

FIRST TERM EXAMINATION SEPTEMBER - 2022**6 - STD****PHYSICAL EDUCATION****MARKS : 50****Time : 1.30 Hrs****I. Answer any TEN questions****10 x 1 = 10**

1. Thirupooivanur Sadhu Renga Valabanathar koil refers to game.
(Chess / Carrom)
2. In place, 44th International Chess Olympiad conducted in Tamilnadu
(Mamallapuram / Mallapuram)
3. Kukesh, Nikhal, Sathvik, Athiban and Pragnantha refers to game.
(Chess / Carrom)
4. 'Boundary' means runs in Cricket.
5. Lona refers to game.
6. Total number of steps in Suryanamaskar is (12 / 14)
7. Formal exercises are done with, & counts. (2, 4, 8 / 3, 6, 9)
8. The origin of Kho-Kho game in India is
9. 'Lotus' pose belongs to Asana.
10. The colour of the Olympic Flag is

11. The duration of olympic game consists of days. (16/26)
12. The National game of India is (Hockey / Football)

II. Answer any FIVE questions.

5 x 3 = 15

13. Mention any 3 Track and Field events.
14. Mention any 3 basic skills of Volleyball.
15. Define 'First Aid'.
16. Mention any 3 Asanas as per your syllabus.
17. Mention any 3 old games.
18. Mention any 3 Chess pieces (coins)

III. Answer any THREE questions

3 x 5 = 15

19. Mention any 5 benefits of doing Asanas.
20. Mention any 5 basic skills of Long Jump.
21. Write short notes on Relay.
22. Mention any 5 types of Swimming Styles.

IV. Answer any ONE questions

1 x 10 = 10

23. Sketch neatly Foot ball field and marks its dimensions.
24. Discuss 'Safety in School' in 10 lines.

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