Provincial Department of Education – Northern Province

Third Term Exam – 2025

Grade: 9

Subject: Health &physical Education **Time: 2 Hours**

Part - I

1. A Person who has physical Menkal , social and spiritual wellbeing
   - I A person has health promotion
   - II A person has total health
   - III A person has good personality
   - IV A person has free from diseases with physical health

2. Which is not received mental and social by engaging in outdoor activities?
   - I Being happy
   - II Will be jealousy
   - III To control mental stress
   - IV Team wark

3. What will happen due to incorrect posture?
   - I Body will be beauty
   - II Being active to the daily retain
   - III Tiredness of muscles will be reduces
   - IV can't be produce high performance

4. Which is the "A" type of bonfire

I  II  III  IV 

5. Which factor is prohibited of school health promotion?
   - I By engaging in exercises
   - II Going on trips
   - III Usage of polythene
   - IV Cleaning the environment

6. Which is not the benefit of being good inter personal relationship?
   - I Developing Good qualities
   - II Taking good Decisions
   - III Unpleasant emotions will be happened
   - IV Increase the communication skill

7. What are the physical needs of human consider by Abraham Maslow.
   - I Protection of elders
   - II Encouragement and prices
   - III Love
   - IV food

8. How many days bet ween the menstruation cycle will happen in girls
   - I 20 days
   - II 30 days
   - III 28 days
   - IV 25 days

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9. Reduction in active, faong diseases easily reduction in remembrance, reduction in growth are the factors of

I Stunting
II Effects of undernutrition
III effects of overnutrition
IV effects of undernutrition

10 Which is not the function of protein?

I Growth of the body
II production of new cells
III Immunization
IV producing energy

11. which is the largest organ in human body.

I Skin
II kidney
III Heart
IV Fingers

12. Which is the health related physical fitness factor?

I cardiovascular Endurance
II Speed
III Agility
IV Strength

13. Which is not spread through water?

I Typhoid
II diarrhoea
III Vomiting
IV Chicken pox

14. Which is the skill that the picture shows



I shoulder pass
II Over pass
III Chest pass
IV side pass

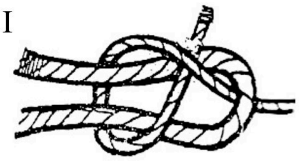
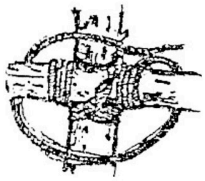
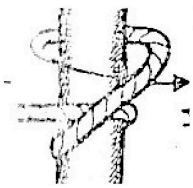
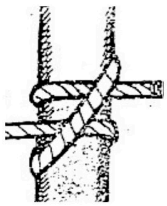
15. How much fat a male should have

I 20% - 25% II 25% - 30% III 10% - 15% IV 30% - 35%

16. What is the distance of baton ex changing Zone ?

I 10m II 20m III 30m IV 40M

17. Which is the reef knot from the following

I 
II 
III 
IV 

18. which vitamins can soluble in water

I A,C II B,D III B,C IV A,K

19. What are the bat and ball game

I Net ball II Volley ball III Football IV Elle

20. The picture shows congenital or occur later in life due to environmental factors

I Kyphosis
II Excessive lumbar lordosis
III scoliosis
IV Flatback

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Part II

First question is the must and answer the following 5 question as your wish

01) Our teacher in charge of physical education has prohibited the usage of polyethene to manage Waste management in the school for grade 9 students And also he has stopped to sale oily food in the school canteen He advised us to prepare a project on prevent from communicable diseases. First step of the project, The PHI came to instruct us abort the communicable diseases and their disadvantages. And also have organized games, minor games with in students to be healthy. Aftew wards with the permission of principal , he has conduct the bone fire camp with the help of school society They have noticed that "To make anti- doping society" on the notice board.

1. According to the above paragraph , Write 2 Characteristics of health promoting school?
2. What are the modes of spreading communicable diseases ?
3. Write one organized game and mirror game ?
4. Write one characteristic for organized game and minor game ?
5. Write 2 factors to mention when making bone fire?
6. What are the benefits of engaging in bone fire?
7. Write 2 actions that are have to take to make anti – doping society?
8. Write 2 methods of spreading communicable diseases?
9. Who are the people help to promote health except PHI?
10. Write 2 effects of using illicit drugs? (10x2 = 20 Marks)

02) 1. What are the differences among members of the community?
2. What are the health problems in our community?
3. Write 3 preventive method of environmental pollution?
4. Write 3 results of abuse and coercions? (2+2+3+3=10Marks)

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03) 1. Write Abraham Maslow s human needs in the hierarchical order?
2. Write the individuals talents and their positions in Future?
3.Write 3 qualities needed to attain self actualization?
4. Who are the people that have reached self actualization? (2+2+3+3=10Marks)

04) 1. Write 4 groups of people who needs special nutrition ?
2. Write 2 bad eating habit s of adolescence?
3. What are the six groups of food depending on the nutrition it supplies ?
4. If the pregnant mother does 't get proper nutrition's , What are the effects happening to the baby (2+2+3+3=10Marks)

05) 1. Write 2 rules related to throwing events?

2. Write 2 activities to practice shot put?

3. What are the methods of baton changes which the receiver receives the baton?

4. What are the faults of long jump?

06) 1. Which species of mosquitoes spreading dengue disease?

2. Write 2 symtoms of mental mental illness?

3. What are the harm caused by climate change and disasters ?

4. Write 3 ways to prevent conflicts?

(2+2+3+3=10Marks)

07) 1. What are the skills of spiking in volleyball ?

2.What are the factors that should be taken into consideration when spiking?

3. Write 2 skills of netball?

4. Write 2 activities for practising shooting skill?

(2+2+3+3=10Marks)

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