6PET   Summative Assessment - December 2022

23.12.2022   **Standard 6**   Penkari District.

Time: 1.00 hour   **PHYSICAL EDUCATION**   Marks: 30

I.   Answer all the questions: **10×1=10**

1) Write any two track events.
2) Mention any two sprint race?
3) What is circumberence of standard track?
4) How many players are there in volley-ball?
5) From where did the sport "Kabadi" originate?
6) How many sitting blocks are found in Kho - Kho event?
7) How many rings are there in olympic flag?
8) Write any two yogasanas.
9) Write any two diseases that spread through water.
10) In Which year did modern olympic game start?

II.   Choose the best option: **5×1=5**

1) Number of players in Relay Race
   a) 5   b) 4   c) 3   d) 6
2) Number of players in Kho - Kho
   a) 9   b) 7   c) 13   d) 11
3) Number of winning points in volley ball
   a) 15   b) 25   c) 20   d) 30
4) Modern olympic games started in the year
   a) 1915   b) 1890   c) 1896   d) 1900
5) The weight of the shotput for women
   a) 4 kg   b) 6 kg   c) 3 kg   d) 5 kg

III.   Answer any two of the following questions: **2×5=10**

1) Write about Traffic rules.
2) Write a note on any two major games.
3) Write the benifits of yogasana.

IV.   Answer any one of the following: **1×5=5**

1) Draw and write the measurements of Khabadi court.
2) Write a note on:
   a) Exercise   b) First - aid   c) Epidemic diseases