

Health & Physical Education, Art Education and Work Education

Class : IX

Time : 2 hrs

Score : 45

Instructions

- Question paper includes 3 parts – Health & Physical Education, Art Education and Work Education.
- Each part carries 15 score.
- Use separate answer sheets for each parts.
- Write Subject, Name, Class and Roll Number on each answer sheets.
- First 15 minutes may be allotted as cool off time.

HEALTH & PHYSICAL EDUCATION

Question 1-6. Attempt any FOUR. Each question carries 1 score.

(4x1=4)

1. Which day is observed as International Yoga Day?
 a. July 1 b. June 5 c. June 21 d. August 21
2. French Open is associated with :
 a. Rugby b. Cricket c. Tennis d. Chess
3. The athletic ability which is associated with modified step test is :
 a. Muscle strength b. Balance c. Agility d. Cardiorespiratory fitness
4. The game which originated in North Europe and Germany
 a. Tennis b. Handball c. Judo d. Basketball
5. Ability to visualize touches on the human body is known as :
 a. Visual imagery b. Auditory imagery c. Tactile imagery d. Gustatory imagery
6. Pitcher and catcher are associated with :
 a. Kho Kho b. Softball c. Smash d. Netball

Question 7-11. Attempt any FOUR. Each question carries 2 scores.

(4x2=8)

7. What is stress?
8. Name Four exercises which help in increasing cardiorespiratory fitness.
9. What is progressive muscle relaxation?
10. Write two advantages of Bhujangasana.
11. Write any two changes that happened in your body after the modified step test.

Question 12-13. Attempt any ONE. Each question carries 3 scores.

(1x3=3)

12. What is imagery technique? Name any two imagery techniques.
13. Name any three positive changes in the body that occur through regular swimming.

ART EDUCATION

Questions 1 to 6. Attempt any FOUR. Each question carries 1 Score.

(1x4=4)

1. Name the Malayalee artist who established the artist's village called 'Cholamandalam' in Injambakkam Chennai?
a. K.C.S. Panicker b. Mattannur Shankarankutty
c. Haren Das d. Umayal Puram Sivaraman
2. Which branch of music was formed by the influence of Persian music in North India?
a. Carnatic Music b. Hindustani Music
c. Sopana Sangeeta d. Kathakali Padam
3. Which is the unique dance form of Kerala?
a. Odissi b. Kathak c. Mohiniyattam d. Bharatanatyam
4. Which among the following is oral acting?
a. Angika b. Aharya c. Vachika d. Satvika
5. Who won the best Music director award in Oscar 2023?
a. A.R. Rahman b. M Jayachandran
c. Rasul Pookutty d. MM Keeravani
6. Who is known as the father of Carnatic music?
a. MG Radhakrishnan b. Puranthara Dasar
c. Ramesh Narayanan d. KJ Yesudas

Question 7 to 11. Attempt any TWO questions. Each question carries 3 scores. (2x3=6)

7. List out the costumes and properties for the main character, a farmer, for a classroom play.
8. Who are the Trinities of Carnatic music?
9. Identify the Navarasas suitable to the situations given below.
a. The expression of a brave warrior who won a battle.
b. The expression when smelling bad odour from garbage dump.
c. The expression of a child receiving a surprise gift.
10. Match the following

A	B
Ghazal	Kalamandalam Satyabhama
Mohiniyattam	Bhagyalakshmi
Drama	Ghulam Ali
Gornika	Zakir Hussain
Dubbing	Picasso
Tabla	NN Pillai

11. Colour and draw a landscape scenery familiar to you. Use separate paper for drawing

Question 12 to 13. Attempt any ONE of the following. Carries 5 scores.

(1x5=5)

12. Look at the pictures and classify the musical instruments used in Carnatic music and Hindustani music



Tabla



Violin



Sitar



Veena



Flute



Shehnai



Ghatam



Sarod

13. Prepare a poster based on the theme - "Beat Plastic Pollution" the motto of Environment Day 2023.
14. School ground. Children come to school in the morning. A differently abled (OH) student enters with a heavy bag on his back. His friends and classmates come and collect the bag from him. Two other friends take the differently abled child to the class.

Prepare a script including appropriate scene settings suitable to this situation.

WORK EDUCATION

Questions 1 to 4. Attempt any THREE. Each question carries 1 Score

(3x1=3)

1. Which is the tool used for leveling the edges of coconut shells while making handicraft items?
a. File(Arum) b. Scissors c. Knife d. Hacksaw blade
2. Which two primary colours must be combined in equal amounts to produce the secondary colour Green.
a. Red+Yellow b. Red + Blue c. Yellow + Blue d. none of these
3. Which useful product can be made from Strawboard or Cardboard?
a. Flexi File b. Office File c. Cover d. Greeting Card
4. Name the activity that makes clothes attractive, using coloured threads.
a. Fabric Painting b. Vegetable Printing c. Stencil d. Embroidery

Questions 5 to 9. Attempt any FOUR Each question carries 2 score. (4x2=8)

5. Write the difference between vegetable printing and fabric painting
6. Describe a method of food preservation.

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7. What precautions can be taken at home to control Monsoon diseases?
8. Write four advantages of modern agricultural equipments
9. What is the difference between Origami and Kirigami?

Questions 10 to 11. Attempt any ONE. (4 score)

(1x4=4)

10. What is the importance of having a garden of herbs ?
Name four medicinal plants that should be grown at home.
11. Prepare a poster related to 'Hiroshima Day.'