

Ts-8PT

Tenkasi District

Annual Examination - April 2023

20-04-2023

Standard 8

Time: 1.00 hour

PHYSICAL EDUCATION

Marks: 30

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

- 1) Judo
 - a) India
 - b) America
 - c) Japan
- 2) How many players in a throwball team?
 - a) 7
 - b) 9
 - c) 11
- 3) What is the weight of discus for women?
 - a) 1 kg
 - b) 1.5 kg
 - c) 2 kg
- 4) When did Swimming become the first part of the modern Olympic Games?
 - a) 1896
 - b) 1926
 - c) 1934
- 5) How many steps are performed in Suriya Namaskar?
 - a) 7
 - b) 12
 - c) 24

II. Fill in the blanks:**5×1=5**

- 1) The length of the standard swimming pool is _____
- 2) The colour of the Table Tennis Bat should be in _____ and _____ colour.
- 3) _____ is a lying Asana.
- 4) Corona disease spreads through _____

III. Match the following:**5×1=5**

- | | | |
|-----------------|---|------------------|
| 1) Javelin | - | Lotus pose |
| 2) Relay Baton | - | 11 points |
| 3) Swimming | - | 50 grams |
| 4) Padmasanam | - | Butterfly stroke |
| 5) Table Tennis | - | 600 grams |

IV. Answer any five of the following questions:**5×3=15**

- 1) 'Turning right in Marching' - Explain
- 2) Explain - 'Pyramid'
- 3) 'Pathahasthanam' - Explain
- 4) Types of Silambam
- 5) Skills in 'Throw ball'
- 6) What are the factors that controls diseases?
- 7) What is first aid?
- 8) What are the nutrients in our diet?

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