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FIRST TERM EXAMINATION - 2024
SUMMATIVE ASSESSMENT
PHYSICAL EDUCATION

C

Class : 7

Marks : 40
Time : 1.30 Hrs.

5×1=5

I. Choose the correct answers.

1. What is the length of the relay baton?
 a) 26 - 28 cm b) 20 - 25 cm c) 28 - 30 cm d) 29 - 32 cm
2. Identify the sitting asana.
 a) Gomukasana b) Sarvangasana c) Halasana d) Savasana
3. Which is not a major game?
 a) Kho-Kho b) Volleyball c) Lezium d) Basketball
4. The normal heart rate of an adult per minute is _____.
 a) 70-75 beats b) 90-100 beats c) 80-95 beats d) 110-120 beats
5. "Halt" command is associated with _____.
 a) Gymnastics b) Yoga c) Cricket d) Marching

II. Fill in the blanks.

5×1=5

6. The colour of the basketball is _____.
7. A Kho-Kho team consists of _____ players.
8. _____ is the national award for sports excellence.
9. _____ pawns are there in chess game.
10. 2024 Olympic games were held in _____.

III. Match the following.

5×1=5

- | | | |
|-------------------|---|----------------|
| 11. Track event | - | Zebra crossing |
| 12. Dhayanchand | - | 12 steps |
| 13. Chess | - | 100 m |
| 14. Traffic rules | - | Hockey |
| 15. Suryanamaskar | - | Knight |

IV. True or False.

5×1=5

16. The term "OFFSIDE" is related with Tennis.
17. There are two types of relay races in track event.
18. Breathing exercise strengthens the respiratory system.
19. Dhoni is associated with Badminton game.
20. Sarvangasana is called queen of asanas.

V. Short answers.

5×2=10

21. Write any two major games.
22. What are the throwing events?
23. Write any four Standing asanas.
24. Write the fundamental skills in Football.
25. What are the healthy food habits?

VI. Detail answers (any two).

2×5=10

26. Explain about sports day celebration in your school.
27. Draw Tennikoit court and mark its measurement.
28. Name any 5 yogasanas and explain its benefits.

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2024.09.21 18:15