

Shivagadhi English School

Third Terminal Examination 2081

Class – 6

Subject: Health

FM: 50

Time – 2 hr

PM: 18

Group A

Very short answer questions: (10x1=10)

1. What is adolescence? Define
2. What is nocturnal emission?
3. How do you define menstruation.
4. Write any two general rules of kho-kho.
5. Write any two rules of cricket.
6. What is rhythm? Define.
7. What are the basic elements of rhythm? Make a list.
8. What are drugs?
9. What is muscular system? List out its types.
10. What is a disease?

Group B

Short answer questions. (10x2=20)

1. Write any two functions of skeletal system?
2. Why is junk food harmful to us ?
3. Write any two symptoms of pneumonia?
4. Write any two advantages of drill.
5. What are the steps of high jump? Explain any one of them briefly.
6. Why is dribbling important in football?
7. Draw a scaled sketch of volleyball ground.
8. Classify colour with examples.
9. What is Jhyaure taal ? Explain.
10. What are the local folk instruments in Nepal?

Group C (7x2=14)

Long question answer . 5x4=20

1. What do you know about Madal? Describe briefly.
2. What are the steps in throw in?
3. What are the characteristics of good physical education ?

4. List out any five emotional change problems and suggest their management.

5. What is first aid ? Write its importance.

The end