

PHYSICAL EDUCATION

9TH STD 2ND summative question paper March-2023

Time: 2 Hours

Marks: 60

I. Multiple choice question:

1X5=5

- In Triple jump, hop is _____
A) Standing B) Running C) Jumping D) Flying
- In the ancient times Javelin was used for _____
A) Food B) Hunting C) Protection D) Sri Suresh
- Before independence the missionary schools were started as a result of academic discrimination by _____
A) Lord William Benting B) John Wright C) Lord McCauley D) William G Morgan
- Hockey is the national game of _____ country.
A) India B) Austria C) Brazil D) Japan
- The service is which the shuttle floats and changes direction is called _____
A) High Service B) Long Service C) Floating Service D) Short Service

II. Match the following:

1X5=5

- | A | B |
|----------------------------|---------------------------|
| 6. 1948 | 1) 800 Gram |
| 7. Service | 2) Tarachand committee |
| 8. Weight of men's Javelin | 3) Volleyball |
| 9. Vitamin A | 4) Drowning |
| 10. Artificial breathing | 5) Green leafy vegetables |

III. Answer the following in one sentence:

1X6=6

- What does the saffron color indicate?
- Write any one players name who got Ekalavya award in Handball?
- Which color is painted on the triple jump take off board?
- Write the year in which the javelin event was introduced for women in the Olympics?
- Write the literal meaning of the word 'Kapalabhathi'?
- What is post play?

IV. Answer the following question in 2 or 3 sentences 2X10=20

17. Which committee did the central government form in the year 1948 to develop Physical education write their recommendation?
18. Write any two tactics that should be adopted while serving in Volleyball?
19. Mention the defensive faction in Handball?
20. Write the tactics used in Badminton?
21. Write the occasions on which the national flag can be displayed?
22. Write down the tactics used in Basketball?
23. Write any two basic rules of Triple Jump?
24. Write the necessities of social health?
25. Write the tactics in Hockey?
26. How would you treat a casualty saved from drowning?

V. Answer the following the question in 3 or 4 sentences: 3X4=12

27. Name 5 championships conduct in Volleyball?
28. Write a short note on Hockey championship trophy?
29. Write the fouls in triple jump?
30. Write the 8 steps of Pathanjali guru?

VI. Answer the following the question in 4 or 5 sentences: 4X2=8

31. Explain the types of pranayama?
32. Write a short note on exercise school?

VII. Draw the picture:

4X1=4

33. Draw the diagram of Javelin court and write the measurements?