

2019 IV 16

0930

Seat No.

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Time : 1½ Hours

PHYSICAL EDUCATION

Subject Code

(NSQF)

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Total No. of Questions : 3

(Printed Pages : 7)

Maximum Marks : 30

INSTRUCTIONS : (i) Answer each question on a fresh page.

(ii) Write the question number and sub-question number clearly.

(iii) All questions are compulsory.

(iv) Figures to the right indicate full marks.

1. (A) Choose the *correct* alternative given below and rewrite the following sentences : 3

(i) The Olympic flag consist of number of rings.

(a) 04

(b) 05

(c) 06

(d) 07

(ii) Prehistoric period was basically the survival of the

(a) Fittest

(b) Smartest

(c) Tallest

(d) Heaviest

(iii) WHO stands for

(a) Western Health Organization

(b) World Health Organization

(c) World Health Operation

(d) Western Health Operation

(iv) The system that moves blood throughout our body is known as
..... system.

(a) Circulatory

(b) Nervous

(c) Endocrine

(d) Respiratory

(v) Depression of chest is common in

(a) Flat foot

(b) Bow leg

(c) Kyphosis

(d) Knock knees

(vi) Lordosis is a curvature of spine.

(a) Outward

(b) Inward

(c) Backward

(d) Forward

(B) Answer the following questions in *one* sentence :

3

(i) State the Olympic motto.

(ii) Define Hygiene.

(iii) Sakshi wants to increase her posture. Suggest her any *two* asanas in standing position.

(C) Answer the following questions in **20-30** words : 4

(i) Write a short note on Modern Olympic Games.

(ii) Your school is organizing a cleanliness camp in the locality, advice them some general rules of hygiene and sanitation.

2. (A) Choose the correct alternatives given below and rewrite the following sentences : 3

(i) Communication happens between a sender and a

(a) Planner

(b) Organizer

(c) Receiver

(d) Distributor

(ii) Teacher that makes use of various teaching methodologies are known as

(a) Private teacher

(b) Reflective teacher

(c) Regular teacher

(d) Tuition teacher

(iii) In football the radius of centre circle is

- (a) 9 meters
- (b) 9.15 meters
- (c) 11.15 meters
- (d) 11 meters

(iv) The length of volleyball court is

- (a) 17 meters
- (b) 18 meters
- (c) 19 meters
- (d) 20 meters

(v) Food substances are digested and yield energy through a process called

- (a) Circulation
- (b) Urination
- (c) Excretion
- (d) Oxidation

(vi) The daily protein content in a balance diet should be

(a) 10%

(b) 20%

(c) 60%

(d) 70%

(B) Answer the following questions in *one* sentence : 3

(i) Pramod is planning to buy a first aid kit for his school. Write him any *four* contents of first aid kit.

(ii) What do you mean by discipline ?

(iii) List down the social skills of perfect teacher.

(C) Answer the following questions in **20-30** words : 4

(i) What are the teaching points for the age group of 5 to 7 years ?

(ii) Name any *four* sitting Asanas.

3. (A) Answer the following questions in *one* sentence : 3

(i) Kanta has been recently appointed as a teacher in saint marry high school. Suggest him any *two* code of conduct.

- (ii) Kundan has recently completed his studies and planning to become a football referee, suggest him any *two* equipments required by a referee.
- (iii) State the nutrient that makes upto 70% of our body weight.
- (B) Answer the following questions in **20-30** words : 4
- (i) Santosh got injured while playing football and suffered a sprain in his ankle, advice him treatment for sprain.
- (ii) Fats are essential in our body, explain giving *two* points.
- (C) Draw neat diagram of the cricket pitch and mark the following : 3
- (a) Stumps
- (b) Bowling crease
- (c) Return crease.