

ASSIGNMENT FOR SUMMER VACATION

1 Mark Questions(MCQs)

Q1 Total number of matches in a knock out tournament of 34 team are:

- A.33
- B. 35
- C..32
- D. 31

Q2 The mineral.....is required for developing strong bones and teeth.

- A. Potassium
- B. Phosphorus
- C. Copper
- D. Sodium

Q3.Out of the following methods.,by which one of the winner of a single league tournament decided?

- A. Number of matches won
- B. Percentage of matches won
- C. Percentage of matches won and drawn
- D. Any of the above

Q4. Vitamin B12 helps to....

- A. Maintain normal brain
- B. Control failure of body system
- C. lower the risk of heart disease
- D. improve absorption of iron

2 marks questions

Assertion Reason Question

Q5.Given below are the two statement labelled as Assertion (A) and Reason (R)

In the context of given two statement, which one of the following is correct?

- A. Both (A) and (R) are true and (R) is the correct explanation of (A)
- B. Both (A) and (R) are and (R) is not the correct explanation of (A)
- C. (A) is true, but (R) is false
- D. (A) is false, but (R) is true

1. Assertion (A) : Good nutrition is the most important component of health.

Reason (R) : It helps in the attainment of proper growth and development of the body

2. Assertion (A): vitamin H is water insoluble vitamin

Reason (R): Vitamin H is a member of vitamin B complex family.

3 mark Questions

Q6.Your school has been given the responsibility to conduct Zonal volleyball competition. As a head boy /girl of the students council you have been asked to various team of students to help teacher incharges for smooth conduct of the tournament.

1.To help the team to know about the fooding and stay arrangement a group of students will be assigned with.....committee.

- A. Transport

B. Registration

C. Boarding and lodging

D. Decorations

2. Students good at art craft and creative designing will be assigned with.....committee.

3. Few students will be assigned with.....committee for prize distribution.

A. Ceremonial

B. Transport

C. Registration

D. Budget

5 [Marks Questions](#)

Q7. Draw a fixture of 17 team participating in knock-out tournament?

Q8. Draw a fixture of 8 team participating in cyclic method?

Q9. What are the effects of good nutrition on an individual?

Q10. Differentiate between intramural and extramural competition?

Practical

Q1 Do practice at your home what we had taught in practical class through video

A. Basketball (dribbling)

B. Physical exercise

C. Some asana in yoga

[Video will sent to you](#)

[Teacher of physical education](#)

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2. Sarika kachhap