

FIRST TERM - EXAMINATION SEP - 2024**9 - Std PHYSICAL EDUCATION**

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Time : 1.30 Hrs.

MARKS : 30

I FILL IN THE BLANKS: 5X1=5

1. In Chess board A, B, C, D H refers to _____ (File/Rank).
2. Queen, Black and White Carromen refers to _____ (Carrom/Chess).
3. Runout and Hitwicket belongs to _____ games. (Cricket Carrom).
4. Olympic and Asian games held once in _____ years. (5/4)
5. BREAK, 'STOP', 'BOX' belongs to _____ game. (Boxing/Fencing).

II MATCH: 5 X 1 = 5

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|---------------|---|-------------------------|
| 6. Salabasana | - | Discipline |
| 7. Cricket | - | Indian physical fitness |
| 8. Marching | - | Piste |
| 9. Dands | - | Batsman |
| 10. Fencing | - | Grasshopper |

III CHOOSE THE BEST ANSWER: 5 X 1 = 5

11. Ancient Olympic games was started in
1) 776 BC 2) 776 AD 3) 767 BC.
12. The Dimensions of Tennikoit court is
1) 40 X 18 Feet 2) 40 X 20 Feet 3) 40 X 17 Feet.
13. Cart Wheel and Hand stand refers to
1) Physical Exercise 2) Gymnastic 3) Asana.
14. Dimensions of "TAEKWONDO" court
1) 15 X 15M 2) 11 X 14M 3) 12 X 12M.
15. In standing Asana touching the feet is _____
1) Pathahasthasana 2) Halasana 3) Padmasana.

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

16. Write any three "Asanas" of your choice as per your syllabus.
17. Define relay and mention the types of Relay
18. Write any three basic skills of Tennikoit.

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

19. 'Safety' in your playground - describe in 10 lines.
20. Describe- sports meet in your school in 10 lines.
21. Draw the volleyball court and mark its Measurements.

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