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In capillaries روق شعربیه میں	وريدول يل	شريانوں يس	خالص خون ہو تاہے۔			
In capillaries عروق شعرييش Sprain	وريدول ځل Pulled muscle	شریانوں پیں Muscle cramp	خالص خون ہوتا ہے۔ Sudden twist in a joint is called:			
In capillaries مروق شعربیر میں Sprain موچ	وريدول ش Pulled muscle عضلاتی تمچاة	شریانوں ش Muscle cramp مصلاتی تناد	خالص خون ہو تاہے۔ Sudden twist in a joint is called: چوڑ کے اچانک مڑ جانے کو کہتے ہیں۔			
In capillaries مورق شعربیش Sprain موج Cytoplasm	وريدول ش Pulled muscle عصلاتی کمچاؤ Nucleus	شریانوں بیں Muscle cramp مندلائی شاہ Cell membrane	نالص تون ہوتا ہے۔ Sudden twist in a joint is called: پوڑے اچاک مز جانے کو کہتے ہیں۔ The center of cell is called:			
In capillaries مروق شعربیر میں Sprain موچ	وريدول ش Pulled muscle عضلاتی تمچاة	شریانوں ش Muscle cramp مصلاتی تناد	خالص خون ہوتا ہے۔ Sudden twist in a joint is called: جوڑ کے اچانک مڑ جانے کو کہتے ہیں۔ The center of cell is called: خلیہ کامر کز کہلاتا ہے۔			
In capillaries مورق شعربیش Sprain موج Cytoplasm	وريدول ش Pulled muscle عصلاتی کمچاؤ Nucleus	شریانوں بیں Muscle cramp مندلائی شاہ Cell membrane	Sudden twist in a joint is called:  المجال مو جائے ہوتا ہے۔  المجال کا موجائے کو کہتے ہیں۔  The center of cell is called:  المحال کا کر کہا تا ہے۔  Incubation period of chicken pox			
In capillaries عروق شعريية ش Sprain موج Cytoplasm مامنو پادر مامنو پادر 11–13 days	وربيرول يمي Pulled muscle معنداني محماية Nucleus نيو محيش نيو محيش 22–28 days	شریانوں ش Muscle cramp مصلاتی تناو Cell membrane خلوی جبلی خلوی جبلی 8–10 days	Sudden twist in a joint is called:  جوڑ کے اچا کہ مڑ جانے کو کہتے ہیں۔  The center of cell is called:  خلید کامر کز کہلاتا ہے۔  Incubation period of chicken pox  is:  لاگراکا گڑاکا زیانہ مرائیت ہے۔			
In capillaries مووق شعريه ش Sprain موج Cytoplasm مامنو پادم	وريدول ش Pulled musclc عملانی کمچاخ Nucleus نو کلیش	شریانوں ش Muscle cramp مصنلاتی شای Cell membrane خلوی مجلی خلوی مجلی 8–10 days	Sudden twist in a joint is called:  ال المحالي على من جائے کو کہتے ہیں۔  The center of cell is called:  السر کار کہلاتا ہے۔  Incubation period of chicken pox  is:  السر کار کار اکار اکار ان اند برائیت ہے۔  The colour of lungs are:			
In capillaries عروق شعريية ش Sprain موج Cytoplasm مامنو پادر مامنو پادر 11–13 days	وربيرول يمي Pulled muscle معنداني محماية Nucleus نيو محيش نيو محيش 22–28 days	شریانوں ش Muscle cramp مصلاتی تناو Cell membrane خلوی جبلی خلوی جبلی 8–10 days	Sudden twist in a joint is called:  جوڑ کے اچا کہ مڑ جانے کو کہتے ہیں۔  The center of cell is called:  خلید کامر کز کہلاتا ہے۔  Incubation period of chicken pox  is:  لاگراکا گڑاکا زیانہ مرائیت ہے۔			
In capillaries عروق شعربی ش Sprain موج Cytoplasm مامخو پادم مامخو پادم 11–13 days	وريدول يش Pulled muscle معنان كم كان المعنان كم كان Nucleus نو كليش نو كليش 22-28 days	شریانوں ش Muscle cramp معندانی شای Cell membrane خلوی جمل خلوی جمل 8–10 days	Sudden twist in a joint is called:  ال المحالي على من جائے کو کہتے ہیں۔  The center of cell is called:  السر کار کہلاتا ہے۔  Incubation period of chicken pox  is:  السر کار کار اکار اکار ان اند برائیت ہے۔  The colour of lungs are:			
In capillaries عروق شعرية شر Sprain عوج Cytoplasm رامزيان الماء 11-13 days Black الاح	وريدول يش Pulled muscle معنان كم كان الاستان كم كان Nucleus نيو كليش نيو كليش 22-28 days	شریانوں پیس Muscle cramp معندانی شاہ Cell membrane خلوی جمل علوی جمل علوی جمل Red	Sudden twist in a joint is called:  المولات الموالك من جائے كوكت اللہ اللہ اللہ اللہ اللہ اللہ اللہ الل			
In capillaries عروق شعربيرش Sprain موج Cytoplasm ماموليادم عاموليادم 11–13 days	وريدول يش Pulled muscle معنان كم كان المعنان كم كان Nucleus نو كليش نو كليش 22-28 days	شریانوں ش Muscle cramp معندانی شای Cell membrane خلوی جمل خلوی جمل 8–10 days	Sudden twist in a joint is called:  عنال خون المواحد المحتمة			
In capillaries عروق شعربير ش Sprain موج Cytoplasm راکو پالام 11–13 days Black الام (FOR BOYS ONLY	الريدول يش Pulled muscle المعنان محالة Nucleus المي كليش المي 22-28 days المي كابل المي 22-28 days	شریانوں پیس Muscle cramp معندانی شاق Cell membrane خلوی جملی عادی جمل عادی جمل عادی جمل محمد کا معند محمد کا معند معند معند معند محمد کا معند محمد کا معند محمد کا معند محمد کا معند معند معند معند معند معند معند معند	Sudden twist in a joint is called:  المولات الموالك من جائے كوكت اللہ اللہ اللہ اللہ اللہ اللہ اللہ الل			
In capillaries عروق شعرية شر Sprain عوج Cytoplasm رامزيان الماء 11-13 days Black الاح	وريدول يش Pulled muscle معنان كم كان الاستان كم كان Nucleus نيو كليش نيو كليش 22-28 days	شریانوں پیس Muscle cramp معندانی شاہ Cell membrane خلوی جمل علوی جمل علوی جمل Red	Sudden twist in a joint is called:  ال المواحد المواح			
In capillaries عروق شعربير ش Sprain موج Cytoplasm راکو پالام 11–13 days Black الام (FOR BOYS ONLY	الريدول يش Pulled muscle المعنان محالة Nucleus المي كليش المي 22-28 days المي كابل المي 22-28 days	شریانوں پیس Muscle cramp معندانی شاق Cell membrane خلوی جملی عادی جمل عادی جمل عادی جمل محمد کا معند محمد کا معند معند معند معند محمد کا معند محمد کا معند محمد کا معند محمد کا معند معند معند معند معند معند معند معند	Sudden twist in a joint is called:  ال المواحد المواح			
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In capillaries عروق شعريه ش Sprain موج Cytoplasm راکوپادر الاسلام الاسلام Black الاسلام (FOR BOYS ONLY	الريدول يش Pulled muscle المعنان محياة Nucleus المين المي المين المين المي المي المين المين المين المين المين المين المين المين المين المين المين المين ال	شریانوں پیس Muscle cramp معندانی شاق Cell membrane خلوی جملی عادی جمل عادی جمل عادی جمل محمد کا معند محمد کا معند معند معند معند محمد کا معند محمد کا معند محمد کا معند محمد کا معند معند معند معند معند معند معند معند	Sudden twist in a joint is called:  ال المحالية			
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	عرطابق متعلقہ دائرہ کو ادکریا بیزی۔  ces for each objective on think is correct, fill es. Cutting or filling twe  C  Children  پاکستان  Pakistan  پاکستان  Evening time  شام کے وقت  9.50 meter  09  پاکستان  8 meter  مام کے 2.25 meter  One hand  ایک ہاتھے  ایک ہاتھے۔  ایک ہاتھے۔  ایک ہاتھے۔	OBJECTIVI איני איני איני איני איני איני איני אינ	TIME  Type (אלייניים) איני איניים אי	TIME ALLOWED: 20 Minutes  על בי אל		

(ii) Describe four objectives of Physical Education.  (iii) What is meant by Neuro-Muscular co-ordination?  (iv) Which were the objectives of Physical activities in ancient times?  (iv) Write down four benefits of Educational Cymnastics.  (vi) Write down four benefits of Educational Cymnastics.  (vii) What is meant by warning down activities in gymnastics?  (viii) What is meant by warning down activities in gymnastics?  (viii) What is meant by warning down activities in gymnastics?  (viii) What is meant by warning down activities in gymnastics?  (viii) What is meant by warning down activities in gymnastics?  (viii) What is meant by warning down activities in gymnastics?  (viii) What is meant by warning down activities in gymnastics?  (viii) What is meant by warning down activities in gymnastics?  (viii) What is meant by warning down activities in gymnastics?  (viii) What is meant by warning down activities in gymnastics?  (viii) What is meant by warning down activities in gymnastics?  (viii) Write down two deficies of socret in Volleyball game.  (viii) Write down two deficies of socret in Volleyball game.  (viii) Write down two dudies of socret in Volleyball game.  (viii) Write down two dudies of socret in Volleyball game.  (viv) Write down four faults of service in Volleyball game.  (viv) Write down four faults of service in Volleyball game.  (viv) Write down four faults of service in Volleyball game.  (viv) Write down four faults of service in Volleyball game.  (viv) Write down four faults of service in Volleyball game.  (viv) Write down four faults of service in Volleyball game.  (viv) Write down four faults of service in Volleyball game.  (viv) Write down four faults of Sixtop put.  (viv) Write down four faults of Sixtop put.  (viv) Write down two faults of fervice in Volleyball game.  (viv) Write down two faults of fervice in Volleyball game.  (viv) Write down two faults of fervice in Volleyball game.  (viv) Write down two faults of fervice in Volleyball game.  (viv) Write down two faults of fervice in Vol		MUM MARKS: 68 68 = کل فیر SUBJECTI	VE انثاني	TIME ALLOWED: 2.40 Hours £2.40				
2. Attempt any eight parts.  (ii) Define Physical Education. Multan Board - 2024  (iii) Describe four objectives of Physical Education. Multan Board - 2024  (iii) What is meant by Neuro-Muscular co-ordination?  (iii) What is meant by Neuro-Muscular co-ordination?  (iv) Which were the objectives of physical activities in ancient times?  (iv) Write the names of four cercises of Cymmantics.  (iv) Write the names of four cercises of Cymmantics.  (iv) Write the names of four cercises of Cymmantics.  (iv) What is the meant by Overning down activities in gymmatics?  (ivi) What is the modern concept of Educational Gymmantics?  (ivi) What is the modern concept of Educational Gymmantics?  (ivi) What is the modern concept of Educational gymmantics?  (ivi) What is the modern concept of Educational gymmantics?  (ivi) Write down the demerits of avoiding warm up.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down two duties of scorer in Volleyball game.  (iv) Write down two duties of scorer in Volleyball game.  (iv) Write down two faults of service in Volleyball game.  (iv) Write down two faults of service in Volleyball game.  (iv) Write down two faults of service in Volleyball game.  (iv) Write down four niles of Shot put.  (iv) Write down four niles of Shot put.  (iv) Write down four files of Shot put.  (iv) Write down four files of scorer in Volleyball game.  (iv) Write down four files of Shot put.  (iv) Write down four files of Shot put.  (iv) Write down a note on Kick-off in Evotable.  (iv) Write down four files of Shot put.  (iv) Write down four files of Shot put.  (iv) Write down and on Kick-off in Evotable.  (iv) Write down on on Shot on Kick-off in Evotable.  (iv) Write down on on Shot on Kick-off in Evotable.  (iv) Write down on on Shot on Kick-off in Evotable.  (iv) Write down on on Shot on Kick-off in Evotable.  (iv) Write down on on Shot on Kick-off in Evotable.  (iv) Write on on on Shot put in Triple Jump.  (iv) Write two foults of Kanton Post o	NOTE:			westion paper. من من المراور ترفير وسن من من من من من المراور ترفير وسن من	وعدونها			
(ii) Describe four objectives of Physical Education.  (iii) Describe four objectives of Physical Education.  (iii) What is meant by Neuro-Muscular co-ordination?  (iv) Which were the objectives of physical activities in ancient times?  (iv) Which were the objectives of physical activities in ancient times?  (iv) White the names of four exercises of Gymnastics.  (iv) What is meant by Neuro-Muscular co-ordination?  (iv) What is the modern concept of Educational gymnastics?  (iv) What is meant by Neuro-Muscular co-ordination?  (iv) What is meant by Neuro-Muscular co-ordination?  (iv) What is meant by Neuro-Muscular co-ordination?  (iv) What is Recreation?  3. Attempt any eight parts.  (iv) What is meant by Neuro-Muscular co-ordination?  (iv) Wite down two dudies of score in Volleyball game.  (iv) What is meant by Neuro-Muscular co-ordination?  (iv) What is meant by Satisk are in Volleyball game.  (iv) What is meant by Satisk are in Volleyball game?  (iv) What is meant by Satisk are in Volleyball game?  (iv) What is meant by Satisk are in Volleyball game?  (iv) What is meant by Satisk are in Volleyball game?  (iv) What is meant by Satisk are in Volleyball game?  (iv) What is meant by Satisk are in Volleyball game?  (iv) What is meant by Satisk are in Volleyball game?  (iv) What is meant by Satisk are in Volleyball game?  (iv) What is meant by Satisk are in Volleyball game.  (iv) What is meant by Satisk are in Volleyball game?  (iv) What is meant by Satisk are in Volleyball game?  (iv) What is me	SECTION-I COMPANY SECTION-I CO							
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(iii) Which were the objectives of physical activities in ancient times?								
(iv) Write the names of four exercises of Gymnastics.  (iv) Write down four henefits of Educational Gymnastics.  (iv) Write down four henefits of Educational Gymnastics?  (iv) Write it has means of four exercises of Gymnastics?  (iv) What is meant by warming down activities in gymnastics?  (iv) Write down the demerits of Educational Gymnastics?  (iv) Write down the demerits of avoiding warm up.  (iv) Classify the recreational activities.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down two duties of scorer in Volleyball game.  (iv) Write down two duties of scorer in Volleyball game.  (iv) Write down two faults of service in Volleyball game?  (iv) Write down four rules of Shot put.  (iv) Write down four rules of Shot put.  (iv) Write down two faults of service in Volleyball game?  (iv) Write down two faults of service in Volleyball game?  (iv) Write down four rules of Shot put.  (iv) Write down four rules of Shot put.  (iv) Write down two relative of Shot put.  (iv) Write down two relative of Shot put.  (iv) Write down two relative of Shot put.  (iv) Write down a note on Kick-off put.  (iv) Write and one Blatton in 4 x 100m relay race.  (iv) Write down two rules of Triple Jump.  (iv) Write and one on Kick-off in Football.  (iv) Write down two rules of Triple Jump.  (iv) Write and one on Kick-off in Football.  (iv) Write war one on Kick-off in Football?  (iv) Write war one on Kick-off in Football?  (iv) Write one on Cronary circulation.  (iv) Write one on Football of ficus throw.  (iv) Write one on two rules of ficus throw.  (iv) Write note on Nucleary (Write its tenefits in detail.  (iv) Write note on Nucleary (Write its tenefits in detail.  (iv) Write note on Nucleary (Write its tenefits in detail.  (iv) Write note on Nucleary (Write its tenefits in detail.  (iv) Write note on Nucleary (Write its tenefits in detail.  (iv) Write the text of Write of Shot of Volleyball Court with its measur			0					
(ii) What is meant by attack area in Volleyball game.  (iii) What is meant by warming down activities in gymnastics?  (iv) With down four benefits of Educational Gymnastics?  (iv) What is the modern concept of Educational gymnastics?  (iv) What is the modern concept of Educational gymnastics?  (iv) What is meant by warming down activities in gymnastics?  (iv) Write down the demerits of avoiding warm up.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down two faults of score in Volleyball game.  (iii) Write down two faults of score in Volleyball game.  (iii) Write down two faults of service in Volleyball game.  (iii) Write down two faults of service in Volleyball game.  (iv) Write down four rules of Stoto put.  (vi) Describe structure of shot put.  (vii) Write down four rules of Stoto put.  (viii) Write down four rules of Nick-Off in Football?  (viii) Write down four on Nick-Off in Football?  (viii) Write down four fouls of discuss throw.  (viv) Write note on Muscle cramps.  (viv) Write note on Muscle cramps.  (viv) Write note on Muscle cramps.  (viv) Write note on Stress fracture.  (viv) Write two causes of Scoliosis.  (viv) Write note on Muscle cramps.  (viv) Write note on Stress fracture.  (viv) Write note on Stress fracture.  (viv) Write note on Muscle cramps.  (viv) Write note on Stress fracture.  (viv) Write two causes of			imes?					
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(iv) What is the modern concept of Educational gymnastics?  (iv) What is the modern concept of Educational gymnastics?  (iv) What is the modern concept of Educational gymnastics?  (iv) What we recreational activities can be made useful and effective?  (iv) Write down the demerits of avoiding warm up.  (iv) Write down the demerits of avoiding warm up.  (iv) Write down two duties of scorer in Volleyball game.  (iv) Write down two duties of scorer in Volleyball game.  (iv) Write down two duties of scorer in Volleyball game.  (iv) Write down two fulls of service in Volleyball game.  (iv) Write down two fulls of service in Volleyball game.  (iv) Write down four rules of Shot put.  (vi) Write a note on Baton in 4 ×100 m relay race.  (vii) Write two fouls of 4 ×100 m relay race.  (viv) Write down a note on Kick-off in Football.  (xi) How many officials are there in Football?  (xii) Write down two rules of Triple Jump.  (xiii) Write down two rules of Triple Jump.  (xiii) Write down two rounds of fisces throw.  (xiii) Write down four fouls of discus throw.  (xiii) Write down four fouls of discus throw.  (xiii) Write note on Neefball game.  (xiii) Write down four fouls of discus throw.  (xiii) Write down four fouls of discus throw.  (xiii) Write note on Neefball game.  (xiv) Explain runway in Hop step in Triple Jump.  (xiv) Explain runway in Hop step in Triple Jump.  (xiv) Explain runway in Hop step in Triple Jump.  (xiv) Explain runway in Hop step in Triple Jump.  (xiv) Explain runway in Hop step in Triple Jump.  (xiv) Write down four fouls of discus throw.  (xiv) Write down four fouls of discus throw.  (xiv) Write note on Neefball game.  (xiv) Write note on Neef	(vi)							
אינו (ii) How recreational activities can be made useful and effective?  (ix) How recreational activities can be made useful and effective?  (ix) Write down the demerits of avoiding warm up.  (ix) Write down the demerits of avoiding warm up.  (ix) Write down the demerits of avoiding warm up.  (ix) Write is Recreation?  3. Attempt any eight parts.  (i) Write down two duttes of scorer in Volleyball game.  (ii) Write down two faults of service in Volleyball game.  (iii) Write down two faults of service in Volleyball game.  (iv) What is meant by statek area in Volleyball game.  (iv) Write down four rules of Shot put.  (iv) Write down four rules of Shot put.  (iv) Write a note on Baton in 4 × 100m relay race.  (ivi) Write a note on Baton in 4 × 100m relay race.  (ivi) Write down a note on Kick-off in Football.  (ix) Explain runway in Hop step in Triple Jump.  (ix) How many parts are there in Neoball?  (ix) Explain runway in Hop step in Triple Jump.  (ix) Explain runway in Hop step in Triple Jump.  (ix) Write down four rules of flipple jump.  (ix) Write down four olds of discuss throw.  (ix) Write down four fouls of discuss throw.  (ix) Write of Muscular system.  (iv) Write one on Aussele cramps.  (iv) Write note on Nucleus.  (iv) Write note on Stress fracture.  (iv) Write note on the followings: (For girls)  (iv) Write note on the followings: (For girls)  (iv) Write note on the Stephanlows.  (iv) Write note on Stress fracture.  (iv) Write note on the Report of the survey of	(vii)				1			
(ii) Write down the demerits of avoiding warm up.  (iii) Write down the demerits of avoiding warm up.  (iii) Write down the demerits of avoiding warm up.  (iii) Write down two duties of scorer in Volleyball game.  (iii) Write down two duties of scorer in Volleyball game.  (iii) Write down two duties of scorer in Volleyball game.  (iv) Write down two fine the Volleyball game.  (iv) Write down four cutes of Shot put.  (v) Write down four cutes of Shot put.  (vi) Write anote on Baton in 4 x100m relay race.  (viii) Write anote on Baton in 4 x100m relay race.  (viii) Write down and not on Kicker's fine Football.  (x) Write down and not on Kicker's fine Football.  (x) How many officials are there in Football.  (x) How many parts are there in Negball/Gourt?  (x) Write down four cutes of Triple jump.  (x) Write down four cutes of Triple jump.  (x) Write two two rules of Triple jump.  (x) Write two fouls of the structure of discus.  (x) Write the duration of Netbalk game.  (x) Write two nouses of Scoliosis.  (x) Write two causes of Scoliosis.  (x) Write two nouses of Scoliosis.  (x) Write note on Muscle cramps.  (v) Write note on Muscle cramps.  (v) Write note on Stress fracture.  SECTION-II parama.  NOTE: Attempt any three questions.  SECTION-II parama.  NOTE: Attempt any three questions.  SECTION-II parama.  12 4 8 X 3  Write note on Stress fracture.  SECTION-II parama.  12 4 8 X 3  SECTION-III parama.  NOTE: Attempt any three questions.  SECTION-II parama.  NOTE: Attempt any three questions.  SECTION-II parama.  12 4 8 X 3  SECTION-II parama.  NOTE: Attempt any three questions.  SECTION-II parama.  NOTE: Attempt any three questions stores the meant by Chronic injury?  (vi) Write note on Stress fracture.  SECTION-II parama.  NOTE: Attempt any three questions stores the meant by Chronic injury?  (vii) What is meant by Chronic injury?  (viii) What is meant by Chronic injury?  (viii) What is meant	(viii)							
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אימי with a recreation?  Attempt any eight parts.  (i) Write down two duties of scorer in Volleyball game.  (iii) Explain Net in Volleyball game.  (iv) What is meant by attack area in Volleyball game.  (iv) What is meant by attack area in Volleyball game?  (iv) Write down four rules of Shot put.  (vi) Describe structure of Shot put.  (vii) Write a note on Baton in 4×100m relay race.  (FOR BOYS ONLY)  (ix) Write down anote on Kick-off in Football.  (ix) How many officials are there in Football.  (ix) How many officials are there in Football.  (ix) Write down four rules of Shot put.  (viii) Write down four rules of Shot put.  (viii) Write a note on Baton in 4×100m relay race.  (FOR BOYS ONLY)  (ix) Write down a note on Kick-off in Football.  (ix) How many officials are there in Football.  (ix) Explain runway in Hop step in Triple Jump.  (ix) Write down two rules of Triple Jump.  (ix) Write down two rules of friple Jump.  (ix) Write the duration of Netball-game.  (ix) Describe the structure of discuss.  (ix) Describe the structure of discuss.  (ix) Describe the our officials are there in Netball-game.  4. Attempt any six parts.  (ix) Define Muscular system.  (ix) Write one on Coronary circulation.  (ix) Write two causes of Scoliosis.  (ix) Write two causes of Scoliosis.  (ix) Write two causes of Scoliosis.  (ix) Write two tone on Stress fracture.  SECTION-II PARAMAN.  SECTION-II PARAMAN.  (ix) Write note on Nucleus.  (ix) Write note on Stress fracture.  SECTION-II PARAMAN.  SECTION-II PARAMAN.  (ix) Write note on Stress fracture.  SECTION-II PARAMAN.  (ix) Write note on the Stress fracture.  SECTION-II PARAMAN.  (ix) Write note on the followings:  (ix) Write	(xi)	Write down the demerits of avoiding warm up.			1			
(ii) Write down two duties of score in Volleyball game.  (iii) Explain Net in Volleyball game.  (iv) Write down two faults of service in Volleyball game.  (iv) Write down two faults of service in Volleyball game?  (v) Write down two faults of service in Volleyball game?  (vi) Write a note on Baton in 4 × 100 m relay race.  (vii) Write a note on Baton in 4 × 100 m relay race.  (viii) Write two fouls of 4 × 100 m relay race.  (viii) Write two fouls of 4 × 100 m relay race.  (viii) Write two fouls of 4 × 100 m relay race.  (viii) Write two fouls of 4 × 100 m relay race.  (viii) Write two fouls of 4 × 100 m relay race.  (viii) Write down a note on Kick-off in Football.  (x) How many officials are there in Football?  (xi) Explain runway in Hop step in Triple Jump.  (viii) Write down two rules of Triple jump.  (viii) Write down four fouls of discuss throw.  (xi) Describe the structure of discuss.  (xii) Write note on Coronary circulation.  (xii) Write note on Muscle cramps.  (v) Write note on Muscle cramps.  (v) Write two reasons of infectious diseases.  (viii) Write note on Stress fracture.  (viii) Write note on the followings:  (viii) Write note on the followings:  (viii) Write note on the followings:	(xii)	What is Recreation?		تفري كامولى ب	1 ' '			
(iii) Explain Net in Volleyball game.  (iii) Write down two faults of Service in Volleyball game?  (iv) What is meant by attack area in Volleyball game?  (v) Write down four rules of Shot put.  (vi) Write down four rules of Shot put.  (vii) Write a note on Baton in 4 × 100m relay race.  (POR BOYS ONLY)  (ix) Write two fouls of 4 × 100 m relay race.  (POR BOYS ONLY)  (ix) Write down a note on Kichoff in Football.  (xi) Write down a note on Kichoff in Football.  (xi) Write down a note on Kichoff in Football.  (xii) Write down a note on Kichoff in Football.  (xii) Write down a note on Kichoff in Football.  (xii) Write down a note on Kichoff in Football.  (xii) Write down a note on Kichoff in Football.  (xii) Write down two rules of Triple jump.  (xiii) Write down four fouls of discus.  (xiii) Write down four fouls of discus.  (xiii) Write down four fouls of discus.  (xiii) Write down four fouls of discus throw.  (xiii) Write note on Coronary circulation.  (xiii) Write note on Coronary circulation.  (xiii) Write note on Muscle cramps.  (xiii) Write note on Muscle cramps.  (xiii) Write note on Stress fracture.   SECTION-II   (xiii) Write two indications of fracture.  (xiii) Write note on Stress fracture.  SECTION-II   (xiii) Write note on the followings:  (xiii) Write note on the following	3. Att	tempt any eight parts.	16 = 2 × 8					
(iii) Write down two faults of service in Volleyball game.  (iv) What is meant by attack area in Volleyball game?  (v) Write down four rules of Shot put.  (vi) Describe structure of Shot put.  (vi) Describe structure of Shot put.  (vii) Write a note on Baton in 4 x 100m relay race.  (viii) Write anote on Baton in 4 x 100m relay race.  (viii) Write down a note on Kick-off in Football.  (x) How many officials are there in Football?  (x) How many officials are there in Football?  (xi) Explain runway in Hop step in Triple Jump.  (FOR GIRLS ONLY)  (xi) Write down two rules of Triple jump.  (xi) Write the duration of Netbalk game.  (xi) Describe the structure of discus.  (xi) Describe the structure of discus.  (xi) Describe the structure of discus.  (xi) Describe the own four fouls of discus strow.  (xi) Describe with parts are there in Netball Gourt?  (xi) Write down four fouls of discus strow.  (xi) Describe the structure of discus.  (xi) Write own four fouls of discus strow.  (xi) Describe the structure of discus.  (xi) Write one on Coronary circulation.  (xii) Write one on Suress of Scoliosis.  (xii) Write two causes of Scoliosis.  (xii) Write two causes of Scoliosis.  (xii) Write two causes of Scoliosis.  (xiii) Write two causes of Scoliosis.  (xiii) Write two indications of fracture.  (xii) Write two indications of fracture.  (xiii) Write two indications of fracture.  (xiii) Write two indications of fracture.  (xiii) Write two causes of Scoliosis.  (xiii) Write two causes o	(i)	Write down two duties of scorer in Volleyball game.			-			
(iii) White is meant by attack area in Volleyball game?  (iv) Write is meant by attack area in Volleyball game?  (iv) Write down four rules of Shot put.  (vi) Describe structure of shot put.  (vii) Describe structure of shot put.  (viii) Write anote on Baton in 4 x100m relay race.  (viii) Write two fouls of 4 x100m relay race.  (viii) Write down a note on Kick-off in Football.  (xi) Explain runway in Hop step in Triple Jump.  (xii) Explain runway in Hop step in Triple Jump.  (xii) Write down two rules of Triple jump.  (xii) Write down four fouls of A x100m relay race.  (xii) Write down four fouls of Write in Netball Court with its measurement.  (xii) Write down four fouls of Write in Netball Court with its meant by Reports in June 2 (viv)  (xii) Write two causes of Scoliosis.  (xiii) Write note on Muscle cramps.  (xii) Write note on Stress fracture.  (xiii) Write note on Stress fracture.  (xiv) Write note on the followings:  (xiv) Write note on the followin	(ii)	Explain Net in Volleyball game.		والى بال تحيل مين نيث كي وضاحت كرين-				
الران المعادلة المعادلة والمعادلة المعادلة المع	(iii)	Write down two faults of service in Volleyball game.		والى بال تحيل جى سروس كى دوغلطيان تكعيس.	(iii)			
(vi) Write a note on Baton in 4×100m relay race.  (viii) Write a note on Baton in 4×100m relay race.  (viii) Write two fouls of 4×100 m relay race.  (viii) Write two fouls of 4×100 m relay race.  (viii) Write two fouls of 4×100 m relay race.  (viii) Write two fouls of 4×100 m relay race.  (viii) Write down a note on Kick-off in Football.  (xi) Explain runway in Hop step in Triple Jump.  (xii) Explain runway in Hop step in Triple Jump.  (xiii) Write down two rules of Triple jump.  (xiii) Write down four fouls of discus throw.  4. Attempt any six parts.  (i) Define Muscular system.  (ii) Write note on Coronary circulation.  (iii) Write two causes of Scoliosis.  (iv) Write two causes of Scoliosis.  (vi) Write two causes of fracture.  (vi) Write note on Muscle cramps.  (vi) Write two indications of fracture.  (vi) Write note on Stress fracture.  SECTION-II  (vii) Write note on the followings: (For girls) (iv) (iv) Write note on the followings: (For girls	(iv)	What is meant by attack area in Volleyball game?		والى بال تحيل ش الكاريات كيام ادب؟	(iv)			
(vii) Write a note on Baton in 4 × 100m relay race.  (viii) Write two fouls of 4 × 100m relay race.  (viii) Write two fouls of 4 × 100m relay race.  (FOR BOYS ONLY)  (ix) Write down a note on Kick-off in Football.  (xi) How many officials are there in Football?  (xi) Explain runway in Hop step in Triple Jump.  (ix) Write down two rules of Triple jump.  (ix) Write down two rules of Triple jump.  (ix) Write the duration of Netball game.  (xii) Write the duration of Netball game.  (xii) Describe the structure of discus.  (xii) Describe the structure of discus.  (xii) Write down four fouls of discus throw.  (xi) Write down four fouls of discus throw.  (xi) Describe the structure of discus.  (xi) Describe the structure of discus.  (xii) Write one on Coronary circulation.  (xii) Write note on Coronary circulation.  (xiii) Write note on Muscle cramps.  (xi) Write two indications of fracture.  (xii) Write two indications of fracture.  (xiii) Write two indications of fracture.  (xiii) Write note on Nucleus.  (xiii) Write note on Nucleus.  (xiii) Write note on Stress fracture.  (xiii) Write note on the followings: (For girls) (iv) Write note on the followings: (For girls) (iv) (iv) Write note on the followings: (For girls) (iv) (iv) Write note on the followings: (For girls) (iv) (iv) Write note on the followings: (For girls) (iv) (iv) Write note on the followings: (For girls) (iv) (iv) Write note on the followings: (For girls) (iv) (iv) (iv) (iv) Write note on the followings: (For gi								
(vii) Write a note on Baton in 4 × 100m relay race.  (viii) Write two fouls of 4 × 100 m relay race.  (viii) Write two fouls of 4 × 100 m relay race.  (viii) Write down a note on Kick-off in Football.  (xi) Write down a note on Kick-off in Football.  (xi) Explain runway in Hop step in Triple Jump.  (xii) Write down two rules of Triple jump.  (xiii) Write down two rules of Triple jump.  (xiii) Write down two rules of Triple jump.  (xiii) Write down fouls of Netball gount?  (xiii) Describe the structure of discus.  (xii) Describe the structure of discus.  (xii) Write down four fouls of discus throw.  4. Attempt any six parts.  (ii) Define Muscular system.  (iii) Write note on Coronary circulation.  (iv) Write note on Coronary circulation.  (iv) Write two causes of Scoliosis.  (iv) Write two causes of fracture.  (vi) Write note on Nucscle cramps.  (vi) Write note on Stress fracture.  SECTION-II (Applications of fracture.  (viii) Write note on Stress fracture.  SECTION-II (Applications of fracture.  Write note on Stress fracture.  SECTION-II (Applications of fracture.  Write note on the followings:  (viii) Write two causes of Scoliosis in the takeoff board and fouls of triple jump.  (viii) Write note on the followings:  (viii) Write note on the followings:  (viii) Write note on the followings:  (viii) Responsibilities of Umpires  (viii) Characteristics of the search of Volleyball Court with its measurement.  8. What is meant by Sports injuries?  (viii) What is meant by Sports injuries?  (viiii) What is meant by Respiratory system? Which organs take part in it? Explain.  (viiii) What is meant by Sports injuries?  (viiii) What is meant by Sports injuries?  (viii) What is meant by Sports		Describe structure of shot put.						
(viii) Write two fouls of 4 × 100 m relay race.  (FOR BOYS ONLY)  (ROB BO								
(FOR BOYS ONLY)  (ix) Write down an ote on Kick-off in Football.  (k) How many officials are there in Football?  (ki) Explain runway in Hop step in Triple Jump.  (ki) Explain runway in Hop step in Triple Jump.  (ki) Explain runway in Hop step in Triple Jump.  (kii) Write down two rules of Triple jump.  (FOR GIRLS ONLY)  (ix) Write the duration of Netball game.  (ki) Describe the structure of discus.  (ki) Describe the structure of discus.  (kii) Write down four fouls of discus throw.  (kiii) Write down four fouls of discus throw.  (kii) Write down four fouls of discus throw.  (kii) Write one on Coronary circulation.  (iii) Write note on Coronary circulation.  (iii) Write note on Muscle cramps.  (vi) Write note on Muscle cramps.  (vi) Write two causes of Scoliosis.  (vi) Write note on Nucleus.  (vii) Write note on Nucleus.  (viii) Write note on Nucleus.  SECTION-II (vi) Write more on Stress fracture.  SECTION-II (vi) Write note			Page					
(ix) Write down a note on Kick-off in Football.  (x) How many officials are there in Football?  (xi) Explain runway in Hop step in Triple Jump.  (xii) Explain runway in Hop step in Triple Jump.  (xiii) Write down two rules of Triple Jump.  (ix) How many parts are there in Neotball Courts with its meant by Educational Gymnastics? Write its benefits in detail.  (xi) Write the duration of Netball Sparke.  (xi) Describe the structure of discus.  (xi) Describe the structure of discus.  (xi) Write down four fouls of discus throw.  4. Attempt any six parts.  (i) Define Muscular system.  (ii) Write note on Coronary circulation.  (iii) Write two causes of Scoliosis.  (iv) Write note on Muscule cramps.  (vi) Write two reasons of infectious diseases.  (vi) Write two reasons of infectious diseases.  (vi) Write two indications of fracture.  (vii) Write note on Nucleus.  (viii) Write note on Nucleus.  (vii) Write two indications of fracture.  (viii) Write note on Stress fracture.  (vii) What is meant by Educational Gymnastics? Write its benefits in detail.  (iv) Write note on the followings: (For girls) (i) Throw up/Toss up (ii) Responsibilities of Umpires (ii) How as seaton by Sports injuries?  (viii) What is meant by Sports injuries?  (viiii) What is meant by Sports injuries?  (viii) What is meant by Sports injuries?  (v	(VIII)		- 8(L)					
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NOTE: Attempt any three questions.       24 = 8 × 3       عوالیات تحریر کیجیدی       25         5. What is meant by Educational Gymnastics? Write its benefits in detail.       2+6       عوالیات تحریر کیجیدی       3-5         6. Write the takeoff board and fouls of triple jump. (For boys)	(ix)	Write note on Stress fracture.	شريس فريج رير نوث للعيس-	(1X)				
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<ul> <li>Write note on the followings: (For girls)         (i) Throw up/Toss up (ii) Responsibilities of Umpires         (ii) ابراز کے فرائش         (ii) ابراز کے فرائش         (iii) ابراز کے فرائش         (iiii) ابراز کے فرائش         (iiiiiiiiiiiiiiiiiiiiiiiiiiiii</li></ul>			2+6 -27/20- 1192011211/82200.0-					
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<ul> <li>8. What is meant by Respiratory system? Which organs take part in it? Explain.</li> <li>9. What is meant by Sports injuries?</li> <li>ا کرتی ضربات ہے کیا ہر ادے؟ ہم کمی طرح کھیلوں کے دوران اپنے آپ کو ان ہے گفو ڈر کھ کئے ہیں؟</li> <li>ا کی تو ان کی تو ان کی تو ان کے دوران اپنے آپ کو ان ہے گفو ڈر کھ کئے ہیں؟</li> <li>ا کی تو ان کی تو ان کی تو ان کے دوران اپنے آپ کو ان ہے گفو ڈر کھ کئے ہیں؟</li> </ul>								
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المن رعب what is ineam by sports injuries: المن المن المن المن المن المن المن المن			اللهم المع الرادم المال ولا عاملاه صديع إلى اوضادت ريار					
41-2024(1 <sup>st</sup> -A)-10000 (MULTAN)	9. What is meant by sports injuries:  How can we save ourselves from them during games?							
WILLIAM TOWN OUR TRIBUTES FROM THE SHOULD RECEIVE THE STREET	Please visit for more data at: www.pakcity.org							

Paper Code	2023 (1st-A) Multan Board-2023
Number: 2421	رول نبر انظر ميذيث المخان بادث فرست ( جماعت كيار موي )
HEALTH AND PHYSI	صحت وتعليم جسمانی پرچه - پهلا من CAL EDUCATION PAPER-ا
TIME ALLOWED: 20	COOK U.A. CHILD THE COOK
MAXIMUM MARKS: 1	
رُوُ الرَّدُ يَا جُنِ ہے کِم ویجے۔ Q.No.1 You have four cho	موال غمر 1- برموال کے چار مکت جوابات A ، B ، A اور D دیتے تھے ہیں۔ جوالی کا بی پر برموال کے سامنے دیتے گئے دائروں ش سے دوست جواب کے مطابق متعلقہ وا ایک سے زیادہ دائر دل کو کہ کرنے یا کاٹ کر پُر کرنے کی صورت شی فدکورہ جواب فلط تصور ہوگا۔
	B, C and D. The choice which you think is correct, fill that bubble in front of that question sheet. Use marker or pen to fill the bubbles. Cutting or filling two or more bubbles will result

in zero mar	k in that question.				
D	С	В	Α	سوالات / Questions	Sr.No.
Create problems سائل پیداکرنا	Physical development جسمانی نثودنما	Create worries ریٹانیاں پیداکرتا	Create diseases ئاديال پياز	Cbjective of Physical Education is: تعلیم جسمانی کا مقصد ہے۔	1
Aggressiveness	الثام Revenge	fear فرك	Spirit of cooperation	Physical Education develops	2
جنامک Gymnastic	ن بال Football	Hockey &	Cricket くろ	The mother of games is called: -حیاوں کی ماں کہلاتی ہے۔	3
خژی Pleasure	Over eating زیاده کمانا	ورزش Exercise	تنزع Recreation	is essential for fitness.  - مندر سنے کے لیے ضروری ہے۔	4
Any time کی بھی وقت	Leisure time فرمت کادتات میں	Morning time مح کے وقت	Evening time شام کے وقت	Recreational activities are adopted: تفریک سرگرمیاں افتیاد کی جاتی ہیں۔	5
Four minutes چارمنٹ	تين منك Three minutes	Two minutes دومنث	One minute	Type is given for putting shot is: گولد میمیننے کے لیے وقت دیا جا تا ہے۔	6
34.92 <sup>0</sup>	30°	28 <sup>0</sup>	255	The angle of shot put sector is:	7
לוץ 60 gram	ام 55 gram	ار 50 gram	45 gram	Weight of baton in 4 x 100 meter Relay Race is: عرد الكرور شار مثل مثل كاوز ل المحتاب 100 x 4	8
2	8	17 5 1 5 1 5 1 5 1 5 1 5 1 5 1 5 1 5 1 5	EDUCATI	A team consists of 4 x 100 m Relay  Race on players. مراً من الكراء من	9
4	3	2	LEGGAII	Types of Health Education are: علم الصحيف كا اقسام إلى	10
None of these	Protoplasm پروژوپلازم	Cell membrane ظوی جمل	The name of unit of the living orga is: فليد The name of unit of the living orga		11
16%	14%	15%	pa17% ity.o	The oxygen percentage in expiration is: برآ مدّ تلن میں آسیجن کی مقدار ہوتی ہے۔	12
ڈھانچہ Structure	Posture 👓 🗓	Height	Health صحت	Balance in parts of human body with each other is called: اعظاء کی با ہم موز دل مناسبت کہلا تی ہے۔	13
Fracture 5	عضلاتی تناؤ Sprain	Muscle cramp عضلاتی تحواد	Pulled muscle &*	Sudden twisting of joint is called: جوزگااچا تحسر جانا کہاتا ہے۔	14
مردی ہے Cold	Healthy man	Air rel	ادوات = Medicine	Infectious diseases spread through: سعد کامراض مجلق ہیں۔	15
	(FOI	R BOYS ONLY)	(22	( مرف طلبا :	
½ 12 meter	⅓ 16 meter	メ 14 meter	18 meter مخر	The length of Volleyball Court is: والى بال كورث كى لى باكى موتى ہے۔	16
Penalty kick	Kick off _ J	تحروان سے Throw in	Center pass سنٹریاں سے	Football game starts from: -جالکمیل کا آغاز ہوتا ہے۔	17
	(FOI	R GIRLS ONLY )	(22	( صرف طالبات	
6	4	5	3	The parts of Netball Court are:	16
⊁ 11 meter	メ 9 meter	10 meter مير	メ 19 meter	The width of service zone of Volleyball is: دالیال شرمروی دون کی چوالی بوتی ہے۔	17

	النرميذ بمشامتان پارت فرست ( جاحت حمياد جوي )				(1st-A)	1=	مبر ــــــــــــــــــــــــــــــــــــ	_	
HE	ALTH AND PHYSICAL EDUCATION PAPER-I	ıltar	<u>า B</u>	oa	rd-20		ن و تعلیم جسمانی پرچه . کیالا	صحد	
-	ت = 2.40 كفن E ALLOWED: 2.40 Hours	, 5	SUBJ	ECTIV	انٹائیے E/	MAXI	MUM MARKS: 68 68 =	مل بر	
NOT	E: Write same question number and its part number on answer book, a	as given in	the qu	estion	paper.	-481	الكالي ووق موال بمراور ير ورج يج يو كرمواليد يدي على	2-23	
-		SECT	ION-I	حدادل	•				
2.	Attempt any eight parts.	16	= 2 x	8			نمبر 2۔ کوئی سے آٹھ اجزاکے جوابات تحر		
(i)	What is meant by "Biological Needs" in Recreation?		T				تغرت میں " حیاتیاتی ضروریات " سے کیامرادہ؟		
(ii)	Lead of the defined Develop Education?						رُوس نے جسمانی تعلیم کی تحریف کن الفاظ میں ک ہے؟	(ii)	
-			_	تعليم جساني كادار وكار خفر أبيان كرير				(iii)	
-	(iii) Describe briefly the scope of Physical Education.				چاركساك نيركى تعليم جسماني كاتعريف تيجيه				
(iv)	(iv) Define Physical Education according to Charles A Butcher.				جم ك فنف حصول كوتركت دے والى ورشيل كون كون كى بن؟				
(v)	(v) Which are the exercises that do help to move different parts of the body?				ا الله و الله الله الله الله الله الله ا				
(vi)	Describe the arms exercises.		_						
(vii)	What is meant by Warm down?						سكون/افقام بي كيامراد ہے؟		
(viii)	Write down four Balance exercises.						توازن کی چار درزشی <i>ن گریر یجیج</i> _		
(ix)	Write down Hanging exercises.						بنکنے کی ورزشیں بیان کریں۔		
(x)	What is meant by Leisure time?		$\neg$				فرمت کے اوقات سے کیام ادہ؟	(x)	
<u> </u>			_				تفريح كأتريف كرير_	(xi)	
(xi)	Define Recreation.		$\dashv$				تفری کے جار مقاصد تحریر کریں۔		
(xii)	Write down four objectives of Recreation.	r	_				مبر 3. کوئی سے آٹھ اجزاکے جوابات تحر		
3.	Attempt any eight parts.		= 2 x	8					
(i)	When 2.13 meter circle of shot put was used first time in Olym	pic game	es?		37.73	ين استمال	گولے کا 2.13 میٹر کا دائر ہی پلی دفعہ کب اولی کھیاوں		
(ii)	Whose is world record of women of shot put and how much?				10°	<u>)</u>	گولہ کاخوا تین کا عالمی ریکارڈ کس کا اور کمٹنا ہے؟		
(iii)	Which thing athlete does put on his hands for grip? Write it's r	name.		المح- ا	مِي الكالم	رِمَل سَكنا_	گول پیننے میں اتعلید اپن گرفت کے لیے کیا چز ہاتھوں	(iii)	
(iv)	Explain the stop board in shot put competition.		.M	4/0	<del>)</del>		كوله مچيئنے كے مقابله يس شاپ بورڈ كى وضاحت سيجير	(iv)	
(v)	Write the colour and weight of Baton.	0	77	10			بینن کا رنگ اور وزن تحریر کیجے۔	(v)	
(vi)	Which thing in 4 x 100 m relay race does complete 400m dista	mae ?			ملے کرتی ہے؟	4 ميزڪافاه	4 × 100 منزر لياريس من كون كاليز بجو 00	(vi)	
(vii)	Write four fouls of Relay Race.	M		1			ریےدیس کے جارفا دائر کر ریجیے۔	(vii)	
(viii)	Explain the change over zone for Baton in Relay Race	105			361	-	ر یلے دیس میں بیٹن کی تبدیلی کے علاقہ کی وضاحت سمجے	(viii)	
	کر مران طلبا کے لاے )	(FOR	BOYS	ONL	Y)			_	
(ix)	When technical time out is given in Volleyball game?						والى بال كميل مين تيكنيكل نائم آؤث كب ديا جاتا ہے؟		
(x)	Explain Rotation in Volleyball game		Ш	Al	WW.	1	والى بال كھيل ميں روثيش كى وضاحت سيجير		
(xi)	Explain duration of Football game.			_			ف بال کھیل کے دورانید کی وضاحت میجیے۔		
(xii)				Nestors			ف بال كميل مين " تحروان " كاوضاحت يجيد	(xii)	
	( مرف طالبات کے لئے )	(FOR	SIRLS	ONLY	()		والى بال كحيل بين سكورر كے دوفر ائض لكيميے _	(ix)	
(ix)	Write two duties of scorer in Volleyball game.	n	11/2	Thu.	ord		وال بال محمل مين انتينا كي وضاحت يجيح _		
(x)	Explain Antennae in Volleyball game.	he	an	ity.	org		و المال ميل من المي في كن كلا أو يون بر مشتل مولى -	(xi)	
(xi)	How many players are in one team of Netball game?		-			19	سيفان ين ين اليد اليد المحل كردورانيك وضاحت سيجير	(xii)	
(xii)	Explain duration of Netball game.	12	= 2 x	6			ىبر 4. كوئى سے چھ اجزاكے جوابات تحري	_	
_	Attempt any six parts.  Describe about Basic Health Education.	12	- <u>-</u> -			رديب	بنیادی علم العوت کے بارے می بیان کریں۔ بنیادی علم العوت کے بارے می بیان کریں۔	(i)	
(i) (ii)	What has written Thomaswood about Health Education?		$\dashv$				تماس دو ڈ نے علم الصحت کے بارے میں کیا اکھاہے؟	(ii)	
(iii)	Describe about Pulmonary artery.		$\dashv$				بعیمورے کی شریان کی وضاحت کریں۔	(iii)	
(iv)	Explain Aorta.		_				شریان اعظم کاوشاحت کریں۔	(iv)	
(v)	Describe the causes to arise of Flat feet.		$\neg$				چینے یا وال پیدا ہونے کی دجوہات بیان کریں۔	(v)	
(vi)	Explain Chicken Pox.		7				لاكرا كاكرا كاوشاحت كرير-	(vi)	
(vii)	Write short note on Trachea.		1				ہوا کی نالی پر مختصر نوٹ کھیں۔	(vii)	
(viii)	What is called Tendon?						غدُن يا رباط كے كتے ير؟	(viii)	
(ix)							اوبليق فريكچر كياءوتاب؟	(ix)	
SECTION-II صديم									
тои	E: Attempt any three questions.	24	= 8 x	3			کوئی سے تین سوالات کے جواہات تحریر کی		
5.	Define Physical Education and write down its objectives.				-(		تعليم جساني كالعريف كرين اوراس كافراض ومقاه	_	
6.	Draw the sketch of Football ground and write its measurements	s. OF	3	4 + 4	Ī		ف بال گراؤنڈ کا خاکہ بنائیں ادراس کی پیائش لکھیں۔	-6	
$\square$	Draw the sketch of Netball Court and write its measurements.	_					نیٹ بال کورٹ کا خاکہ بنائمیں ادراس کی پیاکٹیں لکھیں۔	+-	
-	Write down rules and regulation of 4 x 100 m relay race.	*** F	oak	city	/.org §		4 x 100 منز ذاک دوز کے قوانین قریر کیجے۔ منالہ مالہ خدمہ تاب از کسک	-	
8.	Write a detailed note on blood circulatory system.  What is meant by First Aid? Also describe the causes of fracti	G		6+2			نظام دوران خون پر تفصیلی نوث تعیس - طبی امداد سے کیامراد ہے؟ نیز بٹری ٹوٹنے کی وجوبات،	-8	
IM I	WITH IN THE REAL OF FIRST MILE AND GESCHER THE CRUSES OF ITACH	ui C.		U 1 2			ニー・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・	0	