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HBSE MODEL PAPER 2024



Practice Papers

MODEL PAPERS

Marking Scheme

ANSWER KEY

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SamplePaper(2023-24)

CLASS:10th(Secondary) **Code:A**

RollNo. | | | | | | | | | | |

शारीरिकशिक्षा

PHYSICAL EDUCATION

[Hindi and English Medium]

ACADEMIC/OPEN

[Timeallowed:3hours] [MaximumMarks:60]

Please make sure that the printed pages in the question paper are 17 in number and it contains 30 questions.

The Code No. on the right side of the question paper should be written by the candidate on the front page of the answer-book.

Before beginning to answer a question, its Serial Number must be written.

Don't leave blank page/pages in your answer-book.

Except answer-book, no extra sheet will be given. Write to the point and do not strike the written answer.

Candidates must write their Roll Number on the question paper.

Before answering the questions, ensure that you have been supplied the correct and complete question paper, no claim in this regard, will be entertained after examination.

सामान्य निर्देश :–

प्रश्नक्रमांक1 से 15 वस्तुनिष्ठप्रकारकेप्रश्नहैं , जिनमेसेप्रत्येकप्रश्नएकअंककाहै |

प्रश्नक्रमांक 16 से 21 अतिलघुउत्तरीयप्रश्नहैं , (प्रश्नसंख्या 16 व 17 मेंआंतरिकविकल्पकेसाथ) जिनमेसेप्रत्येकप्रश्नदोअंककाहै |

प्रश्नक्रमांक22 से 27 लघुउत्तरीयप्रश्नहैं , (प्रश्नसंख्या 22 व 23 मेंआंतरिकविकल्पकेसाथ) जिनमेसेप्रत्येकप्रश्नतीनअंककाहै |

प्रश्नक्रमांक28 से 30 दीर्घउत्तरीयप्रश्नहैं , (सभीप्रश्नआंतरिकविकल्पकेसाथ) प्रत्येकप्रश्नपांचअंककाहै |

GENERAL INSTRUCTIONS:-

* Question no. 1 to 15 are objective type questions carrying 1 mark each.
* Question no. 16 to 21 are Very Short type questions (with internal choice in question no. 16 and 17) carrying 2 marks each.
* Question no. 22 to 27 are Short type questions (with internal choice in question no. 22 and 23) carrying 3 marks each.
* Question no. 28 to 30 are Long answer type questions (with internal choice in all three questions) carrying 5 marks each.

(Objective Type Questions)

प्रश्न1. टाइफाइडरोगकिसजीवाणुद्वाराफैलताहै ?

(a) साल्मोनेलाटाइफी (b) कोरिनेबैक्टीरियमटाइफी

(c) कोमाबैक्टीरिया (d)वायरस

Typhoid disease is transmitted by which organism?

(a)Salmonella Typhi (b) Coryne bacterium typhi

(c)Coma Bacterium (d)Virus

प्रश्न2. हमारेशरीरमेंउपस्थितखूनमेंहीमोग्लोबिनकौनसातत्त्वबनताहै ?

(a) कैल्शियम (b) लोहा

(c) आयोडीन (d) सोडियम

Which element is responsible for producing haemoglobin in the blood of our body?

(a) Calcium (b) Iron

(c) Iodine (d)Sodium

प्रश्न3. भारतमेंस्वतंत्रतादिवसकबमनायाजाताहै ?

(a) 15 अगस्त (b) 20 अगस्त

(c) 25 सितम्बर (d) 2 अक्टूबर

When is 'Independence Day' celebrated in India?

(a)15 August (b) 20 August

(c) 25 September (d) 2 October

प्रश्न4.' वन्देमातरम' गीतकिसपुस्तकमेंछपाथा ?

(a) रामायण (b)महाभारत

(c) गीतांजलि (d)आनंदमठ

In which book 'VandeMatram 'songpublished?

(a)Ramayan (b) Mahabharat

(c) Gitanjali (d) Anand Math

प्रश्न5. 2022केएशियाईखेलकहाँआयोजितहुएथे ?

(a)लंदन (b) टोक्यो

(c) पेरिस (d) चीन

Where was the 2022Asian Games organized?

(a) London (b) Tokyo

(c) Paris (d) China

प्रश्न6. एड्सदिवसकबमनायाजाताहै

(a) 1अगस्त (b) 1सितम्बर

(c) 1 जनवरी (d) 1 दिसंबर

When is World's AIDS Day observed?

(a) 1 August (b) 1 September

(c) 1 January (d) 1 December

प्रश्न7. रक्तकोज़मानेमें(…….)विटामिनसहायकहोताहै ?

Vitamin (…….) is helpful in blood clotting?

प्रश्न8कर्णममल्लेश्वरी(…….)खेलसेसम्बंधितहै ?

'KarnamMalleshwari 'is associated with (…….) game?

प्रश्न9. दालोंसेहमें(…….)मिलताहै ?

We obtain (…….) from pulses?

प्रश्न10. मानवखोपड़ीमेंकितनीअस्थियाँहोतीहैं?

How many bones are there in human skull?

प्रश्न11. पृथ्वीकेकितनेभागपरजलउपस्थितहै?

How much part of earth has water?

प्रश्न12. लवलीनाबोरगोहैनकिसखेलसेसम्बंधितहै?

TO which game LovlinaBorgohain is associated?

~~~~~~~~~~~~~~~(ASSERTION/ REASONING) ~~~~~~~~~~~~

There are two statements which are stated below and labelled as Assertion (A) and Reasoning (R)

Q.13 ASSERTION(A) Minamata is a harmful disease.
REASON(R): Minamata occurs due to excess of mercury
Ans: select the correct statement

(a) (A) is right but(R) iswrong
(b) (A) iswrong but **(**R) is right
(c) (A) is right but(R) isnot correct explanation of (A)
(d) (A) and (R) both are right and (R) is correct explanation of (A)

प्रश्न -13अभिकथन (A)मिनमाटाएकहानिकारकरोगहै

कारण (R)मिनमाटारोगपारेकीअधिकताकेकारणहोजाताहै

सहीविकल्पचुनें I

उत्तर–

1) अभिकथन (A) सहीहैलेकिनकारण (R) गलतहै I
2) अभिकथन (A)गलतहैलेकिनकारण (R) सहीहै I
3) (A) और(R)दोनोंसहीहैंऔर(R) ; (A) कीसहीव्याख्याकरताहै I
4) (A) और(R)दोनोंसहीहैंलेकिन (R) ; (A) कीसहीव्याख्यानहींकरता I

प्रश्न -14अभिकथन

(Aमानवशरीरकीरचनाकाअध्ययनकरनेवालेविज्ञानंकोशरीररचनाविज्ञानंकहतेहैं |

)कारण (R)मानवशरीरहड्डियोंसेबनाएकअस्थिपिंजरहैजोमांसपेशियोंसेआआच्छादितहै |
~~~~~~~~~~~~~~~

सहीविकल्पचुनें I

उत्तर–

1) अभिकथन (A) सहीहैलेकिनकारण (R) गलतहै I

2) अभिकथन (A)गलतहैलेकिनकारण (R) सहीहै I

3) (A) और(R)दोनोंसहीहैंऔर(R) ; (A) कीसहीव्याख्याकरताहै I

4) (A) और(R)दोनोंसहीहैंलेकिन (R) ; (A) कीसहीव्याख्यानहींकरता I

Q14 ASSERTION(A). The science which studies the structure of human body is called Anatomy.

REASON(R): Human body is a skeleton of bones ,covered by muscles.
Ans: select the correct statement

(a) (A) is right but(R) iswrong
(b) (A) iswrong but **(**R) is right
(c) (A) is right but(R) isnot correct explanation of (A)
(d) (A) and (R) both are right and (R) is correct explanation of (A)

प्रश्न -15अभिकथन (A)एथलेटिक्सकोखेलोंकीरानीकहाजाताहै |

कारण (R)ट्रैकवफील्डइवेंट्समेंभागलेनेवालेकोएथलीटकहतेहैं/

सहीविकल्पचुनें I

उत्तर–

1) अभिकथन (A) सहीहैलेकिनकारण (R) गलतहै I

2) अभिकथन (A)गलतहैलेकिनकारण (R) सहीहै I

3) (A) और(R)दोनोंसहीहैंऔर(R) ; (A) कीसहीव्याख्याकरताहै I

4) (A) और(R)दोनोंसहीहैंलेकिन (R) ; (A) कीसहीव्याख्यानहींकरता I

Q13 ASSERTION(A) Athletics is called as queen of sports.
REASON(R): Those who participate in track and field events are called athlete.
Ans: select the correct statement

(a) (A) is right but(R) iswrong

(b) (A) iswrong but **(**R) is right
(c) (A) is right but(R) isnot correct explanation of (A)
(d) (A) and (R) both are right and (R) is correct explanation of (A)

(Very Short Answer Type Questions)

प्रश्न16. विसंक्रमणकिसेकहतेहैं?

What is Sterilization?

(OR)

एकदेशभक्तिनागरिककेअपनेदेशकेप्रतिक्याकर्तव्यहैं

What are the responsibility of a patriotic citizen?

प्रश्न17. भारतकीराष्ट्रीयएकताकामूलमंत्रक्याहै ?

What is the essence of National Integration?

(OR)

राष्ट्रीयध्वजकिन- किनअवसरोंपरलहरायाजाताहै

On what occasions is the National Flag hoisted?

प्रश्न18. विटामिनC केबारेमेंलिखें |

Write a short note on Vitamin C

प्रश्न19. जोड़कितनेप्रकारकेहोतेहैं ?

How many types of joints are there?

प्रश्न20. संतुलितआहारक्याहै ?

What is Balanced Diet?

प्रश्न21. गणतंत्रदिवस (26 जनवरी) परनोटलिखें |

Write a note on Republic Day (26^{th} January).

(Short Answer Type Questions)

प्रश्न22. राष्ट्रीयखेलक्याहैं? इनकाक्याउद्देश्यहै ?

What do you mean by National Games? What is the purpose of these games?

(OR)

रोगप्रतिरोधकक्षमतासेआपकाक्याअभिप्रायहै ?

What do you mean by Immunity?

प्रश्न23. स्कूलभवनबनातेकिनकिनबातोंकाध्यानरखनाचाहिए ?

What things should be taken care of while building a school?

(OR)

प्रतियोगिताओंसेराष्ट्रीयएकताकाविकासहोताहै | व्याख्याकरें |

Competition develop National Integration. Explain.

प्रश्न24. महिलाओंकेखेलकूदमेंकमभागलेनेकेछःमहत्वपूर्णकारणबताइये |

Write down six important reasons of women taking less part in sports.

प्रश्न25. "जलहीजीवनहै |" इसकथनपरटिप्पणीकीजिए |

Write a note on "Water is Life".

प्रश्न26. घरमेंगंदगीकैसेफैलतीहै ?घरकीसफाईकेलिएकिन - किनबातोंकाध्यानदेनाआवश्यकहै ?

How insanitation spreads in home? Which things should be kept in mind while cleaning the house?

प्रश्न27. महिलाऔरपुरुषकीशारीरिकरचनामेंअंतरस्पष्टकीजिए |

Explain the difference between men and women's physical composition.

Long Answer Type Questions

प्रश्न28. राष्ट्रीयगीत 'वन्देमातरम ' काक्याभावार्थहै?

What is the meaning of the National Song 'VandeMataram' ?

(OR)

राष्ट्रीयएकतासेक्याअभिप्रायहै ?स्पष्टकीजिए|

What do you mean by National Unity?Explain.

प्रश्न29. नगरमेंसंक्रमणरोगफैलनेपरआपसबसेपहलेकिन -किननियमोंकापालनकरेंगे? विस्तृतव्याख्याकीजिए|

Explain the detail about the rules to be followed immediately at the spread of communicable disease in city. **(OR)**

संक्रामकरोगसेआपकाक्यातात्पर्यहैएकव्यक्तिसेदूसरेव्यक्तिकोयेकैसेसंक्रमितकरतेहैं?

इनसेबचावकेउपायक्याहैं ?

What do you mean by Communicable disease? How do they outbreak from one to another? What are precautionary measures to save from such disease?

प्रश्न30. वायुमंडलकेबारेमेंआपक्याजानतेहैं ? वायुकीरचनातथावायुमेंपाईजानेवालीमुख्यगैसोंकावर्णनकीजिए |

What do you mean by Atmosphere? Describe the composition of air and main gases found in air.

(OR)

पाचनसंस्थानकासंक्षेपमेंवर्णनकीजिए|

Briefly describe the Digestive system.