

Class: 4

F.M. 50

Subject: Health & Physical

Attempt all the questions:

Group "A"

Health Education 20

- 1. What is environmental sanitation?**
- 2. How can you keep your face clean?**
- 3. Explain any two common effect and problems during menstruation?**
- 4. Write any two advantages of using toilets?**
- 5. Make any two daily task to be done to keep our home clean?**
- 6. How can you keep your hair clean?**
- 7. What is the role of gums?**
- 8. What are the elements of 3R method?**
- 9. What weekly schedule do you prepare for regular sanitation at home?**
- 10. Draw a picture of clean surrounding.**

Group "B"

Physical Education 16

- 11. What is drill?**
- 12. Write any two advantages of drill?**
- 13. What is physical training?**
- 14. What are the two traits developed by physical education?**
- 15. Write the two advantages of good physical education?**
- 16. Write the steps of table – 3PT.**
- 17. How is "Eye front" command in drill followed?**
- 18. What is physical education?**

Group "C"

Creative Art 14

- 19. What is drawing?**
- 20. What is shadow?**
- 21. What are the types of shadow**
- 22. Explain secondary colour briefly?**
- 23. What is an example of portrait?**
- 24. Draw a picture of an apple? Creating shadow and colour it.**
- 25. Draw a picture to show the formation of umbra and penumbra shadow.**