

Grade -10

Health and physical education

1<sup>st</sup> unit : let us build a healthy society

worksheet

answer all the questions.

1. What is total health?

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2. Write 04 factors influencing good health?

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3. Write some life styles to maintain total health?

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4. Write the equation of measuring Body Mass Index?

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5. Write the measures that can be taken to prevent the use of drugs, alcohol and smoking?

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6. Write 03 challenges to maintaining total health?

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7. Write 04 actions to be taken to overcome challenges faced in achieving total health?

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2<sup>nd</sup> unit : let us learn about development through childhood

worksheet

Write the answers for all the questions given below.

1. What is meant by a child's psycho social development?

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2. Write 05 stages in childhood ?

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3. Write the points to be consider before becoming a mother?

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4. Explain about following stages shortly.

• Prenatal stage:

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• Neonatal stage:

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6. Name 03 activities that you can do within the school to develop the personality of a child during the late childhood age?

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7. Write 03 benefits of mother's milk?

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8. Write the diseases caused by not taking mother's milk?

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9. What is meant by self-esteem?

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3<sup>rd</sup> unit: let us maintain correct posture

4<sup>th</sup> unit :let us learn sports and outdoor activities

worksheet

Answer all the questions

1. What is correct posture?

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2. What is meant by dynamic and static posture? Give examples?

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3. Write 02 main bio mechanical factors?

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4. What is meant by Centre of gravity?

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5. What is meant by Balance?

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6. Write the factors affect different postures?

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7. What are the points to be consider while maintain sitting and standing correct postures?

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8. Explain shortly about volleyball?

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9. Why volleyball has become important for us?

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10. What are the skills related to volleyball?

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11. Write 04 stages under the skill of spiking?

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12. Write some fouls committed during spiking?

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13. Write the 04 stages of blocking technique?

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14. Give the officials are required to officiate a volleyball match?

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15. How many players can be registered for the game netball?

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16. Draw the netball court?



17. Write the positions of players and the playing areas?

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18. Write the skills in netball?

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19. Write the panel of judges at a netball?

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20. What are the skills in football?

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21. Write the offences committed in football?

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22. What is outdoor education?

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23. Write the benefits of engaging in outdoor education?

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24. Write the preparation plans for the jungle exploration?

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25. Write 05 outdoor educational activities?

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