

# Model Papers

## 7<sup>th</sup> Std - PHYSICAL EDUCATION

### GENERAL ASSESSMENT 2020

#### MODEL PAPER 1

40 Marks, 90 Minutes

Fill in the Blanks with Suitable Answer

4 x 1 = 4

1. Kabaddi was used to unite youth during Pre Independence period by \_\_\_
2. Girls below 16 years are given \_\_\_\_\_ awards
3. The number of players in relay race are \_\_\_\_\_
4. The Shot put is made up of \_\_\_\_\_

Match the Following

1 x 4 = 4

- |                              |                           |
|------------------------------|---------------------------|
| 5. Ekalavya Award            | (i) Mamata Poojari        |
| 6. Karnataka Womens Player   | (ii) Karnataka Government |
| 7. Men's sport               | (iii) 1961                |
| 8. Arjuna Award Announcement | (iv) Kabaddi              |
|                              | (v) Beach sport           |

Answer the Following

4 x 1 = 4

9. When did India announced Arjuna award?
10. Who is given Veera Madakarinarayana award in Kho – Kho?
11. What is shape of baton?
12. What is the diameter of the circle in Shot Put throw?

Answer the following

10 x 2 = 20

13. Why are Minerals essential for our body?
14. Name the different kinds of bleeding
15. How is Kananda Rajyotsava Celebrated?
16. What does National Emblem reflect?

17. What are habits?
18. What does Good Posture mean?
19. What is the essence of Karmayoga Philosophy ?
20. How many attempts are given to a Shot Put throw player?
21. Which are the awards given to Kho – Kho Player?
22. Write about the characteristic of Kabaddi Player

**Answer the following**

**2 x 4 = 8**

23. Explain the rules of relay race
24. Draw a Kabaddi Court using the Measurements

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### GENERAL ASSESSMENT 2020

#### MODEL PAPER 2

40 Marks, 90 Minutes

Fill in the Blanks with Suitable Answer

4 x 1 = 4

1. Women Kho – Kho players of South zone are given \_\_\_\_\_ award
2. The shape of baton \_\_\_\_\_
3. Yogaha Karmasu Kanshalam is referred in \_\_\_\_\_
4. Early to bed and early to rise enhances \_\_\_\_\_ of a person

Match the Following

1 x 4 = 4

- |                      |                                 |
|----------------------|---------------------------------|
| 5. Physical Exercise | (i) Profitable use of Free time |
| 6. Yoga              | (ii) Vitamins                   |
| 7. First Aid         | (iii) Concentration             |
| 8. Food              | (iv) Body becomes Strong        |
|                      | (v) Immediate treatment         |

Answer the Following

4 x 1 = 4

9. What is meant by First aid?
10. In which did the state got the name Karnataka?
11. What is Exercise?
12. What is the other name for Patanjali Yoga?

Answer the following

10 x 2 = 20

13. What is the reason for the growth of body getting stunted?
14. Mention the causes of bleeding
15. What are the different names used to represent India?
16. Explain the Importance of Punctuality

17. What is the reason for the growth of the body getting stunted?
18. What are the advantages of rest?
19. Mention one feature of Bhaktiyoga
20. What is the Shot Put made up of?
21. Mention the two types of relay races
22. What is the distance to be covered by each runner in a 4x 100 relay race?

**Answer the following**

**2 x 4 = 8**

23. Write about the proportions of different nutrients in the diet of Sports person
24. Write in your own sentences the importance of Queue system in Schools and Public places

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### GENERAL ASSESSMENT 2020

#### MODEL PAPER 3

40 Marks, 90 Minutes

Fill in the Blanks with Suitable Answer

4 x 1 = 4

1. The number of players in relay race are \_\_\_\_
2. Shobha Naryana of Karnataka got the award in \_\_\_\_
3. \_\_\_\_\_ is given veera Madakarinyaka Award in Kho - Kho
4. The diameter of the circle in Shot put throw \_\_\_\_\_

Match the Following

1 x 4 = 4

- |                |                                |
|----------------|--------------------------------|
| 5. Karma Yoga  | (i) Bhakti Oriented            |
| 6. Bhakti Yoga | (ii) Human and Universal Power |
| 7. Jnana Yoga  | (iii) Work is Worship          |
| 8. Raja Yoga   | (iv) Ashtanga Yoga             |
|                | (v) Build body Posture         |

Answer the Following

4 x 1 = 4

9. Which kind of Pillow should not be used?
10. Who is the father of Asthanga Yoga?
11. What is meant by Sprain
12. On which day is Kannada Rajyotsava Celebrated?

Answer the following

10 x 2 = 20

13. What are the Characteristics required in a football player?
14. Which are the champions organized in Kho - Kho game?
15. Name 3 Ekalavya awardees and write their achievements
16. Mention one difference between Sleep and rest

17. What are the uses of Minerals ?
18. What is the importance of Queue in Schools ?
19. Which are the symbols used to represent India?
20. Write any four activities of entertainment
21. Differentiate between Jnanayoga and Karmayoga
22. Write the rules of Shot put throw

**Answer the following**

**2 x 4 = 8**

23. How are the regional festivals responsible for the unity of the state?
24. Using the measurements, draw a Kho – Kho Court

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