

# FIRST TERM - EXAMINATION SEP - 2024

## 8 - Std PHYSICAL EDUCATION



Time : 1.30 Hrs.

MARKS : 30

**I** FILL IN THE BLANKS.

5 X 1 = 5

1. "Oberon" style belongs to \_\_\_ field event (**Shotput / Javelin**).
2. The circumference of a standard track is \_\_\_ (**800m/400m**).
3. The color of the Olympic flag is \_\_\_ (**White/Black**).
4. Viswanathan Anand belongs to \_\_\_ game (**Chess/Carrom**).
5. 'Lotus' pose belongs to \_\_\_ asana (**Padmasanam / Bhujangasanam**).

**II** MATCH.

5 X 1 = 5

- |               |   |           |
|---------------|---|-----------|
| 6. Over       | - | Relay     |
| 7. Vajrasanam | - | Chess     |
| 8. Batton     | - | 6 balls   |
| 9. Castling   | - | Attention |
| 10. Marching  | - | Diamond   |

**III** CHOOSE THE BEST ANSWER.

5 X 1 = 5

11. No Ball, LBW and Catch  
1) Football                      2) Cricket                      3) Kabaddi.
12. 7<sup>th</sup> step in Surya namaskar  
1) Padmasanam              2) Bhujangasana              3) Vajrasanam.
13. Fosbury style refers to  
1) Long jump                      2) High jump                      3) Pole vault.
14. Total number of players in Volleyball is  
1) 12                                      2) 10                                      3) 14.
15. Hitting, Dribbling and Scooping refers to  
1) Hockey                                      2) Cricket                                      3) Basketball.

**IV** ANSWER ANY TWO OF THE FOLLOWING:

2 X 2.5 = 5

16. Write any 3 basic skills of Basketball.
17. Write any three asanas of your choice as per your syllabus
18. Write any three skills test of world Record Battery Test.

**V.** ANSWER ANY ONE OF THE FOLLOWING:

10 X 1 = 10

19. Sketch neatly 'Basketball' court and mark its Dimensions.
20. Sketch neatly 'Tennikoit' court and mark its Dimensions.

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