**Chavara Public School, Walwadi , Dhule**

 **Grade- VII C.B.S.E**

 **Periodic Test -II 2017-18**

 **Subject- P.T**

 **Date:- 09/03/18**  **Marks:- 20**

QI) Fill in the blanks:- M-6

1. On the sound of clapper \_\_\_\_\_\_\_\_\_\_\_ the ground.
2. \_\_\_\_\_\_\_\_\_\_\_\_ order is given for stopping the squad moving forward.
3. Stand a \_\_\_\_\_\_\_\_\_\_\_\_ of steps behind the ball while kicking the ball.
4. Dribbling on the ground \_\_\_\_\_\_\_\_\_\_\_ co-ordination.
5. \_\_\_\_\_\_\_\_\_\_\_ order is given for the asthetic appearance of the squad.
6. Kicking the ball \_\_\_\_\_\_\_\_\_\_\_ leg power.

QII) List the following. M-4

1. Indian games :- a) \_\_\_\_\_\_\_\_\_ b) \_\_\_\_\_\_\_\_\_\_\_\_
2. Foreign games :- a) \_\_\_\_\_\_\_\_ b) \_\_\_\_\_\_\_\_\_\_\_
3. Indoor games :- a) \_\_\_\_\_\_\_\_\_\_ b) \_\_\_\_\_\_\_\_\_\_\_
4. Outdoor games :- a) \_\_\_\_\_\_\_\_\_\_\_\_ b) \_\_\_\_\_\_\_\_\_\_\_\_

QIII) Answer the questions. ( Any5) M-10

1. Name the skill required to play football?
2. What instructions have to be followed when starting the run?
3. Why is the knowledge of self- defence important?
4. Name any four supporting exercises for kho-kho?
5. State any two rules which are enforced while playing kabaddi?
6. Why is reporting required?
7. Name the mandatory programmes.

 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*