

8 P

BL2A

HALF YEARLY EXAMINATION - 2024Time : 1.00 Hour **PHYSICAL EDUCATION** Marks : 30

5x1=5

I. Chose the correct answers

1. Which type of food will lead to obesity?
a) Balanced Diet b) Junk & Oil food
c) Nutritional food d) None of these
2. Which event of battery test is not conducted for boys?
a) 600 M b) Shot put c) 800 M d) 50 M
3. is bow pose.
a) Matyasana b) Chackrasana c) Sirsasana d) Dhanurasana
4. Hockey is the national game of country.
a) India b) Australia c) England d) America
5. The term power play is used in which game
a) Kabaddi b) Football c) Cricket d) Boxing

II. Match the following

5x1=5

Tamilnadu players represent for India

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|--------------------------|--------------|
| 6. Dhanraj Pillay | Chess |
| 7. Sathiyam Gnanasekaran | Volleyball |
| 8. Washington Sundar | Cricket |
| 9. Vaishnav | Table Tennis |
| 10. Pragnanandhaa | Hockey |

III. Answer the following (ANY FIVE)

5x2=10

11. What is the difference between 4x100 and 4x400 relay?
12. Write some fundamental skills in kho-kho?
13. How many laps are in a 1500 and 3000 meter race?
14. Write any three old games?
15. What is the first aid for swelling?
16. Write types swing ball in cricket?

IV. Answer in details (ANY ONE)

1x10=10

17. Draw kabaddi court and mention dimension?
18. Write any 10 asanas name?