

**PHYSICAL EDUCATION**Time: 1 Hour 9<sup>th</sup> STD

30 Marks

**I. Answer the following questions (One Or Two Words) :- 5x1=5**

- 1 What is the length and breadth of Kho-Kho field?
- 2 Name some Basic skills in Kho-Kho?
- 3 Write any one rule in foot ball game?
- 4 What are the various Throwing events?
- 5 What are the various types of running?

**II Match the following:-**

5x1=5

- |                     |                             |
|---------------------|-----------------------------|
| 1 Cricket           | Barron Pierre De Courbertin |
| 2 Relay race        | BCCI                        |
| 3 Minor game        | Yoga                        |
| 4 Father of Olympic | Darge ball                  |
| 5 Luck              | 4 Athletes                  |

**III Answer the following questions (One Or Two Words) 5x2=10**

- 1 What are the benefits of Asanas?
- 2 Write any two rules of Volley Ball?
- 3 Write about the awards given to Olympic winners?
- 4 Write some good health habits?
- 5 Write some of the Jumping exercises?

**IV Answer the Following:-2x2½=5**

- 1 Explain the safety measures for the play ground?
- 2 Draw a neat diagram of Volley Ball Court or Kho-Kho Field?

1x5=5

**V write the symptoms of lungs cancer and stomach cancer****PHYSICAL EDUCATION**Time: 1 Hour 6<sup>th</sup> STD

30 Marks

**I. Answer the following question (One Or Two Words) :- 5x1=5**

- 1 What is the length of the Kabaddi Court?
- 2 Name the types of Throws?
- 3 How many Athletes are required for relay race?
- 4 What is the time duration of the Kho-Kho?
- 5 Which is the venue of the next Olympic game?

**II Match the following:-**

1x1=5

- |              |               |
|--------------|---------------|
| 1 Chess      | Kho- Kho      |
| 2 Lona       | Long distance |
| 3 Pole vault | 8 squares     |
| 4 Marathon   | 64 squares    |
| 5 Kho-Kho    | 2 point       |

**III Answer the following questions: (one or two line) 5x2=10**

- 1 Write the fundamental skills in Basket ball game?
- 2 What is Yoga?
- 3 Name some Asanas?
- 4 Write some vitamins names?
- 5 What is First Aid?

**IV Answer the Following:-2x5=10**

- 1 Draw a Neat Diagram of Ball badminton court (or) Hockey field with all its measurements
- 2 Write a note on Safety measures in School?

**PHYSICAL EDUCATION**Time: 1 Hour 7<sup>th</sup> STD

30 Marks

**I. Answer the following question (One Or Two Words) :- 5x1=5**

- 1 What is the Length and Breadth of Basket Ball Court?
- 2 Write some summer time diseases?
- 3 Name some Basic skills in Hockey?
- 4 How many players are there in Foot Ball Team?
- 5 Which country is the winner of the Asian Cup in Cricket?

**II Match the following:-**

5x1=5

- |              |                        |
|--------------|------------------------|
| 1 Cricket    | Field event            |
| 2 Libra      | Bonus                  |
| 3 Kho- Kho   | 3 <sup>rd</sup> Umpire |
| 4 Kabaddi    | Volley Ball            |
| 5 Pole vault | Bullet Method sit      |

**III Answer the following questions:**

5x2=10

- 1 Write the benefits of Yogasana?
- 2 Write some safety measures in school?
- 3 What is called Bonus point in Kabaddi?
- 4 Write some rules of Foot Ball?
- 5 Write some Hockey tournament (cup) names?

**IV Answer the Following:-2x5=10**

- 1 Draw a neat diagram of the Kabaddi (or) Hockey field with all its measurements.
- 2 Write about self care in summer season?

DRINK DAILY 3 LITERS WATER

**PHYSICAL EDUCATION**Time: 1 Hour 8<sup>th</sup> STD

30 Marks

**I. Answer the following question:-**

- 1 Write any 5 points about the aims and objectives of learning Physical Education.

2 (5) Explain:- (1) Suptavajrasanam (2)

3 Padmasanam (5)

Draw a neat diagram of basket ball court or shuttle court (10)

**II Match the following:-**

5x1=5

- |                        |             |
|------------------------|-------------|
| 1 6 Substitutes        | Kho-Kho     |
| 2 8 squares            | Kabaddi     |
| 3 20-5-20 playing time | Volley ball |
| 4 kabaddi              | Greece      |
| 5 1986 Olympic         | kick        |

**III Fill in the blanks-**

5x1=5

- 1 Volley ball Team consists of .....players.
- 2 .....point is in the volley ball game to win.
- 3 In Kho-Kho the post height is.....
- 4 .....point is awarded for Lona.
- 5 Basket ball Team consists of ..... Players.

DRINK DAILY 3 LITERS WATER