

Summative Assessment - September 2023

7 - STD

PHYSICAL EDUCATION

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Time: 1.30 Hrs

Marks: 30

I. Choose the correct answer:

5×1=5

- 1) The colour of the Basketball is
a) Red b) Orange c) Yellow
- 2) Which game is known as king of games
a) volley ball b) foot ball c) kabaddi
- 3) How many stages are there in Suryanamaskar
a) 10 b) 9 c) 12
- 4) Relay running a) 100 mts b) 200 mts c) 4×100 mts
- 5) The National game of India is
a) Hockey b) Football c) Cricket

II. Match the following:

5×1=5

- | | | |
|--------------------|---|-------------------|
| 1) Indigenous | - | On the spot march |
| 2) Tennikoit | - | Sage Pathanjali |
| 3) Penalty kick | - | Dands |
| 4) Mark Time March | - | Foot ball |
| 5) Yogasana | - | Ring shape ball |

III. Fill in the blanks:

5×1=5

- 1) In Kabaddi game, the duration of 'cant' is seconds in which the players says the word kabaddi continously.
- 2) Dands and Baithaks are _____ activities
- 3) Mark time March, _____ steps per minutes
- 4) Hitwicket, bowled and catch belongs to game.
- 5) The number of main players in football is _____

IV. Write brief answer:

5×2=10

- 1) Mention any 3 track and field events.
- 2) In which situation 'Throw-in' is given in foot ball?
- 3) Name the fouls in Tennikoit.
- 4) Explain the types of running events.
- 5) Explain the minor game 'Tunnel ball relay'

V. Answer in detail:

1×5=5

- 1) Sketch, nealty football field and mark its dimensions.
(OR) Mention any 5 benefits of doing Asanam.

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