



**HEALTH & PHYSICAL EDUCATION, ART EDUCATION AND
WORK EDUCATION**

Class: IX

Time: 2 Hours.

Total Score : 45

Instructions

- Question Paper consists of 3 parts - Health & Physical Education, Art Education and Work Education.
 - Each part carries 15 score.
 - 15 minutes for cool off time and 2 hrs for writing the answers can be taken together and the writing can be started from the commencement of the exam itself.
 - Answer of each part should be written in separate answer sheets.
- Subject, Name, Class and Roll number should be written in each answer sheet.

HEALTH & PHYSICAL EDUCATION

Time:40 Minutes

Score : 15

Choose the correct answer from the brackets. Questions 1 to 4 carry one score each. (4x1=4)

1. Which is an important habit of a person for maintaining good health?
(Medicine, Over eating, Exercise, Work Load)
2. Which one is the most important source of energy for health?
(Carbohydrate, Minerals, Protein, Vitamin)
3. How much amount of fat is needed for a person for doing physical activity?
(10 -20%, 50-60%, 20-35%, 15-20%)
4. Long time physical activity is named as
(Aerobic activity, Anaerobic activity, Weight Lifting, Shooting)

Answer any 4 among the following questions from 5 to 9. Each question carries 2 score. (4x2=8)

5. Define dehydration. How does it affect the sports person in his/her performance?
6. Which are the qualities essential to become a good athlete?
7. Which are the values in life achieved by doing regular exercise?
8. Write down the benefits of practising "Chakrasana".
9. What are the differences between aerobic and anaerobic activities?

Answer any one of the following questions from 10 and 11 .Each carries 3 scores
(1x3=3)

10. Define balanced diet. What are the components of a balanced diet ?
11. From the table given below, classify and write in separate columns the habits that should be followed for healthy ageing and those that should not be.

Habits	Advisable	Not advisable
Exercise
Over eating
Healthy life style
Drinking Alcohol
Obesity
Balanced diet

ART EDUCATION

Time: 40 minutes.
Score : 15

Choose the correct answer from the brackets. Each question carries 1 score each
(4 x 1 = 4)

1. Whose painting is 'Gurnika', the world famous painting against war?
(Pablo Picasso, Raja Ravi Varma, Henry Mathisse, K.C.S Panicker)
2. Indian classical music has two branches. One of them is
(Ghazal, Khavali, Karnatic, Symphony)
3. Write down the traditional dance form from the following
(Mohiniyattam, Thiruvathirakali, Bharathanatyam, Kuchuppudy)
4. The artist who performs the major role in transforming an actor into a character.
(Writer, Set designer (rangasilpi), Director, Makeup man)

Answer any two of the following questions from 5 to 8. Each carries 3 scores.
(2 x 3 = 6)

5. Match the following

A

Dancing girl
Kanayi Kunhiraman
Tamil Nadu

B

Mahabalipuram
Indus Valley Civilization
Yakshi
Edakkal
Egyptian Civilization

6. Select the three Karnatic Musical forms from the following.
(Varnangal, Ghazal, Swarajathy, Keerthanangal, Baul)

7. Select 3 songs that can be used for performing semi classical dance from the following.
 Premodaranai Anayoo.....
 Enna Thapam Cheithane....
 Alapayuthe Kanna
 Ananda nadanam adinan....
 Anchu Sarangalum porathe
8. Write 3 differences of 'Kathakali' against other performing arts.

Write any one of the following questions from 9 to 12. Each carries 5 scores

(1×5=5)

9. Frame 5 questions to get answers from the following passage, describing the biography of the famous child artist Clint.
 Edmund Thomas Clint Alias 'Clint', the son of M.T. Joseph and Chinnamma Joseph was born on 19th May 1976. He has drawn about 25000 paintings before completing the age of 7 years. This great artist passed away on the day of Vishu in 1983 due to renal disease. The Film 'Clint' based on his life, directed by Harikumar, was released on 11 August 2017.
10. Write lyrics of 5 lines for a song that can be presented while observing the Environmental Day in your school.
11. Write five Mudras used in classical dance forms.
12. Prepare the script of a scene for a short film, describing the different shots to be used, for spreading the idea of Anti-narcotics in your school.

World Education

Time : 45 Minutes

Score : 15

Choose the correct answer from the bracket . Questions 1 to 3 carry one score each.

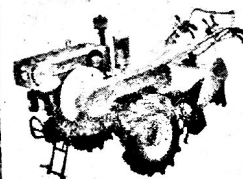
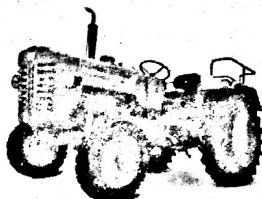
(3x1=3)

1. Name the instrument which helps to protect tall buildings from lightning
 (Magnetic needle, Lightning arrester, Fuse, Circuit Breaker)
2. The chemical that is used to keep the aroma in agarbathies.
 (Benzyl acetate oil, Coconut oil, Rodamin, Stainer)
3. The measurements such as shoulder width, front neck depth, sleeve length, chest width etc. are used for stitching
 (Shirt, Trouser, Blouse, Pyjama)

Answer any four of the following questions from 4 to 8. Each one carries 2 scores.

(4×2=8)

4. Identify the picture of the farming machines and write their names in order
 (Tractor, Tiller, Reaping machine, Planting machine, J. C. B)



5. Classify the following medicinal plants into bushes and climbers.
 (Shanghupushpam (Asian pigeon wings), Panikoorka, Sikerpud (Mukkutty), Heartleaved Moonseed (Chittamruthu), Thulsi (Holy Basil), Shatavari (Asparagus)).



Shanghupushpam



Panikoorka



Chittamruthu



Mukkutty



Thulsi



Shatavari

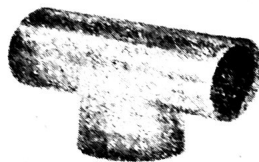
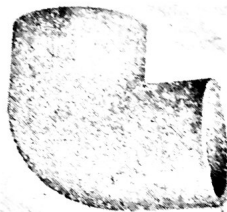
6. Identify the pictures of the plumbing materials and write down their names in order.
 (Coupler, L-bow, Junction, T-bow, Reducer.)

A

B

C

D



7. Name the four new varieties of paddy seed.
 8. Which are the different types of puppets used in puppetry? (Any four.)

Answer any one of the questions from 9 and 10. Each carries 4 scores.

(1×4 = 4)

9. Prepare a work diary of Vegetable Printing on sarees.
 10. Prepare any four questions based on the following activity.

Take a rexin piece of sheet 40 cm x 18 cm size. Fold it into two, such that the polished surface comes inside. Cut it with scissors along the line of fold, leaving 2 cms from either side. Stitch the zip and runner along the cut line properly. Stitch the other sides using back stitch, leaving 1cm from the edges. Open the zip and turn inside out the polished surface of the stitched ladies pouch. Stitch the hang belt at the two upper ends of the pouch. Now the ladies pouch is ready to use.