

# FIRST TERM EXAMINATION SEPTEMBER - 2022

## 7 - STD

## PHYSICAL EDUCATION

Time : 1.30 Hrs

MARKS : 50

### I. Answer any TEN questions

10 x 1 = 10

1. .... 'Thami' Logo refers in 44th Chess Olympiad (Horse/Elephant)
2. The origin of .... game is from Aadhupuliattam and Thayakattaram. (Chess/Carrom)
3. Indian Chess players Kuhesh and Nikhal got .... medals for best player award in 44th Chess Olympiad. (Gold / Silver)
4. Total number of rings in Olympic Flag is .....
5. ISL belongs of to ..... game. (Cricket / Football)
6. Hitwicket, Bowled and Catch belongs to ..... game. (Cricket / Football)
7. The colour of the Basketball is ..... (Orange/Red)
8. The commands 'On your mark', 'Set' and 'go' belongs to ..... events (Track / Field)
9. 50mts, 600/800mts run, Long Jump, Shot put and 6x10mts shuttle run are 6-8 World Beaters Record Test which measures ..... (Physical / Fitness / Marks)
10. In Kabaddi game, the duration of 'Cant' is ..... seconds in which the player says the word Kabaddi continuously. (30/40)

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11. An over has ..... balls in Cricket.

12. The Dimension of all courts (Games) is in ..... shape. (Rectangle / Round)

**II. Answer any FIVE questions.**

**5 x 3 = 15**

13. Mention any 3 Indian Cricket players.

14. Mention any 3 basic skills of Kho-Kho.

15. Mention the styles of Shot-put.

16. For cut wounds, How would you give First-Aid?

17. Mention any 3 track events.

18. Mention any 3 New Games.

**III. Answer any THREE questions**

**3 x 5 = 15**

19. Write briefly about Chess Board.

20. Write short notes on Common Wealth Games.

21. Write briefly about Chess Olympiad - 2022.

22. Mention any 5 Asanas as per your syllabus.

**IV. Answer any ONE questions**

**1 x 10 = 10**

23. Discuss 'Safety in Playground' in 10 lines.

24. Sketch neatly Volleyball Court and mark its dimensions.

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