

FIRST TERM - EXAMINATION SEP - 2024

7 - Std PHYSICAL EDUCATION

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Time : 1.30 Hrs.

MARKS : 30

I FILL IN THE BLANKS:

5 X 1 = 5

1. Total number of rings in Olympic flag _____ (5/3).
2. 'On your mark', 'Set' and 'Go' refers to _____ (Games/Athletics).
3. 50m, 600m/800m, long jump, shot put, shuttle run are the tests for 6th to 8th standard for testing _____ (Physical fitness/Marks).
4. National game of India is _____ (Hockey/Cricket).
5. "CANT" refers to _____ game (Kabaddi/Kho Kho).

II MATCH:

5 X 1 = 5

- | | | |
|------------------|---|-------------|
| 6. 4x400m | - | Chess |
| 7. Sarvangasanam | - | Brain fever |
| 8. Rook | - | Relay |
| 9. Kabaddi | - | 90° |
| 10. HINI | - | Raid |

III CHOOSE THE BEST ANSWER :

5 X 1 = 5

11. In Chess board 1,2,3,4.....8 refers to
1) File 2) Rank 3) Square.
12. The Asana for digestion
1) Padmasanam 2) Sarvangasanam 3) Vajrasanam.
13. Cricket is related with
1) Wicket 2) Relay 3) Speed.
14. New game is
1) Kabaddi 2) Swimming 3) Kho Kho.
15. Old game is
1) Kabaddi 2) Swimming 3) Chess.

IV. ANSWER ANY TWO OF THE FOLLOWING: 2 X 2.5 = 5

16. Define "CHECKMATE".
17. Write any three new games of your choice. *Boxing, Swimming, cycling*
18. Write any three benefits of doing Asanas.

V ANSWER ANY ONE OF THE FOLLOWING. 10 X 1 = 10

19. Write 10 lines about "ROAD SAFETY"
20. Sketch neatly Kabaddi court and mark its Dimensions.