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| **First Terminal Examination-2081 (Health Class-4)** | | | | | | | | | | | | | |
| **unit** | **Chapter** | **Knowledge** | | | **Understanding** | | | **Use** | | | **Higher Ablity** | | |
| **VSQ** | **SQ** | **LQ** | **VSQ** | **SQ** | **LQ** | **VSQ** | **SQ** | **LQ** | **VSQ** | **SQ** | **LQ** |
| 1 | Personal Hygiene | 4 | 1 | - | 2 | 1 | 1 | - | 1 | 1 | - | 1 | 1 |
| 2 | Envioronmental Sanitation |
| 6 | Drills and Physical exercise | 2 | - | - | - | 1 | 1 | - | 1 | - | - | 1 | - |
| 10 | Drawing and colour | 2 | - | - | - | 1 | - | - | 1 | 1 | - | 1 | - |
|  | **TOTAL** | **8** | **1** | **-** | **2** | **3** | **2** | **-** | **3** | **2** | **-** | **3** | **1** |
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|  | **Types of Question** |  | **Marks Weight** | | | **Total Marks** | | | | |  |  |  |
|  | **Very Short** | 10 | 1 | | | 10 | | | | |  |  |  |
|  | **Short** | 10 | 2 | | | 20 | | | | |  |  |  |
|  | **Long** | 5 | 4 | | | 20 | | | | |  |  |  |

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| **Second Terminal Examination-2081 (Health class-4)** | | | | | | | | | | | | | |
| **unit** | **Chapter** | **Knowledge** | | | **Understanding** | | | **Application** | | | **Higher Ablity** | | |
| **VSQ** | **SQ** | **LQ** | **VSQ** | **SQ** | **LQ** | **VSQ** | **SQ** | **LQ** | **VSQ** | **SQ** | **LQ** |
| 1 | Personal Hygiene | 4 | 1 | - | 2 | 1 | 1 | - | 1 | 1 | - | 1 | 1 |
| 2 | Envioronmental Sanitation |
| 3 | Food and utrition |
| 6 | Drills and Physical exercise | 2 | - | - | - | 1 | 1 | - | 1 | - | - | 1 | - |
| 9 | Yoga |
| 10 | Drawing and colour | 2 | - | - | - | 1 | - | - | 1 | 1 | - | 1 | - |
| 11 | Printmaking clay work collage |
|  | **TOTAL** | **8** | **1** | **-** | **2** | **3** | **2** | **-** | **3** | **2** | **-** | **3** | **1** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Types of Question** |  | **Marks Weight** | | | **Total Marks** | | | | |  |  |  |
|  | **Very Short** | 10 | 1 | | | 10 | | | | |  |  |  |
|  | **Short** | 10 | 2 | | | 20 | | | | |  |  |  |
|  | **Long** | 5 | 4 | | | 20 | | | | |  |  |  |

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| **Third Terminal Examination-2081 (Health-4)** | | | | | | | | | | | | | |
| **unit** | **Chapter** | **Knowledge** | | | **Understanding** | | | **Application** | | | **Higher Ablity** | | |
| **VSQ** | **SQ** | **LQ** | **VSQ** | **SQ** | **LQ** | **VSQ** | **SQ** | **LQ** | **VSQ** | **SQ** | **LQ** |
| 1 | Personal Hygiene | 4 | 1 | - | 2 | 1 | 1 | - | 1 | 1 | - | 1 | 1 |
| 2 | Envioronmental Sanitation |
| 3 | Food and utrition |
| 4 | Disease and substance abuse |
| 6 | Drills and Physical exercise | 2 | - | - | - | 1 | 1 | - | 1 | - | - | 1 | - |
| 7 | Athletics and Gymnastic |
| 9 | Yoga |
| 10 | Drawing and colour | 2 | - | - | - | 1 | - | - | 1 | 1 | - | 1 | - |
| 11 | Printmaking clay work collage constnction |
| 12 | Singing and musical instrments |
|  | **TOTAL** | **8** | **1** | **-** | **2** | **3** | **2** | **-** | **3** | **2** | **-** | **3** | **1** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Types of Question** |  | **Marks Weight** | | | **Total Marks** | | | | |  |  |  |
|  | **Very Short** |  |  | | |  | | | | |  |  |  |
|  | **Short** |  |  | | |  | | | | |  |  |  |
|  | **Long** |  |  | | |  | | | | |  |  |  |

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| **Final Terminal Examination-2081 (Health Class-4)** | | | | | | | | | | | | | |
| **unit** | **Chapter** | **Knowledge** | | | **Understanding** | | | **Application** | | | **Higher Ablity** | | |
| **VSQ** | **SQ** | **LQ** | **VSQ** | **SQ** | **LQ** | **VSQ** | **SQ** | **LQ** | **VSQ** | **SQ** | **LQ** |
| 1 | Personal Hygiene | 4 | 1 | - | 2 | 1 | 1 | - | 1 | 1 | - | 1 | 1 |
| 2 | Envioronmental Sanitation |
| 3 | Food and utrition |
| 4 | Disease and substance abuse |
| 5 | Safety |
| 6 | Drills and Physical exercise | 2 | - | - | - | 1 | 1 | - | 1 | - | - | 1 | - |
| 7 | Athletics and Gymnastic |
| 8 | Games |
| 9 | Yoga |
| 10 | Drawing and colour | 2 | - | - | - | 1 | - | - | 1 | 1 | - | 1 | - |
| 11 | Printmaking clay work collage constnction |
| 12 | Singing and musical instrments |
| 13 | Dance and Acting |
|  | **TOTAL** | **8** | **1** | **-** | **2** | **3** | **2** | **-** | **3** | **2** | **-** | **3** | **1** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Types of Question** |  | **Marks Weight** | | | **Total Marks** | | | | |  |  |  |
|  | **Very Short** | 10 | 1 | | | 10 | | | | |  |  |  |
|  | **Short** | 10 | 2 | | | 20 | | | | |  |  |  |
|  | **Long** | 5 | 4 | | | 20 | | | | |  |  |  |

**F.M- 50**

**P.M-20**

**Health**

**First Terminal Examination-2081**

**Group A**

**very short questions 10\*1-10**

1. What is personal Hygiene ?
2. How many second should we wash our hands ?
3. When does menstruation start in Girls ?
4. Define Environmental sanitation.
5. Where does the defecation should be done ?
6. Which time is the best time for brushing the teeth ?
7. Write the name of primary colour ?
8. Write the name of any one substance having circular shape.
9. Which leg should we move which doing stand at ease ?
10. Which side should we face while doing right turn ?

**Group -B**

**Short Questions 10\*2-20**

1. How do you take care of your body ?
2. When do you wash your hands ?
3. Write any two importance of personal Hygiene ?
4. What are the commands of Drill ? Mention any two .
5. What is Drill ?
6. Which aspects of our body are developed by practicing drill ?
7. What should we do in attention position ?
8. Why should we clean our surrounding ?
9. What is portrait ?
10. What is Drawing ?

**Group C**

**Long Questions 5\*4-20**

1. Mention the things for be considered during menstruation ?
2. Write any two importance of environmental sanitation ?
3. Write the advantage of physical exercise ?
4. Draw any four geometric shape.

**THE END**

**F.M- 50**

**P.M-20**

**Health (Class-4)**

**First Terminal Examination-2081**

**Group A**

**very short questions 10\*1-10**

1. What is personal Hygiene ?
2. How many second should we wash our hands ?
3. When does menstruation start in Girls ?
4. Define Environmental sanitation.
5. Where does the defecation should be done ?
6. Which time is the best time for brushing the teeth ?
7. Write the name of primary colour ?
8. Write the name of any one substance having circular shape.
9. Which leg should we move which doing stand at ease ?
10. Which side should we face while doing right turn ?

**Group -B**

**Short Questions 10\*2-20**

1. How do you take care of your body ?
2. When do you wash your hands ?
3. Write any two importance of personal Hygiene ?
4. What are the commands of Drill ? Mention any two .
5. What is Drill ?
6. Which aspects of our body are developed by practicing drill ?
7. What should we do in attention position ?
8. Why should we clean our surrounding ?
9. What is portrait ?
10. What is Drawing ?

**Group C**

**Long Questions 5\*4-20**

1. Mention the things for be considered during menstruation ?
2. Write any two importance of environmental sanitation ?
3. Write the advantage of physical exercise ?
4. Draw any four geometric shape.

**THE END**

**F.M- 50**

**P.M-20**

**Health (Class-4)**

**Second Terminal Examination-2081**

**Group A**

**very short questions 10\*1-10**

1. Write any one good habit .
2. Why should we maintain personal Hygiene ?
3. What is environmental pollution ?
4. Write the name of any four non degradable wastes ?
5. Weite any two food that provide us energy ?
6. Define junk food .
7. Which command is given to perform mark time in Drill ?
8. What is the meaning of tlalt in Drill ?
9. Which colour is produces on mixing with Red and Yellow colour ?
10. What is printmaking ?

**Group -B**

**Short Questions 10\*2-20**

1. When should you wash your hands ?
2. How should you clean your house ? Write any two ways .
3. What is Balanced diet .
4. When do you brush your teeth ?
5. Why should we do physical exercise ?
6. Write any two commands of drill that performed in your school Assembly .
7. Define yoga .
8. What is stencil printing ?
9. What are the things required to make junk art ?
10. What portrait ?

**Group C**

**Long Questions 5\*4-20**

1. Why should we ear food ? Give any four reason .
2. List the any four disease caused due to improper disposal of wastes .
3. Write the steps of Hand washing ?
4. What should we do on attention position ?
5. Draw and colour the picture of flower .

**THE END**

**F.M- 50**

**P.M-20**

**Health (Class-4)**

**Third Terminal Examination-2081**

**Group A**

**very short questions 10\*1-10**

1. Discharge of blood through genital of girls is called ?
2. When should we defecate or urinate ?
3. What is junk food ?
4. What is a communicable disease ?
5. Write the name of any one airborne disease ?
6. Write the name of energy giving food ?
7. What is physical exercise ?
8. Which activities is called mother sport of all games ?
9. Which colour is produced on mixing Red and Blue colour ?
10. What is children song ?

**Group -B**

**Short Questions 10\*2-20**

1. Write any two importance of healthy food ?
2. What will you do to maintain the environmental sanitation of your house ?
3. Why should you brush your teeth ?
4. How do you take care of your body ?
5. Weite the name of any four junk goods .
6. What is Athletics ?
7. Write the importance of doing yoga .
8. What is Drill ?
9. Write the name of any four folk musical instruments .
10. How is printing can be done ?

**Group C**

**Long Questions 5\*4-20**

1. How can money be earned from the waste management ? Write any two .
2. Write the safety measure of Airborne disease ?
3. What is menstwation ? Write any two things should be considered during menstruation .
4. Write any four advantage of physical exercise ?
5. What are primary and secondary color ?

**THE END**

**F.M- 50**

**P.M-20**

**Health (Class-4)**

**Annual Term Examination-2081**

**Group A**

**very short questions 10\*1-10**

1. What is personal Hygiene ?
2. What is Balance diet ?
3. Why should we keep our surrounding clean ?
4. Weite the name of any two disease cause by contaminated food and water ?
5. Write any one safety measures you adopt in your school to protect from Accident .
6. What are the two major sources of food ?
7. What so you mean by Drill ?
8. What types of games are called local game ?
9. What kinds of colour are called secondary colour ?
10. What is meant by Acting ?

**Group -B**

**Short Questions 10\*2-20**

1. Write any two pttentions to be paid during menstruation ?
2. Write any two cause of keeping our surroubdib=ng clean .
3. What suggestion do you provide to your family members to keep them away from smoking ?
4. Write any two works that should be done by a school to decrease Accident ?
5. Why should we do physical exercise ? Write any two .
6. Write two methods of playing any one of your favorite local game ?
7. If your body remains healty too. Justify it .
8. Write any two folk instrument name .
9. What is Drawing ?
10. Write any two lines of song in your mother language that you have heard.

**Group C**

**Long Questions 5\*4-20**

1. What are the ways pf preveb=nting communicable disease .
2. How do you prepare blance diet from locally available food.
3. What benefits do we get if we keep our surrounding clean ?
4. What are the advantages of yoga ?
5. Draw the picture of any two folk instruments of your community .

**THE END**