

PHYSICAL EDUCATION AND WELL BEING

Section A – Multiple Choice Questions (12 Marks)

1. b) Stay fit and healthy
2. c) Memory
3. a) Running
4. a) Get ready and avoid injuries
5. c) 21
6. a) Plastic or feathers
7. b) Being able to move quickly and easily
8. a) Heart
9. c) Smash
10. c) 4
11. b) Speed
12. b) Be healthy and active
13. 1(a),
14. 2(a),
15. 3(b),
16. 4(b),
17. 5(b) True/False: 1 True, 2 True, 3 False, 4 True, 5 True, 6 True, 7 False, 8 True, 9 True, 10 False

Section B – Very Short Answer (4 Marks)

18. Two benefits of regular exercise:

- 1) Keeps body strong and healthy
- 2) Increases energy

19. Two warm-up activities:

- 1) Stretching arms and legs
- 2) Light jogging

Section C – Short Answer (6 Marks)

20. Three parts of physical fitness:

- 1) Strength
- 2) Speed
- 3) Flexibility

21. Three important rules in badminton:

- 1) Service must be below waist and diagonal
- 2) Shuttlecock must stay inside court lines
- 3) No touching the net

Section D – Competency-Based Questions (8 Marks)

22. Ravi's fitness part:

Endurance (1 mark)

Exercises: Jogging, cycling (2 marks)

Helps him play longer without getting tired and do daily work easily (1 mark)

23. Priya's weak quality:

Agility or quick reflexes (1 mark)

Activities: Ladder drills, shuttle runs (2 marks)

Helps in better reactions in daily life and studies (1 mark)

Section E – Long Answer (3*5 MARKS EACH)

24. Physical Education helps by:

Making body strong and healthy

Improving skills like agility and strength for badminton

Teaching discipline and team spirit in games

Helping students stay active and focused in school ?

Reducing stress and improving mood ?

25. Backhand low service, Backhand lift, Backhand drive, Footwork skill, Forehand lift, Forehand high service, Forehand drive

26. . Side lines

Service lines

Net

Centre line

Back boundary line

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