অষ্টম শ্ৰেণি

বিষয় ৪ শারীরিক শিক্ষা ও স্বাস্থ্য বিষয় কোড ৪ 147

সময় 🎎 ঘন্টা ৩০ মিনিট পূৰ্ণমান-৩০ যে কোন তিনটি প্রশ্নের উত্তর দাও ঃ 2<=2>€ চি) বিশ্রাম ঘুম ও বিনোদনের প্রয়োজনীয়তা ব্যাখ্যা কর। বয়স ও শারীরিক গঠন অনুসারে বিশ্রাম ও ঘুমের চাহিদাসহ *ব*ন্ধায়ামের প্রভাব লেখ। 🗸 সরঞ্জামসহ ও সরঞ্জামবিহীন ব্যায়াম ব্যাখ্যা কর। ঘ) এইচ আইভি এইডস এর ঝুঁকি ও প্রতিরোধের উপায় লেখ। 🔪 ৬) এইচ আইভির ধারণা, প্রভাব ও এই রোগ যেভাবে মানবদেহে সংক্রামিত হয় তা লেখ। যে কোন তিনটি প্রশ্নের উত্তর দাও ঃ 25=2×6 খেলাধুলার জন্য প্রয়োজনীয় প্রাতিষ্ঠানিক ও অবকাঠামোগত সুবিধা লেখ। ব্যাডমিন্টন খেলার ইতিহাসসহ একটি পূর্ণ ব্যাডমিন্টন কোণ অংকন কর । প) ক্লাডিমিউন খেলার মৌলিক কলাকৌশলগুলো ব্যাখ্যা কর। বাস্কেট বল খেলার ইতিহাস ও এই খেলার ভায়োলেশনগুলো ব্যাখ্যা

 ড) হ্যাগুরল খেলার ইতিহাস লেখ এবং এই খেলার ১০টি আইন কানুন ব্যাখ্যা কর।

কর ১

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