

QUATERLY EXAMINATION 2024  
PHYSICAL EDUCATION

CLASS 8

Total Marks : 40

Time : 1.30 Hours

C

I. Choose the correct answer. (5x1=5)

1. In the battery test, 50 meter dash is used to measure \_\_\_\_\_.  
a) agility b) flexibility c) speed d) strength
2. The first modern Olympic games were held in the year \_\_\_\_\_.  
a) AD 1969 b) BC 776 c) BC 1869 d) AD 1896
3. The highest award given to sports coaches in India is \_\_\_\_\_.  
a) Arjuna award b) Khel Ratna award  
c) Dhyanchand award d) Dhronacharya award
4. "Grand slam" is used in which of the following sports.  
a) Lawn Tennis b) Cricket c) Badminton d) Football
- 5 "Quick March" is the command for \_\_\_\_\_.  
a) right dress b) forward march c) right wheel d) left wheel

II. Fill in the blanks. (5x1=5)

6. \_\_\_\_\_ is used to measure the height of a man.
- 7 The length and width of the Throwball court is \_\_\_\_\_.
8. There are \_\_\_\_\_ number of coins in Carrom.
9. Antenna is used in \_\_\_\_\_ game.
10. "O'Brien Style" is used in \_\_\_\_\_ event.

III Match

the following. (5x1=5)

11. 8 squares - Long distance
12. National game - Martial art
13. Pragnanandhaa - Kho-Kho
14. 3000 m - Hockey
15. Silambam - Chess

IV. True or False. (5x1=5)

16. There are 10 Hurdles in 80 meter Hurdles competition.
17. Shoulder dislocation injuries are commonly associated with Football.
18. India won the T20 World Cup in 2021.
19. The yoga practice session should always start with meditation.
20. The word "Stalemate" is associated with the game chess.

V. Short answers. (5x2=10)

21. What are the two types of relay races?
22. Write the fundamental skills of Football.
23. Write  
a short note on Olympic flag.
24. Define First aid.
25. What is  
a communicable disease?

VI. Detail answers (any two). (2x5=10)

26. Write the importance of warm-up.
27. Draw a football court and mark its measurements.
28. Briefly explain the stages of Suryanamaskar.

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