

SUMMATIVE ASSESSMENT - PHYSICAL EDUCATION

Class : 6

Marks: 40

Time: 1:30 Hrs.

4 1

Section – A

I. Choose the correct answer. 5 X 1 = 5

1. Which of the following is sprint event?
(a) 100 m (b) 3000 m (c) 1500 m
2. High jump and long jump are _____.
(a) Jumping events (b) Track events (c) Throwing events
3. How many square boxes are there in Chess board?
(a) 60 (b) 64 (c) 32
4. How many players are there in Kho-Kho game?
(a) 14 (b) 12 (c) 18
5. Who is the father of modern Olympics?
(a) Dhyanchand (b) Sachin Tendulkar (c) Pierre de Coubertin

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

6. _____ is the father of yogasana.
7. _____ is the colour of olympic flag.
8. There are _____ number of coins in carrom.
9. The word “Liberator” is used in _____.
10. The Five Olympic rings stands for _____.

III.

Match the Following. 5 x 1 = 5

11. Arjuna Award
- 11
12. National sports day
- Virus
13. Football
- King
14. Corona
- Best player
15. Chess
- 29th August

IV. State true or false. 5 x 1 = 5

16. Relay needs 4 players.
17. 3000 m running race is a sprint event.
18. Carbohydrates are quick energy giving nutrients.
19. Dronacharya award is given to the best coaches.
20. Protein is rich in meat.

V. Answer the following. 5 x 2 = 10

21. Write any two throw events.
22. Name any two sitting asanas.
23. Write about first aid.
24. Write the basic skills in Kabaddi.
25. What are the uses of yogasana?

V. Answer in detail (Any two). 2 x 5 = 10

26. Draw a Kho-Kho court and write the measurements.

27. Write the road safety rules.

28. Draw a football field and write about it.

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