

MUMBAI REGION

SAMPLE PAPER

CLASS 7TH - PHYSICAL EDUCATION AND WELL BEING

TOTAL- 60 MARKS

TIME- 2.30 HOURS

General instructions: -

All questions are compulsory.

Read questions carefully before answering.

Attempt competency-based questions with proper explanation/examples

Section A – MCQs ($17 \times 1 = 17$ Marks)

1. Physical Education mainly helps us to:

- a) Only play games b) Stay fit and healthy
- c) Study more d) Sleep more

2. Which of these is NOT a part of physical fitness?

- a) Strength b) Flexibility
- c) Memory d) Speed

3. Which exercise helps improve endurance?

- a) Running b) Sleeping
- c) Watching TV d) Sitting

4. Warm-up exercises help us to:

- a) Get ready and avoid injuries b) Get tired early
- c) Stop playing d) Take rest

5. The number of points to win a badminton set is:

- a) 11 b) 15
- c) 21 d) 25

6.The badminton shuttlecock is made of:

- a) Plastic or feathers b) Cloth
- c) Wood d) Rubber

7.Agility means:

- a) Being very strong b) Being able to move quickly and easily
- c) Being very tall d) Being very slow

8.Which organ gets stronger with regular physical exercise?

- a) Heart b) Eye
- c) Ear d) Nose

9.The type of badminton stroke used to hit the shuttle hard and fast is:

- a) Drop b) Clear
- c) Smash d) Serve

10.How many players are there in a doubles badminton game on the court?

- a) 2 b) 3 c) 4 d) 6

11.Which quality helps a player to run fast?

- a) Strength b) Speed
- c) Flexibility d) Balance

12.Physical Education helps students to:

- a) Study less b) Be healthy and active
- c) Stay indoors d) Avoid sports

13. Which badminton skill is used to begin play with a low shuttle?

- a) Backhand Low Serve b) Forehand Grip
- c) Backhand Lift d) Skipping

14. Which traditional game is about chasing and catching?

- a) Atya-patya b) Skipping Race
- c) Food for Health d) Forehand Lift

15. Which activity focuses on awareness about safety?

- a) Skipping Song b) Stand Up, Speak Out
- c) Caterpillar Race d) Footwork

16. Which game is most suitable for rhythm and coordination?

- a) Backhand Grip b) Skipping Song
- c) Gidhada Gudkavan d) Forehand Lift

17. Which activity teaches balance and teamwork?

- a) Dhaan Ki Bori b) Caterpillar Race
- c) Footwork Skills d) Backhand Lift

Q18. B. True or False (10 MARKS)

- 1. Forehand Grip is a skill used in badminton.
- 2. Caterpillar Race improves cooperation.
- 3. Atya-patya is a racket game.
- 4. Ghorpadiche Shepoot is a traditional activity.
- 5. Skipping Race helps in stamina building.
- 6. Stand Up, Speak Out is about bullying prevention.
- 7. Backhand Lift is used to play downward strokes.
- 8. Food for Health is related to nutrition.
- 9. Skipping Song uses rhythm and play.
- 10. Dhaan Ki Bori is a team game.

Section B – Very Short Answer (2 × 2 = 4 Marks)

19. Write two benefits of doing regular exercise.

20. Name two warm-up activities before physical activity.

Section C – Short Answer ($2 \times 3 = 6$ Marks)

21. Write three parts of physical fitness.
22. Write three important rules in badminton.

Section D – Competency-Based Questions ($2 \times 4 = 8$ Marks)

23. Ravi feels tired quickly when playing basketball.

Which part of fitness should he improve?

Suggest two exercises to improve it.

How will this help him in daily life?

24. Priya often cannot react quickly and misses the shuttle in badminton.

What fitness quality is she lacking?

Suggest two drills or activities to improve it.

How does this skill help outside sports?

Section E – Long Answer ($3 \times 5 = 15$ Marks)

25. Explain how Physical Education helps in:

Keeping the body healthy

Playing sports like badminton

Improving team skills and discipline

Helping in school and daily activities

26. Write any five important badminton skills

27. Draw a neat and labeled diagram of a Badminton Court,

