

**I. Fill in the blanks: (Answers)**

1. OnakeObavva
2. Kaushalam”.
3. Sage Patanjali.
4. Rajayoga.
5. 195
6. Janakia
7. 1998
8. Bal Gangadhar Tilak
9. Dasara awardi
10. Paramatma.

**II. Match the following: (Answers)**

1. Football
2. 1969
3. Work is worship
4. Bhakti oriented
5. Black pearl

**III. Write a short note:( Answers)**

1. His complete name is Ronaldo Luis Nazario de Lima. He was born on September 18, 1976. He is from Brazil and is called Fenomeno (The Phenomenon). He is the player who scored the maximum number of goals in the World Cup. He has been honored with FIFA award thrice.

2. Karnataka state government honours men and women Sports achievers with Ekalavya award. Some of the Kabaddi Players honoured with Ekalavya are B.Gopi ,Munivenkatappa , B.C.Suresh, Yellappa ,Vishakanta.

3. There is a reward for every work done by a man. But when he does the work without the desire for reward or without any expectations, he can achieve mental peace. This is the philosophy of Karmayoga.

4. This path advocates acquisition of knowledge of truth, the universe, the cosmic power behind all the creations of the universe, the relationship between man and the cosmic Power.

**IV. Mark Right or Wrong: (Answers)**

1. Wrong
2. Right
3. Right
4. Wrong
5. Wrong

**V. Answer the following in 2 or 3 sentence each: (Answers)**

1.

\* Endurance

\* Speed \*Agility

\* Flexibility

\* Precision

\* Eye-foot co-ordination attitude

\* Co-operative

2. 4Kg is the weight of shot put for boys and girls below 14 years.

3.

• The distance to be covered cannot be reduced in the effort of retrieving the Fallen baton.

• If the baton is dropped by a player, the same player should retrieve the Baton.

• In all competitions, the baton has to be exchanged within the 20-metre zone.

4.

\* National Kho-kho championships

\* Junior National kho-kho championship

\* Sub-junior National kho-kho championship

\* School championship

\* All India Rural Sports Meet

5.

\* Arjuna award

\* Bharat award for boys below 14 years

\* Jhansi Rani Laxmibai award for women

\* Ekalavya award for men

6. The 10-metre zone behind the baton exchange zone is called Acceleration

7.

\* Arjuna award

\* Bharat award for boys below 14 years

\* Jhansi Rani Laxmibai award for women

\* Ekalavya award for men

8. To promote kabaddi and encourage players, the government announced Arjuna award in 1961, for those representing state, national and international level.

**VI. Answer the following in one sentence each: (Answers)**

1. The word 'yoga' has originated by the Sanskrit word Yuj.

2. The shot put is made of Iron or Brass.

3. The shape of the baton is Cylinder

4. South zone men are given VeeraMadakarinarayana award in khokho.

5. Sage Patanjali is the 'Father of Ashtanga Yoga'.

6. Complete surrender is the essence of Bhaktiyoga.

7. 2.135mtr is the diameter of the circle in shot put throw.

8. \* 4 x 100 mtrs relay race

\* 4 x 400 mtrs relay race

9. BhaichungBhutia

10. \* Sunil Chatri \* BhaichungBhutia \* Inveloppin Mani Vijayan

**VII. Draw and show the distance of the shot put circle:**

