

Y.M.PUBLIC SCHOOL BANGALORE-45

SUMMATIVE ASSESSMENT -01 2022-23 REVISION

CLASS : VII STD

SUBJECT: PHYSICAL EDUCATION

I. Fill in the blanks:-

1. Women kho-kho players of south zone are given _____ awards.
2. Yogah karmasu _____.
3. The sentence yogah 'chittavrutti nirodhah ' is referred by_____.
4. The other name for patanjali yoga is _____.
5. There are _____ number of sutras in the book, 'yogasutra'.
6. Girls below 16 years are given_____ award.
7. Shobha Narayana of Karnataka got the award_____.
8. Kabaddi was used to unite youth during pre-Independence period by_____.
9. _____ award is the award given by Karnataka government to men and women sports persons.
10. Yoga is merging of the atma with the _____.

II. Match the following:-

- | | |
|----------------|-----------------|
| 1. Harapashan | 1969 |
| 2. I.M.Vijayan | foot ball |
| 3. Karmayoga | bhakti oriented |
| 4. Bhakti yoga | work in worship |
| 5. Pele | black pearl |

III. Write short note on:-

1. Ronaldo =
2. Ekalavya award =
3. Karma yoga =
4. Jnana yoga =

IV. Mark right or wrong:-

1. All the runners of the relay team run at a time. []
2. The game of the shotput originated from Scotland. []
3. The baton is painted with vivid colours. []
4. There are 6 runners in a relay team. []
5. The shotput can be thrown using both hands. []

V. Answer the following in 2 or 3 sentences each:-

1. What are the characteristics required in a football player ?
2. What is the weight of shotput for boys and girls below 14 years ?
3. Explain any 2 rules of the relay race?
4. Which are the championships organized in kho-kho game ?
5. What are the awards given to kho-kho players?
6. What is the 10 meters zone behind the baton exchange zone called ?
7. Make a list of characteristics of a kho –kho player ?
8. When did the Indian government announce the Arjuna award, and to whom was it given?

VI. Answer the following in one sentence each:-

1. From which Sanskrit word has the word ‘ Yoga ‘ originated ?

2. What is the shot put made of ?
3. What is the shape of the baton ?
4. Who is given Veera Madakari Nayaka award in kho -kho ?
5. Who is the father of Ashtanga yoga ?
6. Mention one feature of bhakti yoga ?
7. What is the diameter of the circle in shot put throw ?
8. Mention the two types of relay races ?
9. Name the player who have been honoured with the Padmashri?
10. Name India's famous two football players.

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