

**Ts-7PT****Summative Assessment - April 2023****20-04-2023****Standard 7**

Time: 1.00 hour

**PHYSICAL EDUCATION**

Marks: 30

**5×1=5****I. Choose the best answer:**

- 1) Forward March
  - a) Marching
  - b) Kabaddi
  - c) Race
- 2) Which is the motherland of Olympic Games
  - a) Egypt
  - b) Greece
  - c) China
- 3) What is the distance of the Marathan Race
  - a) 32.235 k.m
  - b) 42.195 km
  - c) 22.215 km
- 4) Relay Race
  - a) 100mts
  - b) 1500 mts
  - c) 4×100mts
- 5) Once in how many years are the Asian Games conducted?
  - a) 2 years
  - b) 3 years
  - c) 4 years

**II. Fill in the blanks:****5×1=5**

- 1) ..... Athletes are selected for the final round in Discus throw
- 2) A Kho - Kho team consist of ..... players.
- 3) The president of our India is .....
- 4) Weight of a Striker in Carrom .....
- 5) Name of the National award for the Sports Excellence is .....

**III. Match the following:****5×1=5**

- |                                   |             |
|-----------------------------------|-------------|
| 1) Late entry                     | - 1 Kg      |
| 2) Ilavazhagi                     | - 800 Mts   |
| 3) Arc Start                      | - Kho - Kho |
| 4) Queen                          | - Carrom    |
| 5) Weight of the Discus for women | - 3 points  |

**IV. Answer the following questions:****5×2=10**

- 1) What are the throwing events?
- 2) How many rings are there in Olympic Flag?
- 3) What is first aid?
- 4) Mention the type of Relay Race?
- 5) What are the benefits of Chackarasana?

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

- 1) What are the Basic Skills to be developed for carrom? (OR)
- 2) What are the Basic Skills to be developed for TAEKWONDO?

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