

**V.P.M's**  
**B. N. Bandodkar College of Science, Thane.**  
**S.Y.J.C First Terminal Examination October 2018**  
**Subject: Physical Education**

**Day: Thursday**  
**Date: 01.11.2018**

**Time: 09.00 am to 10.00 am**  
**Marks: 25**

**Q.1 A) Fill in the blanks** **02**

- 1) Tratak is considered as \_\_\_\_\_ practice.  
a) Yogic b) Meditational
- 2) In Kabaddi the \_\_\_\_\_ is the principal performer who can change the tempo of the game.  
a) Raider b) Catcher
- 3) Agnisar is a \_\_\_\_\_ kriya.  
a) Hathयोगic b) Rajयोगic
- 4) \_\_\_\_\_ is another name of football game.  
a) Rugby b) Soccer

**B) Match the following:** **02**

**Column A**

**Column B**

- |                |                    |
|----------------|--------------------|
| 1) Volley ball | 4 x 100 mtrs       |
| 2) 100 mtrs    | Measures body fats |
| 3) BMI         | 18 x 9 mtrs        |
| 4) Relay       | Sprint running     |

**C) State whether the following statements are True or False** **02**

- 1) Sports and game develop in us team spirit.
- 2) Yoga is originated from Sanskrit word yuj.
- 3) Padmasana is control of breath.
- 4) Blocking is the attacking skills in volleyball.

**Q.2 Answer the following question in ONE sentence.** **05**

- 1) What is the size of Kabaddi ground for Men & Junior Boys in a match?
- 2) Write the name of two famous football players.
- 3) Name any two types of jump.
- 4) How many players in volleyball game are required?
- 5) How many Runners in each team for relay races?

**Q.3 Define following Term.** **04**

- 1) Classify Athletic Events.
- 2) Define Yoga in detail.

**Q.4 Answer the question in Brief.** **04**

- 1) Explain the football game.
- 2) Explain the specification of shot put.

**Q.5 Write note on any TWO of the following.** **06**

- 1) Benefits of Suryanamaskar.
- 2) Draw a proper diagram of shot put.
- 3) P. V. Sindhu