

PHYSICAL EDUCATION

8TH STD 1ST SUMMATIVE ASSESSMENT-SEPTEMBER

Time: 90 Minutes

Marks: 30

I. Multiple choice question:

4X1=4

1. Volley ball was formally included in the Olympic games in _____
1) Tokyo 2) Beijing 3) New Delhi 4) New York
- 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) Sung Jana Gana Mana |
| 6) Love | 2) Tri color |
| 7) Indian Flag | 3) Positive emotions |
| 8) Aug 14 th 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