Federal Board SSC-II Examination
Model Question Paper Health & Physical Education
(Curriculum 2022-23)

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Section - A (Marks 12)

Time Allowed: 20 minutes

Section – A is compulsory. All parts of this section are to be answered on this page and handed over to the Centre Superintendent. Deleting/overwriting is not allowed. *Do not use lead pencil.*

Candidate Sign. _____ **Invigilator Sign. _____**

Q1. Fill the relevant bubble against each question. Each part carries one mark

S.No.	Question	A	B	C	D	A	B	C	D
i.	Who was the primary creator or founder of scouting and girl guiding?	Lord Curzon	Nelson Mandela	Lord Baden Powell	Lord William Corner	○	○	○	○
ii.	What shared characteristics exist between Hockey and Badminton?	Strength and speed	Skill and reflex	Process of winning	Demonstra-tion of individual skill	○	○	○	○
iii.	What positive traits are fostered in students through sports and games?	Enthusiasm and team work	Negligence	Physical weakness	Lethargy and truancy	○	○	○	○
iv.	What is meant by a "Sprint" in Athletics?	Long race	Field event	Short and fast race	Pole vault	○	○	○	○
v.	How many athletes make up a team in a 4×100m relay race?	Five	Two	Four	Six	○	○	○	○
vi.	Cardiac muscles act as _____muscles by nature of their work.	Voluntary	Involuntary	Skeletal	Skin	○	○	○	○
vii.	Who receives the top priority in academic Gymnastics?	Speed and courage	Game rules and physical face look	Physical fitness and Balance	Strength	○	○	○	○
viii.	How does regular physical exercise impact the muscular system?	Improves strength and elasticity	Fatigue	Swelling and weakness	No affect	○	○	○	○
ix.	During which particular season do athletes need fluid intake most frequently?	Fall	Spring	Winter	Summer	○	○	○	○
x.	Why is the sequence of movements important in Gymnastics?	To make the game interesting	To make movement safe and effective	For Winning	For recreation	○	○	○	○

xi.	The condition of water deficiency within the human body is termed as:	Dehydration	Digestion	Concentration	Oxidation	○	○	○	○
xii.	What is typically understood by the term Audio aid?	Financial aid	Hearing aid	Visual aid	Aid to play	○	○	○	○

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Time allowed: 2.40 hours **Total Marks: 48**

Note: Answer all parts from Section 'B' and all questions from Section 'C' on the **E-sheet**. Write your answers on the allotted/given spaces.

SECTION – B ($Marks\ 3x10 = 30$)

Q.2	Question	Marks	OR	Question	Marks
i.	Outline any three primary warning signs or symptoms of dehydration.	3	**OR**	In the sport of field hockey, what specific role does a proper dribbling technique play?	3
ii.	Enumerate three major structural or functional advantages of the human skeletal system.	3	**OR**	Define the concept of educational gymnastics in physical education.	3
iii.	What is meant by a "Tutorial group" within school frameworks?	3	**OR**	Describe briefly what is implied by a "Self Pass" in field hockey.	3
iv.	Detail the exact physical dimensions—specifically weight, length, and circumference—of the baton utilized in a 4×100 m relay event.	3	**OR**	Provide a brief descriptive overview of a standard running "Track layout".	3
v.	What tactical execution or strategy should sprinters apply to avert a dropped baton inside the exchange zone?	3	**OR**	State the primary responsibilities and functions assigned to an instructor during co-curricular school engagements.	3
vi.	Differentiate clearly between voluntary and involuntary muscular tissues, supplying one distinct example for each category.	3	**OR**	What specific fluid intake guidelines are advised right before and immediately after physical training sessions? Explain briefly.	3
vii.	Produce a list identifying common posture deformities or structural defects.	3	**OR**	Identify any three foundational strokes commonly executed during badminton play.	3
viii.	Under what three distinct match scenarios is a hockey referee legally permitted to sound the whistle?	3	**OR**	Define physical fitness and state any two of its primary health-related components.	3
ix.	What is the significance of conducting a proper warm-up routine prior to intense physical activity or sports participation?	3	**OR**	What are the fundamental rules regarding the service in badminton (specifically concerning the height of the shuttle and the server's feet)?	3
x.	Explain the purpose and dimensions of the "shooting circle" (penalty circle) in field hockey.	3	**OR**	What is the difference between a visual and a non-visual baton exchange in relay races, and which one is typically used in the 4×100 m event?	3

SECTION – C (Marks $3x6 = 18$)

Note: Attempt all questions.

Q. No.	Question	Marks	OR	Question	Marks
Q.3	Define the concept of body posture and elaborate thoroughly on why maintaining proper posture is essential for health.	6	**OR**	Illustrate with descriptions the layout and precise measurements of the javelin throw runway and sector, and explain the three core grip techniques utilized in the event.	6
Q.4	What is meant by Audio-Visual learning aids? List six different source mediums and describe any five distinct benefits they provide.	6	**OR**	Define physical fitness and explain its major components, distinguishing clearly between health-related and skill-related components.	6
Q.5	What is meant by sports injuries? Classify them into acute and chronic injuries, and discuss the primary first-aid principles (R.I.C.E.) used in managing minor sports injuries.	6	**OR**	Define the Olympic Games and outline the core educational and moral values emphasized by the Olympic Movement (Olympism).	6