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7 - Std

**THIRD TERM - 2025**  
**SUMMATIVE ASSESSMENT (SA)**  
**PHYSICAL EDUCATION**

Time : 1.00 hrs

Max.Marks : 30

10x1=10

**I. Fill in the blanks.**

1. Designer of the olympic flag is \_\_\_\_\_
2. The word 'Lobi' is used in \_\_\_\_\_ game.
3. The essential component of balanced diet needed for the functioning of human body is \_\_\_\_\_
4. The normal temperature of human body is \_\_\_\_\_
5. Anaemia is found in human body due to lack of \_\_\_\_\_
6. The human heart is formed by \_\_\_\_\_ muscle.
7. Modern olympic games started in the year \_\_\_\_\_
8. The weight of the 'Disccus' for students 14 years age group is \_\_\_\_\_
9. 100 mts running race is known as \_\_\_\_\_ type of running race.
10. In a chess board there are \_\_\_\_\_ number of white squares.

**II. Answer all the questions.**

5x2=10

11. Write any two first aid?
12. Write few notes about Road Safety Rules.
13. How many types are there in throwing?
14. How many types are there in Jumping Games?
15. Write a note about self Cleanliness.

**III. Write any one.**

1x10=10

16. Draw and measure of Kabaadi court.
17. Draw and measure of Kho - Kho court.

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