

# জেএসসি পরীক্ষা ২০১৪ এর মডেল প্রশ্ন

বিষয় : শারীরিক শিক্ষা ও স্বাস্থ্য

সময় : ২.০০ ঘণ্টা

পূর্ণমান : ৫০

ক-বিভাগ

- ১। যে কোন ৩ টি প্রশ্নের উত্তর দাও: ৫×৩ = ১৫
- ক) শারীরিক সুস্থতায় ব্যায়ামের প্রভাব আলোচনা কর।
- খ) হ্যান্ডস্ট্যান্ড ও হেডস্ট্যান্ডের পার্থক্য লিখ।
- গ) সরঞ্জামসহ ও সরঞ্জামবিহীন ব্যায়াম কী?
- ঘ) বিশ্রাম ও ঘুমের প্রয়োজনীয়তা আলোচনা কর।
- ঙ) এডুকেশনাল জিমন্যাস্টিক্স কী? বিভিন্ন প্রকার এডুকেশনাল জিমন্যাস্টিক্স লিখ।

খ-বিভাগ

- ২। যে কোন ৩ টি প্রশ্নের উত্তর দাও: ৫×৩ = ১৫
- ক) ক্ষতস্থানের যত্ন কীভাবে নিতে হয়?
- খ) নেতৃত্বদান ও মানবসেবায় স্কাউট ও গার্ল গাইডের ভূমিকা বর্ণনা কর।
- গ) সিট আপ দেওয়ার কৌশল বর্ণনা কর।
- ঘ) ব্যাডমিন্টন কোর্ট অঙ্কন করে এর বিভিন্ন অংশের বিবরণ ও পরিমাপ দেখাও।
- ঙ) ভায়োলেশন কী? বাস্কেটবল খেলার ৫ টি ভায়োলেশন লিখ।

বহুনির্বাচনী প্রশ্নের উত্তর দাও:

১×২০ = ২০

- ১। লেগ স্প্রিং এর অপর নাম কী?
- ক. লেগটার্ন ওভার খ. সেমি লেগটার্ন ওভার
- গ. ডাবল লেগটার্ন ওভার ঘ. সিঙ্গেল লেগটার্ন ওভার
- ২। জারিগান কোন ধরনের সংগীত?
- ক. আধুনিক খ. নব্বুজ
- গ. শাস্ত্রীয় ঘ. লোকগীতি
- ৩। এবডোমিনাল এক্সারসাইজ বলতে কী বুঝায়?
- ক. মস্তিষ্কের ব্যায়াম খ. তলপেটের ব্যায়াম
- গ. হাতের ব্যায়াম ঘ. পায়ের ব্যায়াম
- ৪। ব্যাডেঞ্জ কত প্রকার?
- ক. ২ প্রকার খ. ৩ প্রকার
- গ. ৪ প্রকার ঘ. ৫ প্রকার
- ৫। একটি শিশুর সারাদিনের ক্রাফ্টি দূর করতে দিনে কত ঘণ্টা ঘুম দরকার?
- ক. ৫/৭ ঘণ্টা খ. ৯/১০ ঘণ্টা
- গ. ২/৩ ঘণ্টা ঘ. ৩/৪ ঘণ্টা

বাকী পৃষ্ঠাগুলি নিচের লিঙ্কে ক্লিক করে ডাউনলোড করে পড়ুন।

# Jsc Examination For Equation 2014

**Liyong Dong**



**Jsc Examination For Equation 2014:**

The Top Books of the Year Jsc Examination For Equation 2014 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Jsc Examination For Equation 2014 : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Jsc Examination For Equation 2014 : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Popen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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