

THIRD TERM EXAMINATION – 2024**A****Class: 7****SUMMATIVE ASSESSMENT - PHYSICAL EDUCATION****Time :1 Hr.****Marks: 40****I. Choose the correct answer****5 x 1 = 5**

- The normal heart rate of adult per minute is _____.
a) 80-95 beats b) 70-75 beats c) 110-120 beats d) 90-100 beats
- 'HALT' command is associated with _____.
a) Yoga b) Marching c) Gymnastics d) Cricket
- Total number of players in a Football team is _____.
a) 16 b) 12 c) 14 d) 18
- The bonus point will be awarded when there are minimum _____ players in the opponent team in Kabaddi.
a) 7 b) 5 c) 6 d) 3
- Posture of Halasana is _____.
a) Plough b) Lotus c) Bow d) wheel

II. Fill in the blanks.**5 x 1 = 5**

- 2024 Khelo India games are organised by _____ State.
- The colour of the basketball is _____.
- Santhosh trophy is associated with _____ Game.
- _____ Number of rings in the Olympic Flag.
- _____ asana is called "Queen of Asanas"

III. Write True or False.**5 x 1 = 5**

- Saina Nehwal is associated with Badminton game.
- The term 'OFFSIDE' is related with Tennis.
- Praggnanandhaa is the youngest grandmaster of 2022 in chess.
- Night blindness is the clinical sign of vitamin 'A' deficiency.
- 2024 Olympic games will be held in France.

IV. Match the Following.**5 x 1 = 5**

- Dhayanchand - Right Turn
- 4 x 100mtrs Relay - Cant
- Kabaddi - 4 persons
- Suryanamaskar - Hockey
- Marching - 12 stages

V. Write Short answers (Choose any five)**5 x 2 = 10**

- Write any two benefits of yogasana practice.
- Write any four basic skills in the game of Basketball.
- What is meant by healthy food habits?
- Write a short note on 4 x 100 meters relay event.
- Write any four benefits of Mass drill.
- Write any two minor games.
- Write any two communicable diseases.

VI. Answer the questions in detail.**2 x 5 = 10**

- Draw a Tennikoit court and mark its measurements.
- Explain about Sports day celebration in your school.