

Summative Assessment - September 2023

9 - STD

PHYSICAL EDUCATION

1124211

Time: 1.30 Hrs

Marks: 50

I. Answer the following in one or two words:

- 1) Which country conducted in first Ancient Olympics game? *Greek*
- 2) How many types of relay? *2 types of relay*
- 3) Name in any one standing asanas. *Balmanasana, Bhujangasana*
- 4) Chess olympiad was conducted ones in how many year?
- 5) Write in anyone Balhaks. *anugonda Balhaks*
- 6) What is the weight of women shotput? *1 kg*
- 7) Write in anyone Minor game.
- 8) In march past which leg move in first? *left*
- 9) Indian club made in which materials? *wood*
- 10) During Saryanga Asana at what angle the legs should be placed? *135*

II. Answers any five of the following:

5×3=15

- 1) Write about Dumb bells exercise.
- 2) Write a short note on swimming competition *fly, butterfly*
- 3) What is the uses of doing trikonasana?
- 4) Write about relay race. *100, 200, 400*
- 5) Write any one minor game.
- 6) What you meant by First Aid.
- 7) Write about Hand stand?

III. Answer any three of the following:

3×5=15

- 1) Write about Running events.
- 2) What are the steps to be following before practising asanas?
- 3) Write five basic skills of cricket game.
- 4) Write five basics of March - Past.

IV. Answer any one of the following:

1×10=10

- 1) Draw and write the measurements of cricket ground.
- 2) Write about Ancient Olympics.

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