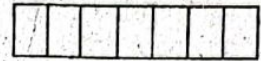


Summative Assessment - September 2023

8 - STD

PHYSICAL EDUCATION



Time: 1.30 Hrs

Marks: 30

I. Choose the correct answer: 5×1=5

- 1) The length and Breadth of Kho - Kho court is X mts.
a) 20 X 16 m b) 28 x 16m c) 30 x 16m
- 2) How many players are there in Ball Badminton Team
a) 5 b) 6 c) 7
- 3) One of the sprint event
a) 400 mts b) 800 mts c) 1500 mts
- 4) Total number of players in volleyball game is
a) 7 b) 6 c) 12
- 5) How many stages in Surya Namaskar
a) 8 b) 10 c) 12

II. Match the following: 5×1=5

- | | | |
|-------------------------|---|---------------|
| 1) Olympic Flag | - | Lezium |
| 2) Gymnastic activities | - | Yellow |
| 3) Minor Games | - | 5 Rings |
| 4) Ball badminton Ball | - | Forward Roll |
| 5) Rhythmic apparatus | - | skipping dash |

III. Write short notes on: 5×2=10

- 1) Mention any 3 Asanas as per your syllabus.
- 2) What is first aid?
- 3) What are the steps to be followed before practising asanas.
- 4) Mention any 3 light apparatus exercise.
- 5) Write short note about Track and Field events.

IV. Write brief answer: 2×5=10

- 1) Sketch, neatly football field and mark its dimensions.
- 2) Explain the 12 stages of 'Suryanamaskar'. **(OR)**
Write the uses of doing Yogasanas.

8 PHYSICAL EDUCATION