

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.