

## PHYSICAL EDUCATION

### 8<sup>TH</sup> STD 1<sup>ST</sup> SUMMATIVE ASSESSMENT-SEPTEMBER-2017

Time: 90 Minutes

Marks: 30

#### I. Multiple choice question:

4X1=4

1. Volley ball was formally included in the Olympic games in \_\_\_\_\_  
1) 1964                      2) 1968                      3) 1972                      4) 1976
- 2) The maximum weight of a Hockey stick is \_\_\_\_\_ Grams  
1) 730 Grams              2) 737 Grams              3) 760 Grams              4) 700 Grams
- 3) Good mental health may lead to \_\_\_\_\_ over emotion.  
1) Help                      2) Bad                      3) Control                      4) Good
- 4) In which language is our National Anthem written \_\_\_\_\_  
1) Hindi                      2) Marati                      3) Bengali                      4) kannada

#### II. Match the following:

4x1=4

- |                              |                                  |
|------------------------------|----------------------------------|
| 5) Hooquet                   | 1) Acceptance of National Anthem |
| 6) Love                      | 2) Tri color                     |
| 7) Indian Flag               | 3) Positive emotions             |
| 8) Aug 14 <sup>th</sup> 1947 | 4) Republic day                  |
|                              | 5) Hockey                        |

#### III. Answer the following question in one word:

4X1=4

- 9) How many players does a volley ball team consist of?
- 10) Make a list of negative emotions?
- 11) Who composed our National Anthem?
- 12) Explain the history of our National Flag?

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

4X2=8

- 13) What is sportsman spirit?
- 14) Explain the procedure of decide the winner of a volleyball Match>
- 15) What are the benefits of positive emotions?
- 16) Explain the history of our National Anthem briefly?

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

2X3=6

- 17) Write any four rules of volleyball?
- 18) What is the difference between penalty stroke & penalty corner?

#### VI. 19. Draw a diagram of Hockey play field with measurement?

1X4=4