

PHYSICAL EDUCATION

8THSTD2ND summative assessment March-2023

Time: 90 Minutes

Marks: 30

I. Fill in the blanks:

1X4=4

1. Founder of Basketball _____
A) Dr// Luther Gullik B) Dr// James Naismith C) Max Heiser D) Koneing
2. Weight of Men's Basketball _____.
A) 567-650 Gram B) 400-405 Gram C) 425-450 D) 350-400 Gram
3. Length of the Badminton racket _____
A) 60 Cms. B) 80 Cms. C) 65 Cms. D) 68 Cms.
4. Long distance race _____.
A) 100 Met. B) 200 Met. C) 10000 Met. D) 400 Met.

II. Match the following:

1X4=4

- | A | B |
|---------------------|---------------------|
| 5. 16 Feathers | 1) 40 x 20 Met. |
| 6. 42.195 Kilometer | 2) Shuttle |
| 7. Handball | 3) First Aid |
| 8. Burn Wound | 4) Marathon |
| | 5) High Jump player |

III. Answer the following question in one word:

1X4=4

9. How is the shape of Basketball court?
10. How many chances are given to High jump player in specific height?
11. How did the name Badminton originate?
12. What do you mean by unconsciousness?

IV. Answer the following question in 2 or 3 sentences:

2X4=8

13. Write a short note on Handball?
14. List out the middle and long distance race?
15. Write the difference between Yoga and Exercise?
16. Explain the treatment for Burns?

V. Answer the following question in 4 or 5 sentences:

3X2=6

17. Write any four of Badminton?
18. What are the violations in Basketball?

VI. 19. Draw the Hand ball court and write the court measurement?

4X1=4