

# SECOND TERM END EXAMINATION - 2024

Class : VII

Time - 1.00 Hr

## PHYSICAL EDUCATION

Register No

TA 26

MAX. MARKS : 30

I. Choose the correct answer.

5x1=5

1. What is the colour of the basketball ring?  
a) Black                      b) Orange                      c) Red                      d) White
2. Where was the game kabaddi originated?  
a) America                      b) England                      c) India                      d) Japan
3. What is the length of Tennikoit court?  
a) 20 feet                      b) 30 feet                      c) 40 feet                      d) 50 feet
4. Which of the following is not a minor game?  
a) Football                      b) ZigZag relay                      c) Tunnel relay                      d) Good morning ?
5. What is the height of the ring from the ground in basketball?  
a) 2.90 m                      b) 3.00 m                      c) 3.05 m                      d) 3.10 m ?

II. Match the following.

5x1=5

- |                |                  |    |
|----------------|------------------|----|
| 6. Kabaddi     | - 3 Seconds rule | 10 |
| 7. football    | - 4 x 100m       | 9  |
| 8. Halasana    | - Lona           | 6  |
| 9. Relay race  | - Plough Pose    | 8  |
| 10. Basketball | - goalkeeper     | 7  |

III. Write the short answer of any five following Questions.

5x2=10

11. How does the basketball game start? *jump ball*
12. Write about "3 second rule" in basketball?
13. What are the sprint event in track and field? *100m, 200m, 400m*
14. Write four fundamental skills of defender in kabaddi? ✓
15. What are the fundamental skills of Tennikoit? ✓
16. Write short notes about chakrasana? ✓
17. What are the techniques in high jump?
18. Write about non visual method in relay event?

IV. Answer the following Question

2x5=10

19. Draw a neat diagram of basketball court and mention all its measurements (OR) What are the benefits of suryanamaskar?
20. Draw a neat diagram of kabaddi court for women and mention all its measurements (OR) Draw a neat diagram of long jump pit and mention all its measurements