

First Terminal Examination-2081 (Health Class-4)													
unit	Chapter	Knowledge			Understanding			Use			Higher Ability		
		VSQ	SQ	LQ	VSQ	SQ	LQ	VSQ	SQ	LQ	VSQ	SQ	LQ
1	Personal Hygiene	4	1	-	2	1	1	-	1	1	-	1	1
2	Envioronmental Sanitation												
6	Drills and Physical exercise	2	-	-	-	1	1	-	1	-	-	1	-
10	Drawing and colour	2	-	-	-	1	-	-	1	1	-	1	-
	TOTAL	8	1	-	2	3	2	-	3	2	-	3	1
	Types of Question		Marks Weight		Total Marks								
	Very Short	10	1		10								
	Short	10	2		20								
	Long	5	4		20								

Second Terminal Examination-2081 (Health class-4)													
unit	Chapter	Knowledge			Understanding			Application			Higher Ability		
		VS Q	S Q	LQ	VSQ	SQ	LQ	VSQ	SQ	LQ	VS Q	SQ	L Q
1	Personal Hygiene	4	1	-	2	1	1	-	1	1	-	1	1
2	Envioronmental Sanitation												
3	Food and ution												
6	Drills and Physical exercise	2	-	-	-	1	1	-	1	-	-	1	-
9	Yoga												
10	Drawing and colour	2	-	-	-	1	-	-	1	1	-	1	-
11	Printmaking clay work collage												
	TOTAL	8	1	-	2	3	2	-	3	2	-	3	1
	Types of Question		Marks Weight		Total Marks								
	Very Short	10	1		10								
	Short	10	2		20								
	Long	5	4		20								

Third Terminal Examination-2081 (Health-4)

unit	Chapter	Knowledge			Understanding			Application			Higher Ability		
		VS Q	S Q	L Q	VSQ	S Q	L Q	VS Q	S Q	L Q	VS Q	S Q	L Q
1	Personal Hygiene	4	1	-	2	1	1	-	1	1	-	1	1
2	Environmental Sanitation												
3	Food and nutrition												
4	Disease and substance abuse												
6	Drills and Physical exercise	2	-	-	-	1	1	-	1	-	-	1	-
7	Athletics and Gymnastic												
9	Yoga												
10	Drawing and colour	2	-	-	-	1	-	-	1	1	-	1	-
11	Printmaking clay work collage construction												
12	Singing and musical instruments												
	TOTAL	8	1	-	2	3	2	-	3	2	-	3	1
	Types of Question		Marks Weight			Total Marks							
	Very Short												
	Short												
	Long												

Final Terminal Examination-2081 (Health Class-4)

unit	Chapter	Knowledge			Understanding			Application			Higher Ability		
		VS Q	S Q	L Q	VSQ	S Q	L Q	VS Q	S Q	L Q	VS Q	S Q	L Q
1	Personal Hygiene	4	1	-	2	1	1	-	1	1	-	1	1

2	Envioronmental Sanitation												
3	Food and utrition												
4	Disease and substance abuse												
5	Safety												
6	Drills and Physical exercise												
7	Athletics and Gymnastic												
8	Games												
9	Yoga												
10	Drawing and colour												
11	Printmaking clay work collage constnction												
12	Singing and musical instrments												
13	Dance and Acting												
	TOTAL	8	1	-	2	3	2	-	3	2	-	3	1
	Types of Question		Marks Weight			Total Marks							
	Very Short	10	1			10							
	Short	10	2			20							
	Long	5	4			20							

Health

First Terminal Examination-2081

Group A

very short questions 10*1-10

1. What is personal Hygiene ?
2. How many second should we wash our hands ?
3. When does menstruation start in Girls ?
4. Define Environmental sanitation.
5. Where does the defecation should be done ?
6. Which time is the best time for brushing the teeth ?
7. Write the name of primary colour ?
8. Write the name of any one substance having circular shape.
9. Which leg should we move while doing stand at ease ?
10. Which side should we face while doing right turn ?

Group -B

Short Questions 10*2-20

11. How do you take care of your body ?
12. When do you wash your hands ?
13. Write any two importance of personal Hygiene ?
14. What are the commands of Drill ? Mention any two .
15. What is Drill ?
16. Which aspects of our body are developed by practicing drill ?
17. What should we do in attention position ?
18. Why should we clean our surrounding ?
19. What is portrait ?
20. What is Drawing ?

Group C

Long Questions 5*4-20

21. Mention the things for be considered during menstruation ?
22. Write any two importance of environmental sanitation ?
23. Write the advantage of physical exercise ?
24. Draw any four geometric shape.

THE END

Health (Class-4)

First Terminal Examination-2081

Group A

very short questions 10*1-10

- 25.What is personal Hygiene ?
- 26.How many second should we wash our hands ?
- 27.When does menstruation start in Girls ?
- 28.Define Environmental sanitation.
- 29.Where does the defecation should be done ?
- 30.Which time is the best time for brushing the teeth ?
- 31.Write the name of primary colour ?
- 32.Write the name of any one substance having circular shape.
- 33.Which leg should we move while doing stand at ease ?
- 34.Which side should we face while doing right turn ?

Group -B

Short Questions 10*2-20

35. How do you take care of your body ?
36. When do you wash your hands ?
37. Write any two importance of personal Hygiene ?
38. What are the commands of Drill ? Mention any two .
39. What is Drill ?
40. Which aspects of our body are developed by practicing drill ?
41. What should we do in attention position ?
42. Why should we clean our surrounding ?
43. What is portrait ?
44. What is Drawing ?

Group C

Long Questions 5*4-20

45. Mention the things for be considered during menstruation ?
46. Write any two importance of environmental sanitation ?
47. Write the advantage of physical exercise ?
48. Draw any four geometric shape.

THE END

Health (Class-4)

Second Terminal Examination-2081

Group A

very short questions 10*1-10

1. Write any one good habit .
2. Why should we maintain personal Hygiene ?
3. What is environmental pollution ?
4. Write the name of any four non degradable wastes ?
5. Weite any two food that provide us energy ?
6. Define junk food .
7. Which command is given to perform mark time in Drill ?
8. What is the meaning of tlalt in Drill ?
9. Which colour is produces on mixing with Red and Yellow colour ?
- 10.What is printmaking ?

Group -B

Short Questions 10*2-20

11. When should you wash your hands ?
- 12.How should you clean your house ? Write any two ways .
13. What is Balanced diet .
14. When do you brush your teeth ?
15. Why should we do physical exercise ?
16. Write any two commands of drill that performed in your school Assembly .
17. Define yoga .
18. What is stencil printing ?
19. What are the things required to make junk art ?
20. What portrait ?

Group C

Long Questions 5*4-20

21. Why should we ear food ? Give any four reason .
22. List the any four disease caused due to improper disposal of wastes .
23. Write the steps of Hand washing ?
24. What should we do on attention position ?
25. Draw and colour the picture of flower .

THE END

F.M- 50

P.M-20

Health (Class-4)

Third Terminal Examination-2081

Group A

very short questions 10*1-10

1. Discharge of blood through genital of girls is called ?
2. When should we defecate or urinate ?
3. What is junk food ?
4. What is a communicable disease ?
5. Write the name of any one airborne disease ?
6. Write the name of energy giving food ?
7. What is physical exercise ?
8. Which activities is called mother sport of all games ?
9. Which colour is produced on mixing Red and Blue colour ?
10. What is children song ?

Group -B

Short Questions 10*2-20

11. Write any two importance of healthy food ?
12. What will you do to maintain the environmental sanitation of your house ?
13. Why should you brush your teeth ?
14. How do you take care of your body ?
15. Write the name of any four junk goods .
16. What is Athletics ?
17. Write the importance of doing yoga .
18. What is Drill ?
19. Write the name of any four folk musical instruments .
20. How is printing can be done ?

Group C

Long Questions 5*4-20

21. How can money be earned from the waste management ? Write any two .
22. Write the safety measure of Airborne disease ?
23. What is menstruation ? Write any two things should be considered during menstruation .
24. Write any four advantage of physical exercise ?
25. What are primary and secondary color ?

THE END

F.M- 50

P.M-20

Health (Class-4)

Annual Term Examination-2081

Group A

very short questions 10*1-10

1. What is personal Hygiene ?
2. What is Balance diet ?
3. Why should we keep our surrounding clean ?
4. Write the name of any two disease cause by contaminated food and water ?
5. Write any one safety measures you adopt in your school to protect from Accident .
6. What are the two major sources of food ?
7. What do you mean by Drill ?
8. What types of games are called local game ?
9. What kinds of colour are called secondary colour ?
10. What is meant by Acting ?

Group -B

Short Questions 10*2-20

11. Write any two precautions to be paid during menstruation ?
12. Write any two cause of keeping our surrounding clean .
13. What suggestion do you provide to your family members to keep them away from smoking ?
14. Write any two works that should be done by a school to decrease Accident ?
15. Why should we do physical exercise ? Write any two .
16. Write two methods of playing any one of your favorite local game ?
17. If your body remains healthy too. Justify it .
18. Write any two folk instrument name .
19. What is Drawing ?
20. Write any two lines of song in your mother language that you have heard.

Group C

Long Questions 5*4-20

21. What are the ways of preventing communicable disease .
22. How do you prepare balance diet from locally available food.
23. What benefits do we get if we keep our surrounding clean ?
24. What are the advantages of yoga ?

25. Draw the picture of any two folk instruments of your community .

THE END