

Grade -09

Health and physical
education

1st unit : let us build a healthy society

work sheet

Answer all the questions

1. What is health promotion?

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2. Write 05 types of community issues?

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3. What is environmental pollution?

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4. Aspects of environmental pollution can be divided into 04 types. What are they?

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5. Write 03 diseases caused by air pollution?

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6. Write 03 causes of environmental pollution?

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7. What is communicable disease?

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8. Give some examples for communicable disease?

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9. What is non- communicable disease?

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10. Give some examples for non- communicable disease?

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11. Define abuse?

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12. Write some advantages of health promotion?

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13. How you can prevent from communicable disease?

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14. What are the negative consequences of using tobacco and drugs?

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15. Write the differences between individual and community?

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2nd unit : self actualization

work sheet

Write the answers for following questions.

1. What is self- actualization?

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2. Write some qualities needed to achieve self- actualization?

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3. Write the names of people who reached self actualization?

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4. Draw the chart of hierarchy of human need?

3rd unit : let us identify physical deformities which prevent good posture

work sheet

Answer all the questions.

1. What is meant by a good posture?

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2. Write 05 benefits of maintaining good posture?

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3. Deformities can occur due to 02 reasons .What are they?

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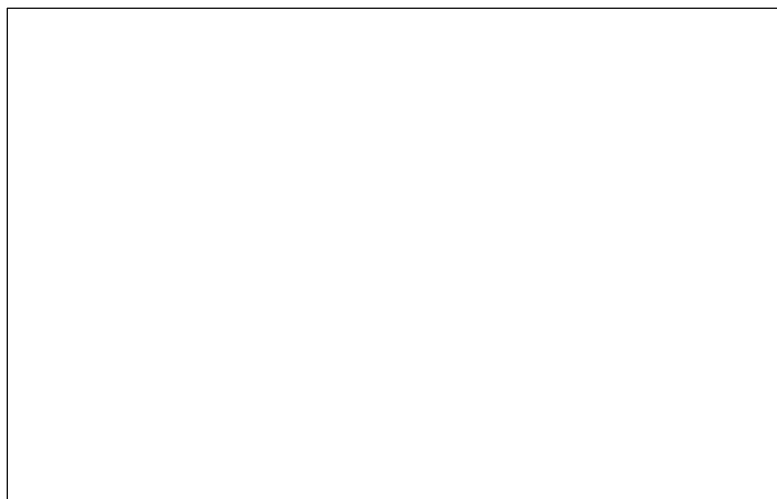
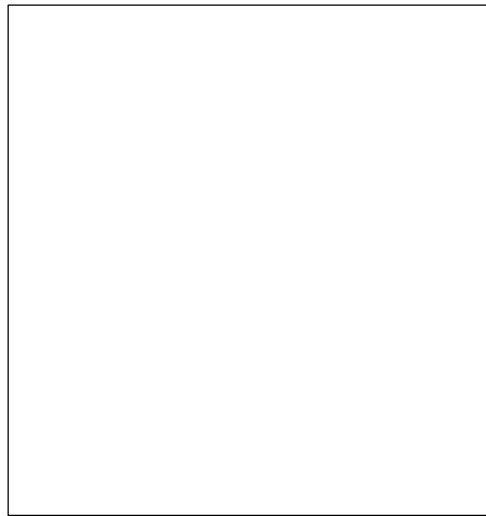
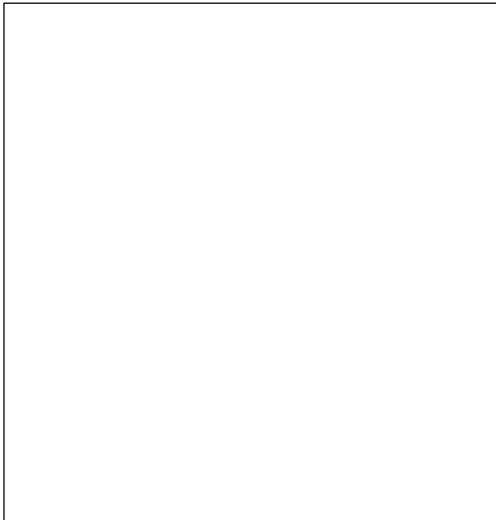
4. What are the deformities caused by congenital factors?

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5. Write the deformities caused by environmental factors?

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6. Draw the correct postures of given situation.



7. Explain shortly about following abnormalities.

- Kyphosis:

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- Excessive lumbar lordosis:

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- Scoliosis:

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- Flat back:.....
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- Bow legs and knock knees:.....
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8. Write 05 healthy behaviors should be taken to prevent bad postures.

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9. Write 05 advantages of having good posture?

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10. What are the main causes of physical deformities?

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Work sheet

Answer all the questions.

1. What is organized game?

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2. What is outdoor activities?

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3. Write 03 common features of organized game?

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4. Sports can be classify into many types according to the nature of place.
Such as,

- Water sports
- Sports played on ice
- Winter sports (sports played on snow)
- Air sports
- Sports played on land

Write the games played on the above places?

❖ Water sports :

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❖ Sports played on ice:

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❖ Winter sports:

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❖ Air sports :

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❖ Sports played on the land:

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5. Write the games played on the land by using bat and ball?

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6. Write 03 game played by using ball?

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7. What are the athletics games played on the land?

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8. Give 03 self – defence games?

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9. Write 04 outdoor educational activities?

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10. Write 05 physical benefits of engaging in outdoor activities?

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Write 05 psycho-social benefits gain by outdoor activities?

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Worksheet

Answer all the questions given below.

1. Explain shortly about the game volleyball?

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1. How many players that the volleyball team consist in each team?

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2. Write the basic skills used in volleyball?

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3. Write 03 factors for each, to be taken into consideration when spiking and blocking?

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