

## PHYSICAL EDUCATION

### 7<sup>TH</sup>STD 2<sup>nd</sup> summative assessment-March-2023

Time: 90 Minutes

Marks: 30

#### I. Fill in the blanks

3x1=3

- 1) It is a game played by kicking the ball with the foot.
- 2) Push away with the help of shoulder force according to the rules within the specified space.-----
- 3) The word "Yoga" is derived from the Sanskrit root of -----.

#### II. Match the following

4x1=4

A

B

- |                       |                            |
|-----------------------|----------------------------|
| 4) Karmayoga          | - A) In Devanagari script. |
| 5) Iron               | - B) Hemoglobin            |
| 6) Blood is           | - C) Nutrient of the body. |
| 7) "Satyameva Jayate" | - D) Kayakave Kailasa      |

#### III. Answer in one sentence

5x1=5

- 8) The word yoga is derived from which Sanskrit word?
- 9) What is ideal stance?
- 10) What is balanced diet?
- 11) How many types of blood secretions?
- 12) What is "whole food"?

#### IV. Answer in two-three sentences

4x2=8

- 13) Name the famous football players of India?
- 14) What is sprain?
- 15) What are macronutrients?
- 16) Where are national emblem seals used?

#### V. Answer in five-six sentences?

2x3=6

- 17) Traits that should be in a football player. which ones
- 18) State the meaning of good posture.

#### VI. Answer the following questions

1x4=4

19. Draw and identify the dimensions of a shot put court?