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Answer Sheet No.

86

Sig. of Candidate

Sig. of Invigilator

**HEALTH AND PHYSICAL EDUCATION SSC-I 2016****SECTION – A (Marks 12)****Time allowed: 20 Minutes**

**NOTE:** Section-A is compulsory. All parts of this section are to be answered on the question paper itself. It should be completed in the first 20 minutes and handed over to the Centre Superintendent. Deleting/overwriting is not allowed. Do not use lead pencil.

**Q. 1 Circle the correct option i.e. A / B / C / D. Each part carries one mark.**

- (i) How many kinds are there of voluntary movements?  
A. 02                      B. 03                      C. 04                      D. 05
- (ii) "When your children return from school, snatch their satchels/books and send them to the play ground", who said this?  
A. Aristotle              B. Bucher              C. Imam Ghazali      D. Plato
- (iii) Which type of activity is "head standing" in gymnastic?  
A. Activity of balance                      B. Activity of stretching  
C. Activity of twisting                      D. Activity of swinging
- (iv) How many kinds are there of posture defects?  
A. 02                      B. 03                      C. 04                      D. 05
- (v) How many bones are there in a foot?  
A. 22                      B. 26                      C. 30                      D. 34
- (vi) The length of net is \_\_\_\_\_ meters in volleyball.  
A. 9.20                      B. 9.30                      C. 9.40                      D. 9.50
- (vii) The width of court is \_\_\_\_\_ meters in badminton doubles.  
A. 5.18                      B. 5.50                      C. 5.90                      D. 6.10
- (viii) A complete round of a track is \_\_\_\_\_ meters in races.  
A. 200                      B. 300                      C. 400                      D. 500
- (ix) The diameter of shot put circle is \_\_\_\_\_ meters.  
A. 2.135                      B. 2.140                      C. 2.145                      D. 2.150
- (x) The width of landing area is \_\_\_\_\_ meters in long jump.  
A. 2.75                      B. 3.00                      C. 3.25                      D. 3.50
- (xi) There are \_\_\_\_\_ methods for baton changing in 4 × 100m relay race.  
A. 02                      B. 03                      C. 04                      D. 05
- (xii) There are \_\_\_\_\_ kinds of joints in our body.  
A. 02                      B. 03                      C. 04                      D. 05

**For Examiner's use only:**

Total Marks:

12

Marks Obtained:

ISA 1633