment? Suggest any five ways to keep the environment clean.

## Course Division For Second Terminal Examination

Units to be taught: 1 , 2 , 3 , 4, 5 , 6

Units	K	U	A	HA	Total Marks
1	S	VS			3
2	VS		S	L	7
3	VS	VS		S	4
4	VS	S	L		7
5		L			4
6		S			2
Total Questions	4	5	2	2	25

Question Type ; Very short [ 5 x 1 = 5 ]

Short [ 4 x 2 = 8 ]

Long : [ 3 x 4 = 12 ]

Model Question

### Second Term Examination

**Class: Six**

**FM: 25**

**Subject: Health**

**Time : 1 hour**

**PM: 10**

Group A

**Very short answer questions. [ 5 x 1 = 5]**

1. What is cell 2
2. Write the types of muscles.
3. Define community health.
4. What is food ?
5. What are communicable diseases ?

Group B'

**Short answer questions ( 4 x 2= 8 )**

6. Write any four importance of mental health.
7. A what is a balanced diet ? Write the names of as nutrients of food.
8. Mention the causes of environmental pollution.
9. What is drill ? Write its various commands.

Group C

**Long answer question. ( 3 x 4 = 12 )**

10. Define mental health. Mention its important.
11. What is first aid ? Why is first aid necessary!
12. What age is understood as adolescence? Write the physical changes of girls and boys in adolescence.

### Course Division For Third Terminal Examination

Units to be taught: 1 , 2 , 3 , 4, 5 , 6 , 7 ,8 , 9 ,10

Units	K	U	A	HA	Total Marks
1	S	2 VS			4
2	VS		S	L	7
3	VS	VS		S	4
4	3 VS	S	L		9
5		L			4
6		S			2
7			2 S		4
8	2 S	L			8
9				2 S	4
10			L		4
Total Questions	8	7	5	4	50

Question Type ; Very short [ 10 x 1 = 10 ]

Short [ 10 x 2 = 10 ]

Long : [ 5 x 4 = 20 ]

Model Questions

#### Third Term Examination

**Class: Six**

**FM: 50**

**Subject: Health**

**Time :2 hours**

**PM: 18**

Group A

**Very short answer questions. [ 5 x 1 = 5]**

1. Define Sense organs.
2. What is junk food?
3. What are the types of food?
4. Define drill:
5. Write any two skills of volleyball.
6. Why is first aid important?
7. Name any two communicable diseases:
8. Define adolescence.
9. What is yoga ?
10. What is drawing ?

Group B'

**Short answer questions ( 4 x 2= 8 )**

11. Mention any two ways to take care of our skin.
12. Write any two functions of health post.
13. Why is balance diet important?

14. Make a list of importance of mental health.
15. What are the ways to be safe from accidents at school?
16. Write any two effects of Junk food.
17. Write any two advantages of physical exercise :
18. What are the steps of high jump?
19. Dance makes the body healthy and smart '. How ?
20. How is the game football Played ?

#### Group C

#### Long answer question. ( 5 x 4 = 20 )

21. Write down the causes and preventive measures of environmental pollution.
22. How are skeletal and muscular system interrelated? Explain:
23. Define mental health and write the characteristics of mentally healthy person.
24. How is the game Kabaddi Played? Write any four rules.
25. Differentiate between communicable and non-communicable diseases.

#### Course Division For Annual Examination

Units to be taught: 1 , 2 , 3 , 4 , 5 , 6 , 7 , 8 , 9 , 10

Units	K	U	A	HA	Total Marks
1	S	2 VS			4
2	VS		S	L	7
3	VS	VS		S	4
4	VS	S	L		7
5		L			4
6		S			2
7			S		2
8	S	L			6
9				S	2
10			L		4
11	VS	VS			2
12	2VS			S	4
13			S		2
Total Questions	8	8	5	4	50

Question Type ; Very short [ 10 x 1 = 10 ]

Short [ 10 x 2 = 10 ]

Long : [ 5 x 4 = 20 ]

Model Questions

